

Adoration News

Welcome New Committee Members

Father Brian Christiansen appointed three new committee members:

Diane O'Connor - "Adoration has become a significant part of my prayer life. The fruits and graces received are at times overwhelming, and I'm so grateful to have the opportunity of perpetual adoration."

Maria Nehl - "It gives me the opportunity to let Jesus know just how much I Love Him, I do appreciate all that he has done and does for me always. I find peace, gratitude and time for prayer for the church and our community plus I love having the time to just sit in his presence. For me the time just flies by and it has been an absolute gift, I choose to give my time because it is such a Blessing on so many levels."

Mike Verville - "Jesus is asking me/us to walk, listen, & be his presence to others. In Adoration I feel his presence."

Did you know?

Q: Is it important to know who else is signed up for my Adoration hour?

A: Yes. By signing up for your hour, you are committed to insuring that the hour is covered. This is only possible by keeping in contact with the others at that time. Here's how that might look.

* When you place the blue banner on the pew, you notify others that you are committed to covering this hour.

* By noticing others with blue banners, you can give them a Contact Information Sheet (located near the east glass door and the rear door leading to the main church). Request the same from them.

* Use the contact information to notify your hour team members if you will be late or missing. They can do the same for you. (If no one can attend that week, please send out a Sub Request on Adoration Pro either through your personal device, the ipad in the chapel, or by calling Roberta at the Cathedral office.)

* It is also helpful if you are aware of those who are praying the hour before yours and the hour after yours. Sometimes people are willing to pray an extra hour and cover if you will be gone.

Essentials (Missed hours, Deaths, etc)

We can help if we know. Has a person you normally see at Adoration suddenly stopped attending? Is that person signed up for an hour? Please tell us if this happens on your hour.



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Adoration Pro Support

- Roberta Bruhn: Primary Admin
- Jacques Daniel: Webmaster

Committee Members

- Father Matt Fallgren: Chaplin
- David Lang: Assist. Chair
- Diane O'Connor
- John Wagner
- Gail Wingert: Secretary
- Maria Nehl
- Mike Verville
- Hugh D. Brechtel: Chair

Susan Raposa

Sitting with Jesus in adoration has helped me develop a closer friendship and bond with Him. The quiet reverence of the adoration chapel calms my heart and allows me time to shut out the world and sit in stillness as I try to be more open to God's will in my life and the lives of my family. Adoration is probably the most beneficial emotional release I have ever found. Jesus patiently helps me to release all my sadness and doubts (yes -I often cry during adoration but in a good, renewing way).

Sometimes I go to adoration just to help myself calm down or release the anger or frustrations of a bad day or situation and sometimes I go there out of a deep sense of gratitude and the desire to be with Jesus to personally thank Him for something that worked out well on a particular day. Perpetual adoration enables me to reunite with Jesus instantly no matter when I need him. (I have especially grown to love 9:00 AM on Tuesday mornings because I know that is the time I will always be wrapped in complete, unconditional love.)

Jesus is so patient with me even though there are days where I am overwhelmed with other responsibilities and I worry about adoration taking too much time out of my day. However, I always leave completely refreshed and assured that God will work through me to accomplish what He wants from me that day. Asking God to direct my day instead of doing it all on my own makes every task lighter and helps me to remember that God's plans are bigger than mine. "Thy will be done" is more of a personal goal for me now instead of just words from a prayer.

2015 Testimonials (Personal Stories) Heidie Cotey

I have had assigned adoration slots from the inception of the program at the Cathedral. In fact, I was literally the very first person to sign up on the 500 Catholics list. I am scheduled 10:00 to midnight on Saturday nights, which is a good time from a family perspective (everyone is in bed), but a rather difficult slot for me (because I am also usually in bed at this time and am always exhausted on Saturday nights). Often, I do not look forward to fulfilling my commitment, but I am never sorry that I did. Without fail, I leave adoration with a greater sense of peace and purpose.

Adoration is like a counseling session with The Lord. I start my session by asking the Holy Spirit to open my heart and mind such that I will understand what I ought and know how to proceed. Then I pray the rosary, petitioning Our Holy Mother for various intentions—I do this slowly and with focus. I spend a good bit of my adoration time praying with scripture or other religious text (reasonably often I use The Imitation of Christ or another devotional

book). I also spend time reflecting on the gifts of the Holy Spirit, spiritual virtues and works of mercy and how to exercise these gifts, virtues and works in my life. I often complete a thorough examination of conscience and evaluation of my life and my part in others' lives. I do many things wrong, so of course I become ashamed and saddened. However, I can feel that I am loved- even though (actually especially because) I am a sinner. I can envision Jesus with his hand extended..."Take my hand Faustina (my confirmation name)—Let me help you be who God created you to be." When I am at adoration, clarity comes more easily. All I (or anyone) needs to do is to grasp His hand... accept His help. Wow, that sounds so easy, but IT IS NOT easy! The frailty of being human is such a burden. Jesus intimately understands this. I look at his body, which was given up for me, and I know that He understands. Jesus did not come for the righteous; He came for sinners. He came for me. In knowing this-in knowing how he longs that every bit of me belongs to Him in every

How did you first start Eucharistic Adoration?

For many of us, it was a personal invitation. Often, it was a request to fill in for someone.

How has that personal invitation changed your life?

Would you consider asking another person or two to experience a personal encounter with Christ in Eucharistic Adoration just like you did? Your personal invitation to a friend may change their life?

How about sharing your story, to help us inspire others? (1 Peter 15:3)

Send your story to: OLPHAdorationCommittee@gmail.com Subject: "My Adoration Story"

Committee Honored

Dear Hugh,

Please pass along my gratitude for the faithful and tireless efforts of the Adoration Committee over the last year. I have admired the team's dedication and determination to enhancing, supporting, and promoting our community's devotion to our Lord in the Blessed Sacrament. While we still have continued work to accomplish, much has been done to bring this beautiful and life changing devotion to the forefront of our parish life. For this we give thanks to God!

It was good to celebrate the four years of blessings that Adoration has brought to our parish. It is always helpful to remember where we began and to recall how far our Lord has brought us by His grace. ...

Have a blessed Sunday! Praised be Jesus Christ! Now and forever!

In Christ, our Risen Savior,
Rev. Brian P. Christensen
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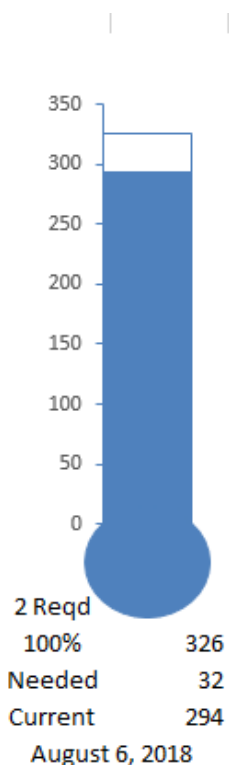


Saint Spotlight: Servant of God Nicholas Black

Front and center as part of OLPH Summer Saints School this “Lakota medicine man became iconic for his presence at many of the events that represent the struggle of Native America as a whole. A second cousin to Crazy Horse, Black Elk was 12 years old when he participated in the Battle of the Little Bighorn, in 1876. He became a ghost dancer and fought in the aftermath of the Massacre of Wounded Knee, in 1890. He spent two years touring Europe with Buffalo Bill Cody. Globally, Black Elk is seen as a teacher of what was lost, an alternative and oppositional voice to the forces of industrialization and colonialism. But most seem unaware that he spent half a century as an active Catholic.” ... “Last fall, Black Elk’s grandchildren presented [Bishop Robert D. Gruss] the bishop of Rapid City, also in South Dakota, with a petition of over 1,600 names requesting that the diocese

formally nominate their ancestor for canonization.” ... “In 1904, at the age of 40, he became interested in Catholicism after a Jesuit objected to a healing ceremony Black Elk was conducting. He gave up his medicine practice and converted to Catholicism. Black Elk then learned to read and became known for his ability to memorize Scripture and for his dynamic preaching. He spent decades as a catechist, taking numerous missionary trips to other reservations” ... “Jesuits have been working alongside the Lakota since Red Cloud, the famous Oglala leader ... asked for ‘sina sapa’, or ‘black robes’ (the Lakota term for a Catholic priest), to set up a school. The government approved and Holy Rosary Mission was established. That was nearly 130 years ago.” - <https://www.americamagazine.org/faith/2017/10/01/black-elk-lakota-medicine-man-turned-catholic-teacher-promoted-sainthood>

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OLPH Perpetual Adoration Goals

Since April, our numbers have suffered, partly due to deaths and the Summer challenges.

In April we needed 24 time slots filled to have 2 people during each hour. Now we need 32. Likewise, in April we needed 107 timeslots filled to have 3 during each

hour, but now we need 122.

So why is it valuable to have more than one person signed up for each hour?

The best answer is so that when one of you needs to be gone, the other often times will be there so the hour is covered without having to find a sub.

Please invite your family and friends to receive the blessings of a weekly Holy Hour!

