



Daily Adoration

Working within healthcare, I have the privilege of witnessing skilled and kind individuals caring for others each day. I see stories of recovery and human perseverance. On the flip side, most of us can acknowledge that healthcare can be confusing to navigate and clunky at best. A healthcare visit can be littered with repeat questions, long wait times and confusing next steps. I often think, *"How nice would it be to have more time or more resources to fix all of the issues."* Every now and again, I think of Mother Teresa and ask myself *"How did she do it?"* In many ways, she provided healthcare and hospice in the most challenging conditions. How did one nun with next to no initial resources build a mission that now has 4,000 Sisters, 100,000 lay volunteers, over 600 missions in 123 countries? Not to mention, Mother Teresa founded her Catholic mission in a place within India prominently Hindu and harsh to Catholic believers. A lady and now Saint, known for her Joy.

How did she do it? It seems impossible for one person. It forces us to ask, "what was Mother Teresa's secret?" If I emulated even a fraction of her habits, could the impossible obstacles in my life be changed? Would her secret help me make a positive impact with the people I interact with if even in a smaller way?

Mother Teresa did have at least one non-negotiable habit, one daily routine that was essential for her missionaries. **Daily Adoration.** Time spent in front of the Blessed Sacrament. It was said that Mother Teresa was pressed by others to reduce her prayer time spent in Adoration, secondary to the scale and gravity of all that needed to be accomplished in serving the poor. No matter how busy or large the mission became, spending time in front of the Blessed Sacrament was essential and non-negotiable.

At Most Holy Trinity we have the blessing of several sessions of Eucharistic Adoration available throughout the week. This is an invitation to take advantage of Adoration, whether for 10 minutes or a full Holy Hour, everyone is welcome. Whether you are in a season of peace and joy, suffering and personal struggle or even doubt...time before the Blessed Host is transformative. Schedule a time 1x/week, commit and then reflect upon how your day and week unfolds. In time, people describe similar "ripple effects" visible in their lives: easier time tackling hardships, clearer decision making, more compassion toward others, increased peace and joy.

Mother Teresa Quotes on Adoration:

- *When asked, what will convert America and save the world? "My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in holy hours of prayer."*
- *"Eucharistic Adoration offers to our people the opportunity to join those in the religious life to pray for salvation of the world, souls everywhere and peace on earth. We cannot underestimate the power of prayer and difference it will make in our world."*
- *"when you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host, you understand how much Jesus loves you now."*
- *"I beg the Blessed Mother to touch the hearts of all parish priests that they may have Eucharistic Adoration in their parishes, and that it may spread throughout the entire world."*

Please pray about the invitation to support and expand our Parish's Adoration. This intimate time with Jesus can be a transformative gift of love. Imagine the impact of just one person reading this, instilling this habit into their week. Imagine what would happen if 10, 20 or 50 people stopped by for just 10 minutes with our Lord, no question it would be positive. If you have any questions, please reach out to Jordan Spitzley or Andrea Schneider with any questions on how to best take advantage of our offerings.