

FIFTEEN MINUTES

By a soul

(written in 2016)

I am blessed.

I live in a country where I can freely worship God in my Christian faith. I attend Mass every Sunday and on holy days of obligation each year.

I wish I could attend Mass daily, but it is not possible in my current circumstances. I have not driven in eight years, ever since my severe car accident in January 2008. So, I have to rely on public transportation and the generosity of others to attend weekly Mass and monthly Confession, as I am the only person who attends Church regularly in my family.

I also carpool to my full-time job; so, in order to attend a weekday Mass, it has to be for a special reason, because it will add four hours to my commute on public transportation. So, I will plan ahead of time to attend holy days of obligation and special feast days meaningful to me, taking vacation time off from work.

Despite these burdens, I am grateful that I can worship God freely each week. I am grateful that I live in a thriving Catholic diocese that has many parishes in my area, so I can choose Mass times that will accommodate my personal schedule each week. I know that I am blessed and I thank God with all my heart that I can love Him freely in my country.

Holy Communion is a very special occasion for me. As I have written before, for me, I consider Holy Communion to be the most intimate connection a soul can have on earth with Our Lord, Jesus Christ. I call Holy Communion the Eucharistic Kiss and I always strive to make the most of this special time with *My Love*.

I am not sure if most people realize this, but every moment preceding Holy Communion in the Mass builds up to that special moment. The prayers, the readings, the homily, everything, etc., is simply preparation for that special encounter with God. That special intimate time of Holy Communion, which is the summit and climax of the Christian faith.

As I have written before, I am always trying to squeeze more grace in every moment of the Mass. During every pause, every silent moment, or unattended moment of the Mass, I am saying a prayer to Our Lord and Our Lady. I view every silence and every pause to

be an invitation to pray for the intentions of Our Lady.

Also, the moments immediately preceding Holy Communion are a very special prayer time for me.

While everyone else is waiting in the pews to join the Communicant line, I renew silently before God my personal consecration to the Most Sacred Heart of My Love and the Immaculate Heart of Our Lady. I then invite all the angels and saints of Heaven to pray along with me to Our Lady in the Mass.

I have several prayer intentions while I am waiting in the Communicant line. I pray for the poor souls entering Heaven through the Mass that I am attending. I pray for the dying souls to be covered and saved by the Most Precious Blood of *My Love* in the Mass that I am attending. I pray for the unborn to be protected and saved. I pray for all priests and all religious to stay faithful and true to their religious vows to My Love. I pray for the lessening of the Great Chastisement and for all souls to be saved through The Warning. I also pray for my parish community and in atonement for the sacrileges committed in the Blessed Sacrament, especially in the Mass that I am attending.

And of course, I pray for all the intentions of Heaven, especially, the special intentions of the Immaculate Heart of Our Lady.

I think about and pray for all these intentions while waiting in line for Holy Communion. I pray to Our Lady and St. Joseph. I pray the Hail Mary and the Glory Be. I pray many short aspirational prayers.

As I walk down the aisle, I always think about all the poor souls that I am escorting to Heaven. I know that they are walking beside me, accompanying me to *My Love*. And I know that at the exact same moment when I partake in Holy Communion, these poor souls are achieving their beatific union with *My Love*. I am very happy for them.

I will reveal something very personal to you, *my beloved family*. Before I take each Holy Communion, I always say I love You to God. I always time my walk in line so that I have just enough time in my prayers to say, *I love You Father, I love You Jesus, I love You Holy Spirit*. Then, I listen to the words of the priest pronounce, Body and Blood of Christ. I bow and say out-loud *Amen*, then I receive my Holy Kiss from *My Love*. I always receive the Holy Eucharist on my tongue from a priest.

Then, after I receive the Holy Eucharist, I will walk a little away from the Communicant line and I will turn back to the priest and I will make the sign of the Cross towards the Sacred Altar, because I cannot simply walk away from God and His Presence in the priest. I will also take the time to bow before the Presence of Christ in the Holy

Eucharist and in the Most Precious Blood that each lay minister in my vicinity is holding, although, I try not to receive from a lay minister during Mass.

At one of the parishes that I attend Mass, there is a beautiful statue of Our Lady next to the Sacred Altar. Usually, I am the only person who will greet Our Lady after taking Holy Communion. I cannot simply walk away without greeting Our Lady, thanking Her for Her fiat, and asking for Her intercession for us all in prayer. I believe it is the most powerful moment of intercessory prayer that I can have with Our Lady, because I have the Precious Body and Blood of Her Son within me.

Then, while kneeling in the pews, I will say my thank You to God. I will thank *My Love* for receiving all the poor souls into Heaven through the Mass. I will thank *My Love* for saving souls and for granting all the prayer intentions of Our Lady. I will thank *My Love* and praise Him for many wonderful things, such as having Our Lady bring me to another Mass. And I will continue saying my prayer intentions, trying to squeeze even more grace from God.

And if I do not know what to say in that special time with *My Love*, I will simply say *I love You Jesus* over and over again, because I really do love Him.

Holy Communion is the source and summit of the Mass. It is sad to me, *my beloved family*, but I think the majority of people spend very little time with *My Love* in Holy Communion. I do not know, as I have my eyes closed while I am praying in the pews, but I do hear things. As I am kneeling, adoring *My Love*, I hear many people sit back in the pews and I do not think the priests spend much time in prayer after they are finished at the Sacred Altar and have placed the Blessed Sacrament within the Holy Tabernacle.

While I am kneeling, continuing to praise *My Love* with my eyes closed, I hear in the background, parish announcements being read—trying to interrupt this special time with *My Love*. I only arise from my kneeling and open my eyes when the priest gives the final blessing of the Mass. Then, after the final blessing is given, I return to kneeling and praising *My Love* with my eyes closed, because I know *My Love* is still within me.

I read once that the Most Precious Body and Blood of Christ stays within us for at least fifteen minutes when one receives Holy Communion. So, I always strive to spend at least fifteen minutes in Holy Communion with *My Love*. Of course, I do not look at my watch during this special time, but I usually open my eyes fifteen-twenty minutes after the hour of Sunday Mass has concluded. Once, I spent over an hour with *My Love* in Holy Communion, but that was a special occasion. That was the day that *My Love* showed me the coming abomination of desolation, which I have written about in my book and other love-letters.

It is sad, my beloved family, but on rare occasion, I have been kicked out of church, because I am spending too much time adoring *My Love* in Holy Communion. It usually happens when I am attending a thirty-minute weekday Mass and the custodian wants to close the church immediately after Mass has concluded. Thankfully, the custodians of the churches that I attend are more accommodating on Sundays, so while I will be one of the last people to leave the church, I will still be able to give at least my fifteen minutes to *My Love*.

I love priests, because they bring me *My Love*, but I wish, in my heart, that generally, priests could be a better witness of the Real Presence of *My Love* in the Holy Eucharist.

I wish that priests would remind the laity at every Mass of the need to be in a state of grace to receive Holy Communion.

I wish that the Holy Eucharist could only be received on the tongue from a priest.

I wish that priests would give *My Love* at least fifteen minutes of silence for prayer during Holy Communion before giving the final blessing of Mass.

I wish that priests would eliminate all frivolous announcements at the conclusion of the Mass.

And I wish priests would eliminate songs being played and sung at the conclusion of the Mass. Instead, I wish there was a respectful silence maintained, so the faithful who desired to spend more time in Holy Communion with *My Love* could do so.

Alas, these changes of reverence in the Mass do not look to be forthcoming anytime soon. But, I have hope. Meanwhile, perhaps, change can happen one soul at a time, if each person simply decided for himself to give fifteen minutes to Jesus in Holy Communion at Mass.

Oh, what joy would fill the Most Sacred Heart of *My Love*!

HOLY LOVE MINISTRIES

<http://www.holylove.org>

July 16, 1999

“Daughter, allow Me to give understanding to your thoughts and to the rapture of your heart, for I am Jesus, born Incarnate. When you come before Me, let it always be as

though it were the first time, the first moment of your understanding of My Real Presence. When you receive Me, let it be as My Most Holy Mother received Me at the Annunciation. Ask for the grace. It is given. Ask for the grace to allow Me to stay within the tabernacle of your heart after you receive Me – to linger there – to languish in your soul. I delight in those that desire My Presence. Oh, how I do take delight in them! Believe and have faith that I choose it for each soul.”

November 5, 2003

Jesus and Blessed Mother are here with Their Hearts exposed. Blessed Mother says:

“Praise be to Jesus.”

JESUS:

“I am your Jesus, born Incarnate...”

“...If you are Catholic and listening to Me, I invite you to comprehend the most important part of your day should be Holy Mass. Much preparation should precede the prayer of the Mass, and much thanksgiving should follow it. Do not let others dictate to you your posture or demeanor in the precious moments after you receive Me in the Holy Eucharist. This is My special time with each soul and needs to be saturated with reciprocating love between the soul and Me. This moment in the interior forum must not be violated by community. Such a practice further reduces the importance of the sacrament of My Real Presence. When each soul is strengthened and nourished in this private moment with their Creator, the entire community will be strengthened. Do not fear putting into practice what I tell you today...”

“...We’re blessing you with the Blessing of Our United Hearts.”

I love You, Lord.
May I always love You.
Amen.