

Blessed Alexandrina Maria da Costa  
PORTUGAL, 1904-1955



Alexandrina Maria was born in Balasar (Portugal) on March 30, 1904. At age 14, while trying to flee and preserve her own chastity which was threatened by three men, she was unsuccessful in jumping from the window. The consequences were disastrous, although not immediate, and in fact, after several years, she was constrained to lie in bed for the remaining 30 years of her life because of a debilitating paralysis. She did not despair, but decided to put her trust in Jesus with these words: “As You are a prisoner in the tabernacle and I am a prisoner in my bed by your Will, we can keep each other company.” Afterwards, she began to have ever more intense mystical experiences, so that from Friday, October 3, 1938 to March 24, 1942, for at least 182 times, she experienced every Friday the sufferings of the Passion. Beginning in 1942 up to the time of her death, Alexandrina was fed only with the Holy Eucharist, and during her stay at the Foce del Douro Hospital in Oporto, she was examined by several doctors during her total fast and anuria (absence of urine). After ten long years of paralysis which she offered in Eucharistic reparation and for the conversion of sinners, on July 30, 1935, Jesus appeared to her and said: “I have placed you in the world to make you live only by Me, to give testimony to the world of how precious is the Eucharist [...] The strongest chain that binds souls to Satan is the flesh, the sins of impurity. Never has there been seen such a spread of vices, evil deeds, and crimes as there is today! Never had there been so much sin [...] The Eucharist, My Body and Blood – the Eucharist: this is the salvation of the world.” Mary also appeared to Alexandrina on September 2, 1949, with rosary beads in her hand, telling her: “The world is in agony and is dying in sin. I desire prayer, I desire penance. Protect with this my Holy Rosary all those whom you love and the whole world.” On October 13, 1955, the anniversary of the last apparition of the Virgin Mary at Fatima, Alexandrina was heard exclaiming: “I am happy, for I am going to heaven.” At 7:30 in the evening that same day, she died.

For over thirteen years she nourishes herself with just the Eucharist