

# How to Save the World in One Hour: Eucharistic Adoration in the 21st Century Susan Brinkmann — 2023-04-27

Note: Text in red below are links

**INTRODUCTION** — Susan shared from her own personal experience as a regular Adorer as well as the coordinator of Perpetual Adoration in 2 parishes for over 20 years. During those years, she has seen countless miracles and says that Eucharistic Adoration has never been more relevant than it is today given the state of our world. This is Susan's 11th talk at TASTE and it will inspire you to come into the real presence of Jesus Christ in the Blessed Sacrament to be relieved, renewed, and energized.

## REMARKABLE RESULTS

**AFFIRMATION THERAPY** — During an interview with a Catholic Therapist & Founder of [CatholicTherapist](#), Allison Ricciardi described a kind of therapy called "Affirmation Therapy" which is a three-step process that occurs when one person is the source of unconditional love and emotional strength for another person. It is most used where patients grew up either without a parent or with an emotional distant or abusive parent. Since they never learned what it was like to be loved and to love in return, only another human person can do this for them. She has been seeing remarkable results in the last 5 years by getting people to go to Adoration. People who have struggled for years are experiencing great healing because when they are there with the Blessed Sacrament, they are there with a person — Jesus! His "Real Presence" is there and is healing them.

**ABSORBING RAYS** — [Fulton Sheen](#) said "Sitting before the Presence is like a body exposing itself before the sun to absorb its rays." When we expose our body to the "sun," we are impacted by its rays even if we are distracted. Likewise, when we expose ourself to Jesus (the "Son" of God) in Adoration, we are impacted by Him as He works on us.

**ADORER'S COMMENTS** — Susan mentioned a book that captures common themes of peace and healing within a Holy Hour. The troubles of life seem to disappear; Adorers find parts of themselves that they never knew existed while sitting with Him; They come with a mind cluttered with daily life and leave with peace; They are healed from the deep wounds of divorce. There are no intrusions, no interruptions, & they can break down & cry if they want. Persons with deep inner wounds respond to the greatest Healer who ever walked this earth.

**IMPACT ON OTHERS** — The Church has long taught that one person coming before Jesus in the Blessed Sacrament represents all of humanity and therefore every time we pray before Jesus, the effects of God's grace and mercy extend to all. John Paul II taught that Jesus appreciates that **one** so deeply that He blesses **everyone**, not just the person who is praying. Imagine the abundance of grace when a parish opens a perpetual Adoration chapel — the whole world receives a constant supply of graces. How many souls have been saved from eternal damnation? How many sick were healed who would have otherwise died? Saint John Paul II said "The best, the surest and the most effective way of establishing peace on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament." One day before her Holy Hour, Jesus showed [Blessed Dina Belanger](#) a multitude of souls on the precipice of hell. After her Holy Hour, Jesus showed the same souls in the hands of God. He told her that through Holy Hours of prayer a multitude of souls go to Heaven who otherwise would have gone to hell as one person can make up for what is lacking in the lives of others by winning precious efficacious graces for their salvation.

**PERSONAL ACCOUNT** — Susan encouraged us to pray for family members who are not going to church since we can get graces for them. In 2010, she lost a young nephew to suicide. He was laid back and no one knew in advance that anything was wrong. He died alone, terrified, and with no one to pray for him. **YET, he was not alone!** Someone was in the perpetual chapel and since every adorer recites the Divine Mercy Chaplet, he was prayed for that night. And we know that Jesus told St. Faustina: At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the pardon is the same. When this chaplet is said by the bedside of a dying person, God's anger is placated, unfathomable mercy envelops the soul, and the very depths of My tender mercy are moved for the sake of the sorrowful Passion of My Son. While most of us were sound asleep, someone got out of their bed and was there at 1:00 am to dutifully pray for the souls that would die that hour. This brought Susan much comfort.

## HISTORICAL PERSPECTIVE

The practice of Eucharistic Adoration is ancient & very Christian. Amazingly, the least problematic time to find adorers is in the middle of the night. Mothers go there because it is the only time they don't need a babysitter & they can get some peace. But a lot of people don't go because it is hard. Yet lots of things are difficult (being married, raising kids, working), but we still do them. The blessings received are not well known since people do not go. The world's best known spiritual masters all agree the best time for contemplative prayer is in a semi-awake state (but awake enough to drive!). It is a good time for prayer because it is perfectly quiet with just you & Jesus. When a person is drowsy & relaxed, they are more docile, more receptive to the delicate movements of the Holy Spirit. It is only when our mind is quiet that we can perceive the urging for us to follow Him. This is not a new discovery. The nocturnal prayer is the oldest form of worship. The children of God would have nocturnal vigils where groups of men & women known as the Essenes would leave their beds each night, read scripture, and bless God together. Jesus also often went away to pray in the middle of the night.

The practice continued into the the early years of the Church. Clement of Alexandria said those who keep nocturnal vigils make themselves like the angels, whom we call watchers. The late Fr. John Harden said that in the 4th century, there is evidence that what we now call RCIA candidates who would remain in prayer before the Blessed Sacrament for 8 days and nights after their Baptism. The initiation process took 2 years. The earliest example of this type of nocturnal Adoration was in 13th century France in 1226 when King Louis VII wanted to have the Blessed Sacrament exposed in the chapel of the Holy Cross to celebrate his victory over the Albigensians. It was an enormous success, ratified by the Holy See, and continued uninterrupted until 1792 during the French Revolution and has since been resumed and is continuing to today! The formal organized adoration that we know today developed from the practice of Adoration during 40 hours. In 1595, Pope Clement faced a time of heresy and threats of invaders. Two centuries later just after Napoleon took Pope Pius VII prisoner, a priest in Rome gathered groups of men and women to pray in front off the Blessed Sacrament during the night during 40 hours and their response was significant. It became so popular, the Nocturnal Adoration Society came into existence in 1810 and is still in existence today in 36 countries.

St. John Neumann was a strong promoter of the 40 Hours devotion. Unfortunately, there was a strong Anti-catholic sentiment that plagued Philadelphia. While he wanted to introduce 40 hours, others thought it would provoke churches being burned. One night, he was working very late at his desk and fell asleep in his chair. The candle on the desk burnt down and charred some of the papers, but they were still readable. He awoke, surprised and thankful that a fire had not ignited. He fell on his knees to give thanks to God for protection, and heard His voice saying, "As the flames are burning here without consuming or injuring the writing, so shall I pour out my grace in the Blessed Sacrament without prejudice to my honor. Fear no profanation, therefore; hesitate no longer to carry out your design for my glory." He then introduced the practice of 40 hour devotion in April 1953 and it is still going very strong today.

## EUCCHARISTIC MIRACLES

While Susan has been supporting Perpetual Adoration for the last 23 years, many Catholics don't believe in the Blessed Sacrament. In light of this, Susan suggested that Eucharistic Miracles may help some to believe.

**LANCIANO, ITALY** — 8th Century — The history of this city is interwoven in the crucifixion of Jesus. When Jesus died & the earth shook & the rocks split, the soldier who pierced the side of Jesus cried out that Jesus was the Son of God. Legend has it that a man with poor eye sight dipped his finger in the fluid and touched his eyes and was healed. The town changed its name to Lanciano. Jesus did not pick this town by accident. Later, a monk who was elevating the host pleaded with the Lord to help his unbelief. The host suddenly became real flesh and wine became blood. Most people that saw what happened were terrified and many fell to their knees pleading for mercy. The flesh and blood is still intact after 1300 years. When analyzed, it was found to be "fresh" human blood. While this miracle was long ago, there have been many in the last 30 years!

**BUENOS AIRES, ARGENTINA** — 1996 — As a priest was finished distributing communion, a woman came up and said she found a discarded host on a candle holder at the back of the church. He saw this host and since he was unable to consume it at the time, he placed it in a container of water and he put it away in the Tabernacle. A few days later when he opened that Tabernacle, he saw that the host had turned into a bloody substance and he informed Cardinal Bergoglio who is now Pope Francis. He was given instructions for it to be

professionally photographed and when the pictures were taken a week later, it grew significantly in size. It was kept in secret in the tabernacle. It was later analyzed scientifically and the examiners were not told it was a host. The results showed that it was tissue from part of the left ventricle of the heart and belonged to a person who had undergone intense pain, barely breathing, and had immense strain on the heart. Amazingly, the tissue showed signs of still being alive based on intact white blood cells and the heart sample was still pulsing!

**TIXTLA, MEXICO** — 2006 — During mass, two priests and a religious sister were distributing communion and the religious sister noticed that the Host had begun to effuse a reddish substance. To determine the validity of the event, the Bishop requested scientific research. In 2013, research published in a medical journal concluded that: “The reddish substance analyzed corresponds to blood in which there are hemoglobin and DNA of human origin. The blood type is AB, similar to the one found in the Host of Lanciano & in the Holy Shroud of Turin.” And while much of the blood had coagulated as expected, the underlying layers still bleed fresh blood.

**LEGNICA, POLAND** — 2013 — A consecrated host fell on the floor. The host was put into a container with water so that it would dissolve. What was thought to be dirt was a blood clot. The water in which it was immersed was untinged by blood. A piece of flesh was on the bloody host. Intense study followed this by two scientists of global fame specializing in pathological anatomy. They were not told it was a host. Both scientists reached the same conclusion — the sample was cardiac tissue and still alive! The cardiac tissue was joined to the host in an inseparable way. A fragment of bread transformed itself into a body. Even NASA scientists could not artificially recreate it.

**HARTFORD, CONNECTICUT** — 5 March 2023 — While distributing communion, a Eucharistic Minister was running out of hosts & suddenly there were more hosts in the ciborium. We will find out more about this soon.

## CONCLUSION

**JUST GO** — Susan encouraged all of us to go to Jesus in the blessed sacrament as often as we can. You don't need to do anything. Just quietly sit there with Someone you love and you know loves you infinitely.

**BREAKING ADDICTION** — There is a religious order called the Community of the Cenacle based in Italy founded by Mother Elvira. They devote themselves to helping drug addicts beat their addiction. These people have shattered lives and struggle tremendously to break their habit. The Cenacle has had marvelous success. Young people in this community live in a simple Christian family environment, transformed by the healing powers of prayer, work, friendship, sacrifice, and love. Mother Elvira told a synod Bishop the Eucharist cannot be understood by one's brain, but it is felt in the heart. If you trustfully kneel before Him, you will feel that His Humanity, present in the consecrated host, reawakens God's image in you that returns to shine. She calls the Eucharist a treasure, the medicine, the most extraordinary light to come out of the darkness.

**GO FOR YOUR FAMILY AND THE WORLD** — Do you need peace and healing? Does your family need help? Go for it! Susan knows that scheduling it is hard. In Catholic jargon, we call that the cross. But, the cross is where all of the miracles happen. Susan told us a story of a man with 4 teenage daughters who promised to be an adorer for a year ... and that was 22 years ago! What gets people so hooked on it? Jesus. He works on you without you knowing what he is doing. In fact, He likes to keep you in the dark because you might want to help Him. He does something for each of us and He is grateful you are there. He will bless you and everyone you represent. You have to experience it for yourself. You can change the world in an hour.

**READ HER BOOK** — With God Alone — Authentic Catholic prayer is a supernatural adventure, a lifelong journey into the very heart of God, a journey that was meant for everyone. Originally published as “Lord Teach Us to Pray,” this expanded edition contains a collection of articles and brings together a wealth of knowledge on the subject of Catholic prayer – from vocal prayer to infused contemplation - from the great mystical doctors and spiritual masters of our Church.

**QUESTIONS** — We discussed: 1) the huge monstrance at Shine of the Most Blessed Sacrament in Hanceville, Alabama; 2) the need for Adoration etiquette, 3) the Houses of Adoration in France, 4) Saint Alphonsus Liguori's devotion, 5) Bl. Carlo Acutis Exhibit of Eucharistic Miracles, & 6) The Father's Heart movie.