

IHM ADORATION NEWSLETTER  
MARCH - APRIL 2020

**Chapel Closed – Easter Holiday**

The Chapel will close on Thursday, April 09,  
at 6:00PM.  
Reopen on Monday, April 13, at 8:00AM  
Have a Blessed Easter

**A Prayer for Lenten Grace**

Loving God,

During this sacred season of Lent, bring me closer to you.

Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Enlarge my heart so that I will give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

Help me to fast from those things that threaten the well-being of body and soul; remind me of the grace and simplicity of living in your friendship.

May this season be a grace-filled time to rekindle my love for and faith in you.

Amen.

**Suggested Lenten Reading**

Eight Ways of Loving God

Jeanette Flood – Ignatius Press – 2019

7 Secrets of the Eucharist

Vinny Flynn – MercySong – 2006

Armchair Mystic

Mark Thibodeaux S.J. – St Anthony Mssgr – 2001

In Sinu Jesu

A Benedictine Monk – Angelico Press – 2016

In the Silence

Vandy Brennan Nies – Liguori Publication – 2010

Praying In The Presence of God

Fr Benedict Groeschel – Our Sunday Visitor - 1999

Check the blog page for a more up to date list of 'good' reads:

[Adoration Reading Suggestions](#)

"Adoration helps to create and deepen within our hearts that silence within which the voice of God is heard."

Anthony DeMello

"My God, I believe, I adore, I hope, and I love you. I beg pardon for those who do not believe, do not adore, do not hope, and do not love you."

Quoting the Angel of Peace at Fatima

**Fruits of Adoration**

(Part 1 of 3)

- Adoration helps us live in the present moment which is the only place to find God. God is only in the "Now". He is not in the past, nor is he in the future. Adoration gives us the opportunity to spend time with God in what some people call 'real time' or being present to the Presence.

- Adoration helps us build a more intimate relationship or union with God. To move from friendship to intimacy in any relationship requires spending more quality time together. Adoration is a way to spend time that builds union with God that is felt in the heart and continues to manifest itself in everyday life.

- Adoration brings peace and joy to the heart. Chapel Time changes a person for the better from the inside out. A positive change often will be noticed in your words and actions by others before you realize the change in yourself.

- Adoration gives us the opportunity to sit in 'silence' and listen to God. The language of God is 'silence'. If we can learn to hear God in the silence, then we can hear and see and taste and smell and touch God in everything.

Jesus delights in being with us. Eucharistic Adoration is a beautiful way to sit in his presence and improve our relationship with him. People willing to commit an hour a week to Adoration are always needed. Think about it ... Pray about it ... It's truly a 'win-win' that you can take with you to eternity.

Sacred Heart of Jesus I place all my  
trust in You!

**Current Adoration Needs**

Monday	11AM-Noon	Open Hour
Monday	2PM-3PM	Open Hour
Tuesday	6AM-7AM	Need Partner
Wednesday	1AM-2AM	Open Hour
Friday	10AM-11AM	Open Hour
Friday	12PM-1PM	Open Hour
Friday	3PM-4PM	Need Partner

Our Adoration Ministry is always looking for new people willing to spend an hour in the presence of God. If you are not moved to commit to an hour at this time, please pray to the Holy Spirit asking for grace to move the hearts and minds of others to make a commitment to Adoration and become a permanent part of our Adoration Ministry.

### State of Adoration

Our Adoration Chapel is open from Midnight Sunday to Midnight Friday  
120 hours each week

Currently we have 208 registered Adorers

There are 78 people registered as a willing substitute

We have 46 hours with only 1 registered Adorer

We currently have 5 'open hours' where no one is assigned to be there

*If you are willing to help – please register at [www.adorationpro.org/ihmmi](http://www.adorationpro.org/ihmmi)*

### Replacing Candles

We appreciate people replacing candles on the alter in the Adoration Chapel when the wax gets low. However, sometimes candles are being replaced too early. A candle with 1 inch of wax, whether liquid or solid will burn for over 24 hours. Let's try to conserve and not replace candles until there is less than a quarter inch of wax.

### Why Lent Is a Great Time to Affect Change

If you are like most people, then you don't observe Lent. According to a recent [Lifeway Research survey](#), only one in four Americans does. Catholics are the most observant with 61% saying they participate, while only one in five Protestants does anything special for Lent.

Formalized by the First Council of Nicea in 325 A.D., Lent is defined as a 40-day period before Easter traditionally marked by fasting, or giving up something, in honor of Jesus' 40-day fast in the wilderness before he began his public ministry. In the early centuries, only one meal a day was allowed during Lent, and meat, fish, eggs, and butter were forbidden. Today, few observers fast during Lent, although many Catholics refrain from meat on Fridays.

If people decide to give something up for Lent we find that many of their choices are things they resolved to give up a couple months earlier when they were making their New Year's resolutions. Maybe it's because, by the start of Lent, most people have already faltered in their attempts to keep those resolutions. Why do we find it so hard to resolve to change?

People who study behavior suggest the reason may be that resolutions have no end date. They continue indefinitely. Changing an ingrained behavioral pattern is difficult enough without having to do it perfectly from now until the end of time. Let's suppose you want to resolve to lose some weight and get in better shape. You decide to do something that you haven't done in years: exercise regularly. You compare two possible approaches, both of which involve going to the gym every other day and working out for an hour while you're there. With option 1, you'll do this forever. With option 2, you'll do it for a month, evaluate your progress, and use that analysis to determine what you'll do the following month.

Which option would you choose? It's a no-brainer, of course. But the vast majority of New Year's resolutions are option 1.

Using this same logic applied to our spiritual life to improve our relationship with God we decide what change we want to affect, but we make the commitment for 40 days instead of a month. Forty days is a realistic time frame to keep a resolution. Knowing we have an 'end time' improves our chances of success. And when we recognize success in this first 40 day period we are more likely to extend it for another period. And another. And another. Soon you have affected permanent change.

Save the date: June 20, 2020 – the Feast of The Immaculate Heart of Mary

### Quick Links

[Adoration Schedule: Midnight to 6AM](#)

[Adoration Schedule: 6AM to Noon](#)

[Adoration Schedule: Noon to 6PM](#)

[Adoration Schedule: 6PM to Midnight](#)

[Setting Your Available Sub Hours](#)

"Every Christian needs a half an hour of prayer each day, except when we are busy ... then we need an hour."

St Francis de Sales