

My name is Gina Marx, and my husband Terry and I have been parishoners here for nearly 20 years. However, I had only stopped into the adoration chapel a couple of times until this year. I had heard from a couple of my friends how they benefited from their hour of adoration, but I kept thinking I didn't have the time to commit to this, and besides, I was doing stewardship in so many other ways I told myself. I certainly didn't need ANOTHER thing to add to my overflowing calendar, and didn't need the stress of "having" to be at another place, because I was already putting in way too many hours of overtime in my job as Director of the Graduate Education Programs at Newman University. I just couldn't fit in another thing I told myself.

But after hearing someone speak last year about the peace they received in their life from their time with Christ, I realized how I longed for that peacefulness they spoke about for my busy world, so I went ahead and signed up for Monday mornings and thought maybe I'd try it and see how it started my week. (You have a partner in case your schedule doesn't allow you to make it every week, and I have faithful and dedicated partners for Lena and John Herrmann!)

The first day I went in, I thought, "What am I going to DO for an hour??" I was fidgety, and I hate to admit this, but I was even checking my phone and my watch! By the 2<sup>nd</sup> hour, I realized that this was my time to not DO anything, but LISTEN. Sure I pray for my intentions and I take my little "Jesus Calling" book, but a friend gave me a journal with a scripture passage written in the front cover from Habakkuk 2:2 that said, "The Lord answered me and said, write down the vision clearly upon the tablets, so that one can read it readily. For the vision has its time and presses on to fulfillment, and will not disappoint; if it delays, wait for it." So I took this journal, and I just listened....listened for God to speak to me and, and I journal the insights that come to me from Him. Ironically, the next Sunday in Mass, the first reading included the same scripture reading from Habakkuk....

I want to conclude by sharing what I wrote to friends and family in my Christmas letter this year:

"This fall I started going to Adoration on Monday mornings to begin my week...I realize now I should have done this years ago....just having an hour of silence and "being" with God... listening for Him to speak to me and then journaling is such a peace-filled way to start the week for me, and gives me such a strong grounding and calm that I am in constant awe. Oh, how I wish I was capable of sharing this hour with all my friends and family members! "

Adoration is not "one more hour" to add to your busy schedule – it is THE hour that will carry you through the others!