

June 3, 2026

St. Charles Lwanga and Companions, Martyrs

Dear :

Thank you for being present at the Highway to Heaven event in Massena this year! We are so excited to see how God will use the graces from that event to impact the Church and people of the North Country in the weeks and months to come. You are a part of that, and we are grateful for your presence!

Thank you, also, for volunteering to spend a weekly Holy Hour with Jesus in the Most Holy Eucharist. We wanted to reach out to you and offer a few tips to help make that a joyful and powerful experience for you:

- Be specific about your Holy Hour: when the days get busy and life throws us the unexpected, having a set time for that “hour of power” will help make it a priority. We recommend putting it in your calendar or setting a notification on your phone.
- Find a local parish that either offers exposition of the Eucharist, or one that is unlocked at the time you set for your hour. If you don’t have exposition available, don’t be discouraged, simple adoration of Jesus before the tabernacle is a viable option. Even better: talk to your local pastor about offering adoration on a more regular basis.
- To find adoration near you, click this link and scroll to the bottom:
<https://www.northcountrycatholic.org/allevnts.html>
- The Holy Hour is a place to be close with Our Lord: when you are struggling, worried, anxious, joyful or peaceful, bring that with you to the presence of Jesus. So many of us go back to Jesus’ own words to His apostles inviting them to spend an hour in prayer with him (cf. Matthew 26:40). As we grow in prayer and in the gift of silence, so too will our ability to offer Him those parts of our lives that feel like burdens and crosses.
- Finally, remember that no time spent with the Eucharist is wasted time. If you feel distracted, distant, dry, or preoccupied... so too did many of the Saints. Prayer and adoration is, first and foremost, fruitful through consistency: Our Lord will not be outdone in generosity!

Once again, thank you for answering Jesus’ invitation to spend a weekly hour with Him. If you are interested in receiving free Adoration literature in the mail, please email us.

God bless you and draw you ever closer to the Sacred Heart of Jesus, the Immaculate Heart of Mary, and the Chaste Heart of St. Joseph.

Know of our prayers united with yours,
Highway to Heaven Team