

# VENITE ADOREMUS DOMINUM!

## *The Adorer's Voice - A Heart to Heart*



ALL PRAISE TO THE GOD OF LOVE WHO UNITED THESE TWO HEARTS!

I am compelled to share with you that my favorite part of each month is the first weekend. Beginning on Thursday from 6-7pm in the church ALL are invited to rest in the presence of our Lord - praise and worship style! Whether tears come to release worldly buildup or His love fills my soul, without fail there is a significant shift in my spirit during this short hour. This particular Thursday is also an opportunity to spend a portion of the night adoring Jesus in the day chapel. He loves us so much, sacrificing a bit of sleep is something readily done!

First Friday daily mass follows for the Sacred Heart of Jesus. This ancient devotion was spread by St. Margaret Mary Alacoque after Jesus appeared to her multiple times during Adoration in the 1670s and said, **"I promise you in the unfathomable mercy of my heart that my omnipotent love will procure the grace of final penitence for all those who receive communion on nine successive first Fridays of the month; they will not die in my disfavor, or without having received the sacraments, since my divine heart will be their sure refuge in the last moments of their life."** So to

receive this special grace one should receive Communion *validly* on nine consecutive first Fridays and have the intention of making reparation to the Sacred Heart of Jesus for all the sinfulness and ingratitude of mankind. Simple enough instructions from our Lord - if we choose to follow them.

First Saturdays are devoted to the Immaculate Heart of Mary, first mentioned by Our Lady of Fatima during her July 1917 appearance to the three children. After showing the children a vision of hell she said, **"...God wants to establish a devotion in the world to my Immaculate Heart...I shall come to ask...that on the First Saturday of every month, Communions of reparation be made in atonement for the sins of the world."** In 1925 Lucia was again visited by Blessed Mother who said, **"See, my daughter, my Heart encircled by thorns with which ungrateful men pierce it at every moment by their blasphemies and ingratitude... Tell them that I promise to assist at the hour of death with the graces necessary for salvation all those who, in order to make reparation to me, on the First Saturday of five successive months, go to confession, receive Holy Communion, say five decades of the Rosary, and keep me company for a quarter of an hour, meditating on the fifteen mysteries of the Rosary."** God desired this devotion and the Mediatrix of All Graces will bless those who participate.

Finally it is Sunday, the first day of the new week and **first holy day of obligation.** (Sure, we can choose the Saturday evening anticipated Mass to meet our obligation and/or go both days, but it was not always so.) In my opinion, the most beautiful and fulfilling way to start the week (and any day for that matter) is

attending Mass and receiving nourishment from the Lord! Full disclosure: I did not always feel this way. The priorities of the world are not His, and I lived in the world many years before my conversion. However, everything happens in God's time and according to His will. Good news for us all...no sin is greater than His mercy!

I heartily invite you to give the first weekend and related devotions a try! Accept the graces God has for you - He will not be outdone in generosity! Need more incentive? Check out the 12 promises below! Venite Adoremus Dominum! Blessings, *Dawn*

### 12 promises of the Sacred Heart to St. Margaret Mary:

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. I will be their refuge in life and especially in death.
5. I will abundantly bless all their undertakings.
6. Sinners shall find in my Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall rise speedily to great perfection.
9. I will bless those places wherein the image of my Sacred Heart shall be exposed and venerated.
10. I will give to priests the power to touch the most hardened hearts.
11. Persons who propagate this devotion shall have their names eternally written in my Heart.
12. In the excess of the mercy of my heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

## 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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"OUR LORD IN THE BLESSED SACRAMENT HAS HIS HANDS FULL OF GRACES, AND HE IS READY TO BESTOW THEM UPON ANYONE WHO ASKS FOR THEM."

SAINT PETER OF  
ALCANTARA

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

## Indulgences - Did you know?

According to the [Catechism of the Catholic Church \(CCC\)](#), "an indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints. An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin." (CCC 1471) Additionally, "Through indulgences the faithful can obtain the remission of temporal punishment resulting from sin for themselves and also for the souls in Purgatory." (CCC 1498)

*Isn't it beautiful that we can offer assistance to souls being purified in Purgatory?*

Indulgences can increase one's spiritual life, align oneself closer to God's will, and move one to works of devotion, penance, and charity. Keep in mind, however, that an indulgence is not permis-

sion to commit sin or pardon a future sin, nor is it an exemption from any law or duty. It does not provide immunity from temptation and cannot be purchased.

There are five general requirements for a plenary or partial indulgence:

- Must be Catholic and in a state of grace
- Must have the interior disposition of complete detachment of sin, even venial sin
- Must confess sins through the Sacrament of Confession within the last 20 days (before or after)
- Must receive Holy Communion
- Must pray for the intentions of the Holy Father

*Did you know we can earn indulgences every day?!* In addition to the indulgences the Church grants at special times during the year and at death, the following ten prayers/spiritual practices all have indulgences

attached to them:

1. **Adoration of the Blessed Sacrament** (for at least ½ hour), Plenary
2. **The Angelus**, (prayed at 6am, noon, 6pm) Partial
3. **Anima Christi**, (on page 3) Partial
4. **Credo** (Apostles' Creed or Nicene Creed), Partial
5. **Salva Regina** (Hail Holy Queen), Partial
6. **The Memorare**, Partial
7. **Reading Sacred Scripture Reverently** (Plenary for ½ hour or more, Partial for less than ½ hour)
8. **Regina Caeli** (substituted for The Angelus during Pascal season), Partial
9. **The Rosary** (5 decades), Plenary
10. **The Pious Exercise of the Way of the Cross** (Stations of the Cross), Plenary

These are just a few that can be incorporated into your Holy Hour and daily prayer life! For the complete list see [The Enchiridion of Indulgences](#) which can be found online and lists the full text of the prayers.

## Prayer While Visiting the Blessed Sacrament

**The Divine Praises** traditionally follows the Benediction of the Blessed Sacrament when it is prayed by the priest and the worshippers before our Eucharistic Lord is returned to the tabernacle following adoration. It was composed in a slightly shorter form by Luigi Felici, a Jesuit priest, in 1797 as a prayer to make reparation for blasphemy and profane language. You can recite it privately (or in group settings other than during the Benediction) as a great way to show God, the Holy Family, and the Angels and Saints thanksgiving and praise.

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the Name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most Holy.  
Blessed be her Holy and Immaculate Conception.  
Blessed be her Glorious

Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in His Angels and in His Saints.  
Amen.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time.  
Amen.

## Adoration Testimonial - Joyce Echols

Jesus, today I come to you in prayer, asking you to calm my mind and open my heart to your spirit. I am enveloped by the sun shining thru the stained-glass windows and the glow they give. I feel your arms around me as I pray.

The candles burn around the beautiful monstrance, holding YOUR body. Some of my reflections on YOUR body have shown me praying hands. We all need to fold our hands on our knees and pray to you daily, heavenly Father.

In the host, I also see the Blessed Virgin Mary. I pray she is with me always as she was on our Pil-

grimage to Fatima and Lourdes. She is a constant reminder of our trip, and brings much joy to my heart.

Her beautiful image is on one of the stained-glass windows in the Chapel where we adore our Lord and God. Her beautiful statue is to the right of the altar. The new statue of Our Lady of the Rosary is in the front of the church to the left of the altar. This statue came from Fatima and is a replica of the one used in processions after the rosary each evening. She reminds me constantly of Mary's Second Promise of Fatima.

Also seen in the host during my

adoration hour are angels watching over Most Holy Trinity Parish. I see St. Michael also, watching over us and protecting us.

One of my favorite things to do [in adoration] is reading about the saints. They are such strong evidence of what we can be if we try. Completing my prayer are the Mass readings for today. I also prayed for a priest I do not know but who needs our prayers also.

I pray for Father Victor and thank God he has come to our Parish to be our leader. He continues to bring us many, many Blessings.



## Prayers to Remember - Anima Christi

The author of this traditional prayer from the Roman Missal is unknown. It has often been attributed to St. Ignatius of Loyola (1491-1556), for it was indeed a favorite of his and it appears at the beginning of his *Spiritual Exercises*. However, he could not have been its author because a copy of the prayer appears in a document from 1334, a good century and a half before St. Ignatius was born.

Others have attributed it to Blessed Bernadine of Feltre (1439-1494), but again, the prayer was around for at least a century before his time. The prayer carries a partial indulgence. See *Indulgences - Did you know?* on page 2!

***Anima Christi is a favorite after Communion prayer of this editor!***

Soul of Christ, sanctify me.  
 Body of Christ, save me.  
 Blood of Christ, inebriate me.  
 Water from the side of Christ, wash me.  
 Passion of Christ, strengthen me.  
 O good Jesus, hear me.  
 Within Thy wounds, hide me.  
 Suffer me not to be separated from Thee.  
 From the malignant enemy, defend me.  
 At the hour of my death, call me.  
 And bid me to come unto Thee,  
 That with all Thy Saints, I may praise Thee for all eternity.  
 Amen.

**“ALL FOR THE  
 EUCHARIST,  
 NOTHING FOR  
 ME.”**

**ST. MARGARET  
 MARY ALACOQUE**

## Adoration Ministry Request & Reminders

Many thanks and blessings to everyone who comes to spend time with Jesus exposed in the Eucharist!

**We are currently in great need of substitute adorers as well as dedicated adorers throughout the week. After your prayerful consideration, please contact the daily sub coordinator or email the editor if you can fill in periodically as a substitute adorer or commit to one hour**

**during the week. Adoration hours are listed on the front page.**

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 food / drinks to Eucharistic Adoration!

If you are unable to attend your scheduled Holy Hour, please contact a substitute adorer or 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, please do not leave Jesus alone! Consider staying until someone shows up - maybe our Lord is sending you a message! If you need to leave right away, contact the Sub Coordinator for the weekday.

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 Miracles*

After celebrating mass at 7pm on August 18, 1996 in Buenos Aires, Fr. Alejandro Pezet was told by a woman that she had found a discarded host on a candleholder at the back of the church. Fr. Pezet placed the defiled Host in a container of water and put it away in the tabernacle of the Blessed Sacrament. On Monday, August 26, upon opening the tabernacle, he saw to his amazement that the Host had turned into a bloody substance. He informed then Cardinal Jorge Bergoglio (now Pope Francis!) who gave instructions that the Host be professionally photographed. The photos were taken on September 6. They clearly show that the Host, which had become a fragment of bloodied flesh, had grown significantly in size. For several years the Host remained in the tabernacle, being kept a strict secret. Since the Host suffered no visible decomposition, Cardinal Bergoglio decided to have it scientifically analyzed and sent a sample to New York on October 5, 1999. As he did not wish to prejudice the study, he did not inform the team of scientists of its provenance. One of these scientists was Dr. Frederic Zugiba, a well-known cardiologist and forensic pathologist. He determined that the analyzed substance was real flesh and blood containing human DNA. Zugiba testified that, "the analyzed material is a fragment of the heart muscle found in the wall of the left ventricle close to the valves. This muscle is responsible for the contraction of the heart. It should be borne in mind that the left cardiac ventricle pumps blood to all parts of the body. The heart muscle is in an inflammatory condition and contains a large number of white blood cells. This indicates that the heart was alive at the time the sample was taken. It is my contention that the heart was alive, since white blood cells die outside a living organism. They require a living organism to sustain them. Thus, their presence indicates that the heart was alive when the sample was taken. What is more, these white blood cells had penetrated the tissue, which further indicates that the heart had been under severe stress, as if the owner had been beaten severely about the chest." Two Australians, journalist Mike Willesee and lawyer Ron Tesoriero, witnessed these tests. Knowing where sample had come from, they were dumbfounded by Zugiba's testimony. Willesee asked the scientist how long the white blood cells would have remained alive if they had come from a piece of human tissue, which had been kept in water. They would have ceased to exist in a matter of minutes, Zugiba replied. The journalist then told the doctor that the source of the sample had first been kept in ordinary water for a month and then for another three years in a container of distilled water; only then had the sample been taken for analysis. Zugiba was at a loss to account for this fact and stated there was no way of explaining it scientifically. Only then did Willesee inform Zugiba that the analyzed sample came from a consecrated Host that had mysteriously turned into bloody human flesh. Amazed by this information, Zugiba replied, "How and why a consecrated Host would change its character and become living human flesh and blood will remain an inexplicable mystery to science—a mystery totally beyond her competence." **Only faith in the extraordinary action of God provides the reasonable answer—faith in God, who wants to make us aware that He is truly present in the mystery of the Eucharist.**

## *Adoration Reflection*

Mary devoted herself exclusively to the Eucharistic Glory of Jesus. She knew that it was the desire of the Eternal Father to make the Eucharist known, loved and served by all men; that need of Jesus' Heart was to communicate to all men His gifts of grace and glory. She knew, too, that it was the mission of the Holy Spirit to extend and perfect in the hearts of men, the reign of Jesus Christ, and that the Church had been founded only to give Jesus to the world.

All Mary's desire, then, was to make Him known in His Sacrament. Her intense love for Jesus felt the need of expanding in this way, of consecrating itself - as a kind of relief, as it were - because of her own inability to glorify Him as much as she desired.

Ever since Calvary, all men were her children. She loved them with a Mother's tenderness and longed for their supreme good as for her own; therefore, she was consumed with the desire to make Jesus in the Blessed Sacrament known to all, to inflame all hearts with His love, to see them enchained to His loving service.

To obtain this favor, Mary passed her time at the foot of the Most Adorable Sacrament, in prayer and penance. There she treated the world's salvation. In her boundless zeal, she embraced the needs of the faithful everywhere, for all time to come, who would inherit the Holy Eucharist and be Its adorers. Her prayers converted countless souls, and as every conversion is the fruit of prayer, and since Mary's prayer could meet no refusal, the Apostles had in this Mother of Mercy their most powerful helper. "Blessed is he for whom Mary prays!"

Eucharistic adorers share Mary's life and mission of prayer at the foot of the Most Blessed Sacrament. It is the most beautiful of all missions, and it holds no perils. It is the most holy, for in it all the virtues are practiced. It is, moreover, the most necessary to the Church, which has even more need of prayerful souls than of powerful preachers; of men of penance rather than men of eloquence. Today more than ever have we need of men who, by their self-immolation, disarm the anger of God inflamed by the ever

increasing crimes of nations. We must have souls who by their importunity re-open the treasures of grace which the indifference of the multitude has closed. We must have true adorers; that is to say, men of fervor and of sacrifice. When there are many such souls around their Divine Chief, God will be glorified, Jesus will be loved, and society will once more become Christian, conquered for Jesus Christ by the apostolate of Eucharistic prayer.

St. Peter Julian Eymard

