

100 Holy  
Hours *for*  
Women



# 100 Holy Hours *for* Women

Mother Mary Raphael Lubowiczka  
of the Sweetest Heart of Jesus, CSFN

Translated by  
Sister Mary Edith Willow, CSFN

TAN Books  
Charlotte, North Carolina

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## Original Dedication

*This work is dedicated to our venerable and beloved in God, Mother Mary Laretta Lubowidzka, Superior General of the Sisters of the Holy Family of Nazareth*

MOTHER RAPHAEL LUBOWIDZKA

## Publisher's Dedication to the 2017 Edition

*To Charlotte Nowak, without whom this new edition would not have been possible*







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## Foreword

I HAVE the few remaining books of “At the Feet of Jesus in the Holy Eucharist” by Mother Mary Raphael Lubowidzka. These books were given to me by the Sisters of the Holy Family of Nazareth. They are the last ones in existence. I have been using them at St. Isidore Parish’s Eucharistic Adoration for many months and have had parishioners asking to buy them for themselves and as gifts for others. Is there a way that TAN Books may publish them?

So began an email sent to our offices by Charlotte Nowak, and so began the process which culminates in you having this beautiful book in your hands. Charlotte explained in a later phone call that her first cousin is a member of the Order, and she provided us with the

contact information for the Sisters, who were gracious enough to license the material to us for publication.

It is not often that a publisher has a gem of a book, as this one surely is, fall into its lap in a way that so clearly indicates the workings of God's Divine Providence. I remember reading the book on an airplane on the way to our offices and being so moved by Mother Mary Raphael's meditations that it took a mere page or two or three to convince me that it would be a great blessing and honor for TAN to be the publisher that would introduce this profound and edifying book to a new generation of readers.

But, of course, *100 Holy Hours for Women* did not simply fall into our lap any more than it did into yours. A long chain of events lay behind its eventual arrival at our offices, a chain of events involving a number of people responding to the promptings of grace. Mother Mary Raphael herself and Sister Edith Willow, the translator, whatever the details of their own vocation stories, responded to God's promptings and dedicated their lives to his service. Later, Mother

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Mary Raphael was undoubtedly inspired by the Holy Spirit in composing these reflections as was Sister Edith in rendering them into such moving English. Charlotte Nowak, as she used one of the few remaining copies in her own personal prayer time before the Blessed Sacrament and saw how others in her parish requested copies, was inspired to seek out a publisher to bring out a new edition. In so doing, she undoubtedly was responding to a still, small voice within her.

And, of course, it is our hope that we at TAN were diligent in responding to the grace of God which radiated so clearly from the written words on the pages of Charlotte's copy which she very kindly sent in the mail. And the Sisters themselves, spiritual daughters of their forebears in the distinctive charism that marks their Order, very kindly and generously granted us permission to proceed with publication. May God shower you, dear reader, with many graces at the foot of Jesus in the Blessed Sacrament.

John Moorehouse  
Acquisitions Editor, TAN Books  
July 10, 2017





## Publisher's Note

**W**E at TAN Books consider it an honor and a privilege to publish this new edition of what may very well be a minor spiritual classic. Originally written for religious sisters, we feel that these meditations for Eucharistic adoration will be of great spiritual benefit to women in all states of life. Similarly, we feel that the original preface, though written exclusively for and to the Sisters of the Holy Family of Nazareth, is so rich in theological insight and wise counsel as to merit inclusion in this edition, *100 Holy Hours for Women*. We trust readers will agree.