

For 36 years, her only nourishment was the Holy Eucharist

# TERESA NEUMANN

GERMANY, 1898-1962

Teresa Neumann's life changed radically since her miraculous recovery from paralysis and total blindness at the age of 25. About a year later, she received the stigmata and began fasting which lasted 36 years until her death. Her only nourishment was the Holy Eucharist and for this reason the Nazi authorities, during World War II, withdrew her food rationing card and gave her a double rationing of soap to wash her towels and clothing because every Friday, she would be drenched in blood while she was in ecstasy, experiencing the Passion of Christ. Hitler was very fearful of Teresa.



Teresa's parish



Teresa's Paternal House



Teresa's Tomb at Konnersreuth



Teresa at 4 years old



Teresa after her infirmities



Teresa while she is receiving Holy Communion on Easter Sunday 1934



Teresa Neumann : Stigmata on heart and hands (Medical Photograph, 1926)



Teresa dies at Konnersreuth 1962



**T**eresa Neumann was born in Konnersreuth, Germany, on April 8th, 1898 from an extremely poor catholic family. Her greatest ambition was to become a missionary in Africa but that was not possible as she was a victim of an accident at the age of 20 when a horrible fire broke out in a nearby plant and Teresa went to help and in the process of passing buckets of water to stop the flames, she got a horrible lesion in her spinal cord that caused a paralysis in both her legs and complete blindness. Teresa then passed her days in prayer, but one day her miraculous recovery occurred in the presence of Father Naber who wrote: "Teresa described a vision of a great light and an extraordinary sweet voice that was asking her if she wished to be healed. Teresa gave the most surprising answer when she replied that to her it would not make any difference whether she would be

healed, stay the way she was or even die, as long as it was the will of God. The mysterious voice told her 'that very day she would receive a small joy; the healing of her infirmities, but that she would still have a lot of suffering to endure in her future.'"

*For a little while,* Teresa lived in fairly good health, but in 1926 her most important mystical experiences started and everything changed for her and lasted until the day she died: she received the stigmata, a complete fasting and the Eucharist as her only nourishment. Father Naber administered Communion every day to Teresa wrote: "In her, God's promised word is accomplished: 'My Flesh is real food and my Blood is a true beverage'". Teresa offered the Lord her physical suffering due to the loss of

blood, caused by the stigmata, that started every Thursday during the day when Jesus' Passion started until Sunday, His Resurrection. This suffering was dedicated for the intercession of sinners that asked for help. Every time she would be called to a person's death bed, she would be witness to that soul's judgment, as it is usual to happen right after death. Ecclesiastical authorities performed many examinations in regard to Teresa's continuous fasting. Carl Strater, S.J., directed by the Bishop of Ratisbonne, studied and examined the life of the stigmatized Teresa and confirmed: "The significance of Teresa Neumann's fasting is to show the people of the world the value of the Holy Eucharist, to make the world understand that Christ is actually present in the bread of the Eucharist and that through the Holy Eucharist, physical life can actually be preserved."