

VENITE ADOREMUS DOMINUM!

FALL 2018

VOLUME FOUR - ENGLISH

The Adorer's Voice - Back to Basics



THE EUCHARIST IS THE SOURCE AND SUMMIT OF THE CHRISTIAN LIFE. (CCC 1324)

Wow! The year has really flown by and I can hardly believe this is our fourth, final newsletter of 2018! I pray that reading this small work has inspired you to dedicate one hour (or more!) of your time each week adoring our Eucharistic Lord! If you have not been able to commit yet, please stop by the chapel for a visit even for just few minutes. **Jesus is there waiting for you!**

Back in August during a Holy Hour I was praying for direction on this newsletter and reading the last chapter of Scott Hahn's book, *The Lamb's Supper*. (Recommended read!) The Lord moved me to start writing and I left with notes about the Mass, Adoration, Eucharistic Communion, and Spiritual Communion. It felt like, "get back to the basics." Thank you, Jesus.

The *Catechism of the Catholic Church* (CCC) states that, "**The Eucharist is the source and summit of the Christian life.** The other sacraments, and indeed all...ministries and works...are bound up with the Eucharist and are oriented toward it." (CCC 1324; emphasis added) Why? **Because. It. Is. Jesus!**

In a homily from April 20, 2018, Pope Francis said, "The Eucharist is not a beautiful rite, but it is the most intimate, the most concrete, the most surprising communion that one can imagine with God: a communion of love so real that it takes on the form of eating." The Pope echoed the CCC saying that Christian life begins at each Mass, "where God satiates us with love. **Without Him, the Bread of Life, every effort of the Church is in vain.**" I feel confident that we have heard similar wisdom in the homilies of our own Father Victor Perez.

What is the Mass? It is a **perpetual renewal of the first Mass celebration** at the Last Supper when Jesus instituted the Holy Eucharist and priesthood. **God is not restricted by anything - including time.** In other words, He exists in the past, present, and future all at the same time. At each Mass Heaven and Earth meet and we experience the original thanksgiving celebration! The Mass is truly AWESOME!

The Eucharist, derived from the Greek *eukharistia* meaning "thanksgiving" is a celebration. How does one normally celebrate? With JOY! "...with the Angels and all the Saints we proclaim Your glory, as in **joyful celebration** we acclaim..." Sound familiar?

Do you prepare to participate or just attend Mass? Have you fasted for at least an hour beforehand so that your body is an empty vessel ready to worthily receive the gift of Jesus in Holy Communion? Section 919 of the *Code of Canon Law* says that water and medicine are the **only** exceptions. **If you chew gum, have a cup of coffee, etc. right before Mass you are breaking the fast and should not receive Holy Communion.**

How do you enter the Church? In his November 15, 2017 gen-

eral audience, **Pope Francis said that the time before Mass is a time for silent prayer:** "for preparing ourselves for dialogue, a time for the heart to collect itself in order to prepare for the encounter with Jesus...it is not a moment for chitchat." Prepare for Mass through silent prayer then reverently adore Jesus. He is there!

To hear the Word of God and receive the Bread of Life during Mass is both an incredible gift and commitment to live according to His will. Amen?! When we say "amen" we are saying "So be it" (CCC 2856) or "I believe." Do you say it enthusiastically and authentically? Do you *mean* it? Give Him thanks joyfully throughout the Mass! Sing to Him! We Catholics are blessed to be able to be in Holy Communion with our Lord! Did you know that you can also be in Spiritual Communion with Him? I learned about this listening to daily Mass on EWTN at work. During the distribution of Holy Communion, an **Act of Spiritual Communion** prayer is offered for the listeners. This prayer can be recited during Adoration, or any time (many times!) throughout your day:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Whether you are in Mass or Adoration, Jesus is there in the Eucharist. He loves you! Open your heart and let Him enter!

Venite Adoremus Dominum! Blessings, *Dawn*

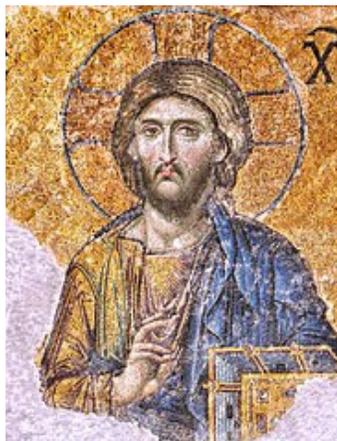
EUCCHARISTIC ADORATION IN THE DAY CHAPEL

- ◆ Monday 9am - 10pm
- ◆ Tuesday 9am - 10pm
- ◆ Wednesday 1pm - 10pm
- ◆ Thursday 9am - 10pm
- ◆ Friday 9am - 10pm
- ◆ **First Saturday Holy Hour for Fr. Victor & vocations in the church 8am - 9am**



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**CHRIST PANTOCRATOR
HAGIA SOPHIA
ISTANBUL, TURKEY**

**"WE DO NOT
SIN WHEN WE
ADORE CHRIST
IN THE
EUCHARIST. WE
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IN THE
EUCHARIST."**

SAINT AUGUSTINE

**WILL YOU
COMMIT TO
SPENDING JUST
ONE HOUR WITH
OUR
EUCHARISTIC
LORD?**

Be a Blessing and Bless!

Ponder this question for a moment...What comes to mind when you hear the word blessing? We say a blessing before (sometimes after) meals. People ask priests to bless things like rosaries and other religious articles, new homes, even pets on the Feast of St. Francis of Assisi, and throats of the Feast of St. Blaise. Just about anything can be blessed, but what does this mean?

The *Catechism of the Catholic Church* (CCC) classifies blessings as sacramentals. Sacramentals do not confer the grace of the Holy Spirit like the sacraments, but, by the Church's prayer, prepare us to receive grace and dispose us to cooperate with it. (CCC 1670) Among sacramentals, *blessings* (of people, meals, objects, and places) come first. **Every blessing praises God and prays for his gifts.** (CCC 1671, emphasis added) Blessings always include a prayer, often accompanied by a specific sign, such as the laying on of hands, the sign of the cross or sprinkling of holy water. (CCC 1668)

Prayers While Visiting the Blessed Sacrament

Act of Faith

O MY GOD, I firmly believe that Thou art one God in Three Divine Persons, Father, Son and Holy Spirit. I believe that Thy Divine Son became Man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

Act of Hope

O MY GOD, relying on Thy

So, whether we realize it or not, through blessings we are both praising God and giving thanks for His gifts! This is truly right and just because **everything comes from Him!**

Why do we **reverently** enter and exit the church, dipping our fingers into holy water and making the sign of the cross? Blessing. The holy water is meant to recall us to our baptisms, awaken us to God's presence, and dispose us to receive His grace.

Father Victor blesses us at the end of each Mass as part of the concluding rite which happens right before the dismissal: "May almighty God **bless you**, the Father, and the Son, and the Holy Spirit." We respond "Amen!" and are then told to "Go." Go forth the Mass is ended. Go and announce the Gospel of the Lord. Go in peace, glorifying the Lord by your life. Go in peace. We respond to the go command with, "Thanks be to God!" If you "go" before this final blessing you are missing out on both

receiving this gift from God and being a gift to God through your thanks. Can we ever thank Him enough? Impossible!

Every baptized person is called to **BE a "blessing"**, and to bless. (CCC 1669; emphasis added) How? Right after telling His disciples to "love your enemies, do good to those who hate you," Jesus instructs them to "bless those who curse you, pray for those who mistreat you." (Lk 6:28) St. Paul echoes the Lord's command telling the Romans to "bless those who persecute [you], bless and do not curse them." (Rom 12:14) St. Peter urges that each time we receive evil, we should return "a blessing, because to this you were called, that you might inherit a blessing." (1 Pt 3:9) Sounds like love and pray for everyone no matter what. Straightforward, but neither easy nor the typical first response. Many choose defensive retaliation instead of prayer. How does one get better at anything? Practice! One day at a time, one person at a time! **Be a blessing and bless!**

almighty power and infinite mercy and promises, I hope to obtain pardon for my sins, the help of Thy grace, and Life Everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

O MY GOD, I love Thee above all things with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

*Jesus, I live for Thee,
Jesus, I die for Thee,
Jesus, I am Thine in life and in
death. Amen.*





Adoration Testimonial - Lori Janak

After the ACTS [women's retreat] closing meal that Sunday [July 29], I felt called to check the Adoration schedule when I got home. I thought if there was an open slot and it worked out with timing, I would maybe sign up, but if every time had one person, I would just think about it. I scrolled and scrolled and every slot had at least one person...until I got to Friday.

There was an open time at 12 noon. I thought, Friday would be perfect with my schedule and 12-1 would still allow me to get to the pep rally in West Columbia to watch my oldest daughter twirl during football season. So, I signed up. This "Cradle Catholic" just signed up for Adoration...and had never been before. Wh-what?? I grew up hearing my mom say, "I can't (do this or that) because I have adoration" practically my whole life and quite honestly, it didn't leave me with pleasant thoughts sometimes. But, this felt right and I decided I wouldn't tell anyone.

I realized the first Friday landed on August 3. That was my dad's birthday! (We were very close and not a day goes by that I do not think about him and miss

him greatly. He passed away Dec. 2008 after a long fought battle with cancer.) I thought what a perfect birthday present I could give my dad, who was a devout (but not pushy) Catholic. He would have been 73.

When I got to Adoration, I was surprised to see an older man sitting there. I thought no one was signed up but okay, he must be there randomly. He introduced himself, informed me he just lost his wife a month ago and told me a story about his childhood. (My dad also loved to tell stories.) His name was Richard and [he was] almost 80. I then went to pray alone and afterward, we walked out of the chapel at the same time. He asked if I would be there next Friday and I said yes. He replied, "Well, I will sign up too and will see you next week, 12 o'clock, right?" I said yes and that I'd look forward to seeing him next Friday.

I was pretty speechless. I looked up to the sky, told my dad, "Happy Birthday and thank you for giving me a present" - a new friend - for me and me for him. God's perfect timing continues to amaze me.

The next Friday, I let the 'cat out of the bag', and told my three kids (11, 13 and 15) that I had Adoration at 12. They really didn't have a choice about not going with me due to running errands and appointments before school started. Surprisingly, they didn't complain about going. (I did feed them first!) They prayed, adored Jesus and read books about saints. And, they met Mr. Richard. They were so excited to find the saints they were named after that they wanted to take pictures of the pages. This led to a great conversation in the car about what they learned and it was one of the happiest moments ever.

The next week came and I could not go to Adoration due to having had surgery on Wednesday. I decided to tell my husband I had Adoration because I needed a sub! I asked if he would go in my place. I didn't even have to ask him twice...he was willing to do it. He even went out of his way to make it happen. It was his first time EVER to go (he's a Cradle Catholic too.) This was one of the best gifts in our 17 years of marriage. I am still in such awe, and so thankful and blessed at how God moves in

our lives if we allow Him to. I hope and pray we can go to Adoration together some times and that he will be my sub again.

Yes, a simple word that is so powerful and can make big things happen. All you have to do is say "yes" and let the Lord do the rest. My "yes" to Adoration has definitely changed my life for the better in just three short weeks.

"For I know the plans I have for you, declares the LORD, plans to prosper you and not harm you, plans to give you hope and a future." Jeremiah 29:11



Adoration Ministry Request & Reminders

Many thanks and blessings to everyone who has signed up and committed to spend an hour or more with Jesus exposed in the Eucharist!

We are currently in need of substitute adorers in addition to dedicated adorers throughout the week. After your prayerful consideration, please contact the daily sub coordinator (page 4) or email the editor if you can fill in periodically as a substitute adorer

or commit to just one hour each week with Jesus.

Additionally, we have the following reminders:

Please never leave Jesus in the Blessed Sacrament alone!

Please maintain reverent, prayerful silence. Phones should be turned off or placed on vibrate.

Please do not chew gum or bring ANY food/drinks into the church or day chapel!

If you are unable to attend your scheduled Holy Hour, please find a substitute adorer and contact the sub coordinator for your weekday as soon as you know you will not make your commitment.

Please arrive on time for your scheduled Holy Hour.

If your Holy Hour has ended and the next scheduled adorer has not arrived, do not leave Jesus alone! If you need to leave right away, contact the daily sub coordinator then stay until the relief adorer arrives. If you are not in a rush, stay with Jesus. He will never tire of you!

Please DO take time to be with the Lord! He is really present there with you in the Blessed Sacrament!

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Eucharistic Miracle - Siena, Italy

On August 14, 1730, during a festival for the Vigil of the Feast of the Assumption of the Blessed Virgin Mary, thieves entered the Church of St. Francis and stole the golden ciborium containing Consecrated Hosts. Two days later, a priest at the Church of St. Mary noticed something white protruding from the offering box. When the box was opened in the presence of local priests and the Archbishop's representative, a large number of Hosts (348 whole and six halves) were found covered with dust and cobwebs (the box was opened only once a year). When compared to unconsecrated hosts used at the Church of St. Francis, they proved to be exactly the same size and have the same mark of the irons upon which they were baked.

After careful cleaning by the priests, the Sacred Hosts were enclosed in a ciborium and placed inside the tabernacle of the main altar of the Church of St. Mary before being carried back the next day in solemn procession to the Church of St. Francis for veneration and prayers of reparation. To the amazement of the clergy, the Hosts did not deteriorate over

time, but remained fresh and even retained a pleasant scent.

With the passage of time the Conventual Franciscans became convinced that they were witnessing a continuing miracle of preservation. Fifty years after the recovery of the stolen Hosts, an official investigation was conducted into the authenticity of the miracle. The Minister General of the Franciscan Order examined the Hosts on April 14, 1780, and upon tasting one, found it fresh and incorrupt. Since a number of the Hosts had been distributed during the preceding years, the Minister General ordered that the remaining 230 be placed in a new ciborium and forbade further distribution.

A more detailed investigation took place in 1789 when the Hosts were examined under a microscope. The investigators declared that they were perfectly intact and showed no sign of deterioration. As a test to further confirm the authenticity of the miracle, the Archbishop ordered several unconsecrated hosts to be placed in a sealed box and kept under lock in the chancery office. Ten years later these were

examined and found to be not only disfigured, but also withered. In 1850 (61 years later) these unconsecrated hosts were found reduced to particles of a dark yellow color, while the Consecrated Hosts retained their original freshness.

The miraculously preserved Consecrated Hosts - JESUS! - (pictured below) have been cherished and venerated in the Basilica of St. Francis in Siena for **over 250 years** and are displayed publicly on various occasions, but especially on the 17th of each month to commemorate the day they were found after the 1730 theft.



Adoration Reflection - Venerable Archbishop Fulton J. Sheen

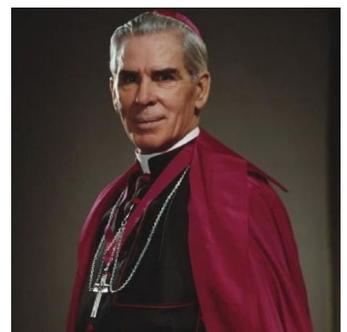
“The holy hour in our modern rat race is necessary for authentic prayer. Our world is one of speed in which intensity of movement is a substitute for lack of purpose; where noise is invoked to drown out the whisperings of conscience; where talk, talk, talk gives the impression that we are doing something when really we are not; where activity kills self-knowledge won by contemplation...”

There seems to be so little in common between our involvement with the news of the world and the Stranger in whose Presence we find ourselves. The hour means giving up a golf game or a cocktail party, or a nap...

Sometimes it is hard, especially during vacation when we have nothing to do. I remember once having two hours between trains in Paris. I went to the Church of Saint Roch to make my holy hour. There are not ten days a year I can sleep in the daytime. This was one. I was so tired, I sat down at 2:00p.m.--too tired to kneel--and went to sleep. I slept perfectly until 3:00p.m. I said to the Good Lord: ‘Did I make a holy hour?’ The answer came back: ‘Yes! That’s the way the Apostles made their first one.’

The best time to make a holy hour is in the morning, early, before the day sets traps for us. By being faithful to it, and letting nothing interfere with it, we use it as the sign and sym-

bol of our victimhood. We are not called to great penances, and many would interfere with our duty, but the hour is our daily sacrifice in union with Christ.”



**Venerable Archbishop
Fulton J. Sheen
(1895-1979)**