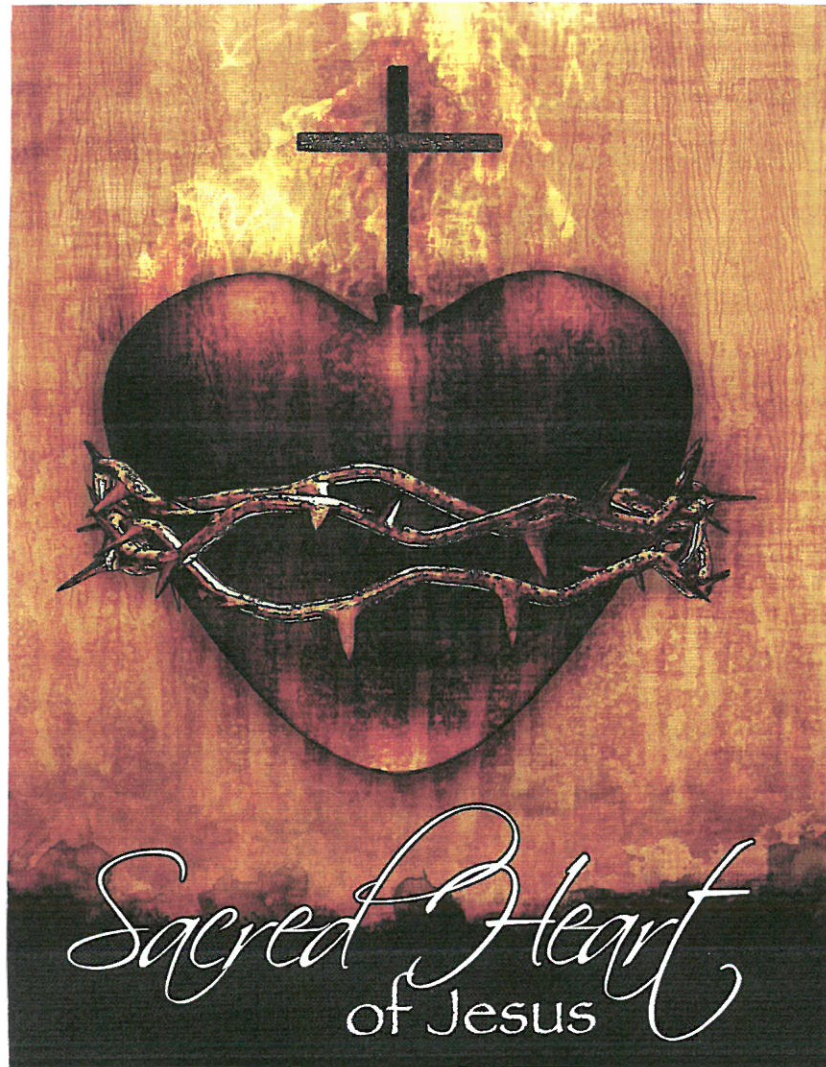


Eucharistic Adoration

Newsletter - Mar. '19



My God, I offer You the actions that I will do today for the intentions and for the glory of the Sacred Heart of Jesus. I want to sanctify the beatings of my heart, my thoughts and my most simple works by uniting them with His infinite merits, and to make reparations for my faults by throwing them into the furnace of His merciful love.

O my God, I ask You, for me and for those who are dear to me, the grace to accomplish perfectly Your will, to accept out of love for You the joys and the pains of this passing life in order that, one day, we may be united in heaven for all eternity.

- St. Therese of the Infant Jesus

EUCCHARISTIC ADORATION - COULD YOU NOT WATCH ONE HOUR WITH ME?

Under the leadership of Pope John Paul II, the Church experienced a resurgence of the practice of perpetual Eucharistic adoration in parishes. But the good news of Christ's presence with us in the Eucharist needs to be spread much more because there are many souls that have not yet heard it and many others who have heard it but have not been jolted by its impact.

After the priest says over the bread and wine during Mass the words "This is my Body," "This is the cup of my Blood," bread and wine are no longer present on the altar. Rather, Jesus is present there under the appearances of bread and wine. And after Mass Jesus stays with us in the Blessed Sacrament reserved in the tabernacle or exposed in a monstrance where He waits for us to come and spend time with Him so that we may cultivate a personal relationship with Him.

The Eucharist is the literal fulfillment of Jesus' promise: "*Behold I am with you all days, even to the consummation of the world.*" (Mt 28:20). Jesus hides in the Blessed Sacrament under the appearance of a wafer of bread because He wants us to go to Him with the certainty of faith. We are not yet ready to behold Him as He really is. But one day we will be, and on that day what appears to us now as a wafer of bread will burst forth into the infinitely beautiful figure of Jesus Christ.

JESUS WANTS IT! He remains with us here on earth in the Blessed Sacrament because He loves us. And a lover desires to be loved in return. A lover wants to spend time with the beloved to express his love and to establish a personal relationship. This is what we do when we go to Jesus in the Blessed Sacrament. We may spend some time expressing sorrow for having offended Him by our sins. There is no better place to make an examination of conscience than in the presence of Jesus in the Blessed Sacrament, where the spiritual light from the Sacred Host illuminates our souls and enables us to see ourselves as we really are. And by spending time with Jesus in the Blessed Sacrament we make reparation for our sins. We help repair the effects of our sins on ourselves. We also make reparation for the sins of the world and help heal the wounds they have inflicted on the Sacred Heart of Jesus.

JESUS BLESSES US! The greatest blessing is the sanctification of the adorer. Pope Paul VI said that there is nothing more consoling on earth than Eucharistic adoration. By spending time in the company of Jesus in the Blessed Sacrament we become transformed into a better image of Him.

Others also benefit from the time we spend with Jesus in the Blessed Sacrament. Jesus explained to St. Maria Faustina Kowalska in a vision that each person coming before Him in the Blessed Sacrament represents all humanity and that every man, woman and child on the face of the earth experiences a new effect of His goodness, grace and mercy with each holy hour spent in His Eucharistic presence.

The problems that confront the family, the Church and the world resist all merely human means of solution. Our Eucharistic Lord wants us to recognize that only He can solve them and bring genuine and lasting peace. Through Eucharistic adoration He brings peace to people's hearts. And people with peaceful hearts make a peaceful world.

If one gives God an hour a week from his busy schedule, he will be surprised how much more time he has for his other activities. Pope John Paul II spent at least one hour a day before the Blessed Sacrament. And he made it clear that this is where he got the energy to do the many things that he did. Bl. Teresa of Calcutta highlighted the value of the holy Hour saying: "Every hour you spend with Jesus will be recorded in heaven and retold throughout eternity."

Jesus said to those He loved: "**Could you not watch one hour with me?**" (Mt 26:40).