

PORTUGAL, 1904-1955

Blessed Alexandrina Maria da Costa
Who was nourished only by the Eucharist
For over 13 years



Alexandrina Maria da Costa was born in Balasar (Portugal) on March 30, 1904. At age 14, while fleeing in order safeguard her purity, which was threatened by three male intruders, she did not succeed in jumping out of her window. The consequences were terrible though not immediate, and in fact, after several years, she was constrained to her bed for the remaining 30 years of her life, because of a debilitating paralysis. She did not despair, but decided instead to entrust herself to Jesus with these words: “As You are a prisoner in the tabernacle and I am a prisoner in my bed through Your will, so we can keep each other company.” Later on, she began to live through mystical experiences which became ever more intense, so that from Friday, October 3, 1938 to March 24, 1942, for a total of 182 times, she experienced each Friday the sufferings of the Passion. From 1942

until her death, Alexandrina was nourished only by the Eucharist, and during a stay at the Focel Douro Hospital in Oporto, for forty days and forty nights, she was examined by several doctors during her period of total fasting and anuria (absence of urine). After ten long years of paralysis which she had offered as Eucharistic reparation for the conversion of sinners, Jesus appeared to her on July 30, 1935, saying, “I have placed you in the world, to make you live, nourished only by Me, to testify before the world how great is the power of the Eucharist. [...] The strongest chain that binds souls to Satan is the flesh, that is, impurity. Never has there been seen such a spread of vices, wickedness and crime as there is today! Never has there been so much sin [...] The Eucharist, this is My Body and My Blood! The Eucharist: behold the salvation of the world!” Jesus also appeared to Maria on September 2, 1949 with Rosary beads in His hand, telling her: “The world is in agony and is dying in sin. I ask for prayer, I ask for penance. Protect with this Holy Rosary all those whom you love and the whole world.” On October 13, 1955, on the anniversary of the final apparition of the Blessed Mother at Fatima, Alexandrina was heard exclaiming: “I am happy, because I am going to heaven.” At 7:30 in the evening that same day, she died.





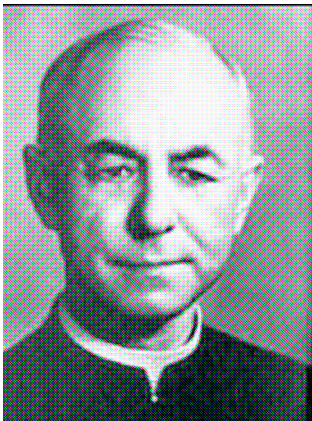
(1) The house of Alexandrina a Balasar



(2) Alexandrina with her mother and sister



(3) Alexandrina likewise relived the sorrows of Jesus' Passion every Friday



(4) The Jesuit Fr. Pinho followed Alexandrina in a special way, and it was thanks to him that many of her writings came to the attention of the Pope



(5) A letter from Alexandrina's own hand