



'As long as you did it to one of these My least brethren. You did it to Me.'

A Message from Mother Teresa of Calcutta

I make a Holy hour each day in the presence of Jesus in the Blessed Sacrament. All my sisters of the Missionaries of Charity make a daily holy hour, as well, because we find that through our daily holy hour our love for Jesus becomes more intimate, our love for each other more understanding, and our love for the poor more compassionate. Our holy hour is our daily family prayer where we get together and pray the Rosary before the exposed Blessed Sacrament the first half hour, and the second half hour we pray in silence. Our adoration has doubled the number of our vocations. In 1963 we were making a weekly holy hour together, but it was not until 1973, when we began our daily holy hour that our community started to grow and blossom.

Wherever I travel and wherever I go, I carry this prayer and meditation book with me because it is a constant source of light and inspiration for me. It has become my daily companion. *Loving Jesus with the Heart of Mary* is my daily prayer and meditation book. It is a most beautiful book because each page helps us to see ever more clearly how much Jesus loves us in the Blessed Sacrament. I recommend *Loving Jesus with the Heart of Mary* and *Come to Me in the Blessed Sacrament* to everyone I meet. I would like the whole world to read these books to help everyone realize that Jesus wants all of us to come to Him in the Blessed Sacrament. He is really there in Person waiting just for you.

I have already given an individual copy of *Loving Jesus with the Heart of Mary* to all my sisters, and I am sending a copy of *Come to Me in the Blessed Sacrament* to each of our houses throughout the world because I want my sisters to absorb the deeply rich, and yet, simple to understand Eucharistic spirituality that these books contain. It is all there; everything is in it.

That is why I encourage you to use this book also, so that through Mary, the cause of our joy, you may discover that no where on earth are you more welcomed, no where on earth are you more loved, than by Jesus, living and truly present in the Most Blessed Sacrament. The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven; and will help bring about an everlasting peace on earth.

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*. This is why you should ask your parish priest to have perpetual adoration in your parish. I beg the Blessed Mother to touch the hearts of all parish priests that they may have perpetual Eucharistic adoration in their parishes, and that it may spread throughout the entire world.

God Bless You
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