



APOSTLES of the HOLY SPIRIT

Bulletin

Fall 2014



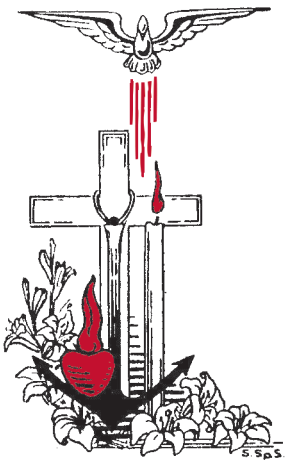
THE HOLY SPIRIT IN OUR LIVES



The Holy Spirit has
entered our lives many
times through the Holy
Sacraments of the Church,
through our prayer and
through our thoughts
words and deeds.

OPEN YOUR HEART AND LET HIM IN

2 The Holy Spirit in our lives through the Sacraments



THE HOLY SPIRIT IN OUR LIVES THROUGH BAPTISM

Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit (*vitae spiritualis ianua*), and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as sons of God; we

become members of Christ, are incorporated into the Church and made sharers in her mission: "Baptism is the sacrament of regeneration through water and in the word."

This sacrament is also called "*the washing of regeneration and renewal by the Holy Spirit*," for it signifies and actually brings about the birth of water and the Spirit without which no one "can enter the kingdom of God."

The baptized have "put on Christ." Through the Holy Spirit, Baptism is a bath that purifies, justifies, and sanctifies.

Faith and Baptism

Baptism is the sacrament of faith. But faith needs the community of believers. It is only within the faith of the Church that each of the faithful can believe. The faith required for Baptism is not a perfect and mature faith, but a beginning that is called to develop. The catechumen or the godparent is asked: "What do you ask of God's Church?" The response is: "Faith!"

The two principal effects of baptism are purification from sins and new birth in the Holy Spirit.



THE HOLY SPIRIT IN OUR LIVES THROUGH PENANCE AND RECONCILIATION

JESUS GAVE US THIS SACRAMENT

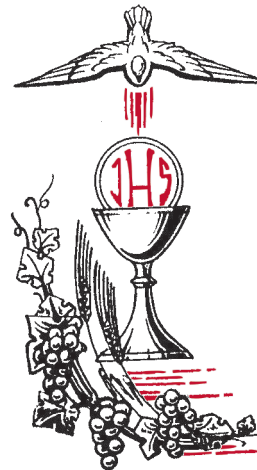
"On the evening of that day, the first day of the week, Jesus showed himself to his apostles... He breathed on them, and said to them: 'Receive the Holy Spirit. If you forgive the sins of any,

they are forgiven; if you retain the sins of any, they are retained.'" (*Jn 20:19,22-23*).

St. John the apostle tells us: "If we say we have no sins we deceive ourselves, and the truth is not in us". (*1 Jn 1:8*).

THE PRIEST'S PRAYER DURING THE SACRAMENT

When the priest gives absolution for our sins in the Sacrament of Penance, the prayer is a beautiful example of the Trinity in action. "God the Father of mercies through the death and resurrection of His Son brings salvation...and sends the Holy Spirit for the forgiveness of sins..." Life in the Holy Spirit compels us to turn away from sin. When we are emptied of sin, the Holy Spirit fills the vacuum. The prayer of absolution finds us embraced by God the Father who puts both arms around us.



THE HOLY SPIRIT IN OUR LIVES THROUGH HOLY EUCHARIST

At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again.

During The Mass

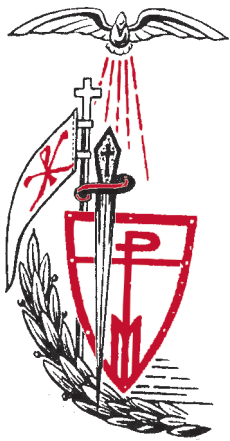
In the *preface*, the Church gives thanks to the Father, through Christ, in the Holy Spirit, for all his works: creation, redemption, and sanctification. The whole community thus joins in the unending praise that the Church in heaven, the angels and all the saints, sing to the thrice-holy God.

In the *epiclesis*, the Church asks the Father to send his Holy Spirit (or the power of his blessing) on the bread and wine, so that by his power they may become the body and blood of Jesus Christ and so that those who take part in the Eucharist may be one body and one spirit (some liturgical traditions put the *epiclesis* after the *anamnesis*).

In the *institution narrative*, the power of the words and the action of Christ, and the power of the Holy Spirit, make sacramentally present under the species of bread and wine Christ's body and blood, his sacrifice offered on the cross once and for all.

It is Christ himself, the eternal high priest of the New Covenant who, acting through the ministry of the priests, offers the Eucharistic sacrifice. And it is the same Christ, really present under the species of bread and wine, who is offering the Eucharistic sacrifice.

The essential signs of the Eucharistic sacrament are wheat bread and grape wine, on which the blessing of the Holy Spirit is invoked and the priest pronounces the words of consecration spoken by Jesus during the Last Supper: "This is my body which will be given up for you....This is the cup of my blood...."



THE HOLY SPIRIT IN OUR LIVES THROUGH CONFIRMATION

Baptism, the Eucharist, and the sacrament of Confirmation together constitute the "sacraments of Christian initiation," whose unity must be safeguarded. It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed."

One of the best ways to grasp the meaning of confirmation is to analyze the rite itself, the Sacrament of Confirmation. The rite consists of three ceremonies: (1) the renewal of baptismal promises; (2) the prayers of Bishop and priest with extended hands, calling down the Holy Spirit with His seven Gifts upon those receiving the Sacrament; and (3) the anointing with chrism on the forehead which is done by the laying on of the hand.

It was God Himself who directed Moses to prepare a sacred oil for anointing sacred vessels and persons. Thus anointing with oil came to symbolize two things: *choice by God and enablement by the coming of the Holy Spirit.*

It symbolizes the same thing in the Sacrament of Confirmation. Confirmation becomes God's choice of you at baptism and enables you by a new outpouring

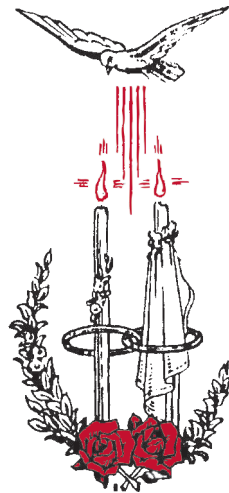
of the Holy Spirit to fulfill His call at baptism to be a light to others.

THE CEREMONY THE LAYING OF THE HAND

Bishop. N., be sealed with the Gift of the Holy Spirit **Candidate.** Amen.

Bishop. Peace be with you. **Candidate.** And also with you.

The words "Be sealed" mean that you are marked, stamped as belonging to Christ (2 Cor. 1:21-22). When a document is sealed with wax, only the owner may break open the seal. Confirmation seals one as belonging to Christ. It is like a "No Trespassing" sign to Satan. He thinks twice before attacking anyone signed and sealed by the Holy Spirit.



THE HOLY SPIRIT IN OUR LIVES THROUGH HOLY MATRIMONY

Holy Scripture affirms that man and woman were created for one another: "It is not good that the man should be alone." The woman, "Flesh of his flesh," i.e., his counterpart, his equal, his nearest in all things, is given to him by God as a "helpmate"; she thus represents God from whom comes our help. "Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh." The Lord himself shows that this signifies an unbreakable union of their two lives by recalling what the plan of the Creator had been "in the beginning": "So they are no longer two, but one flesh."

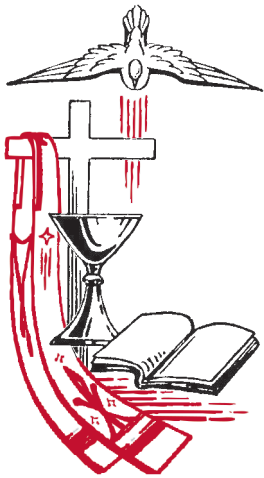
The various liturgies abound in prayers of blessing and epicles asking God's grace and blessing on the new couple, especially the bride. In the epiclesis of this sacrament the spouses receive the Holy Spirit as the communion of love of Christ and the Church. **The Holy Spirit is the seal of their covenant, the ever available source of their love and the strength to renew their fidelity.**

The consent by which the spouses mutually give and receive one another is sealed by God himself. From their covenant arises "an institution, confirmed by the divine law,...even in the eyes of society. The covenant between the spouses is integrated into God's covenant with man: Authentic married love is caught

up into divine love.

Thus *the marriage bond* has been established by God himself in such a way that a marriage concluded and consummated between baptized persons can never be dissolved. This bond, which results from the free human act of the spouses and their consummation of the marriage, is a reality, henceforth irrevocable, and gives rise to a covenant guaranteed by God's fidelity. The Church does not have the power to contravene this disposition of divine wisdom.

The married need the strong and patient love of the Holy Spirit. The grace of the sacrament of matrimony is at their disposal to walk in the paths of patient love, it is strong enough to lead them to the perfection of the saints.



THE HOLY SPIRIT IN OUR LIVES THROUGH HOLY ORDERS

One has but to read the rite of ordination to see what a prominent part holy Church attributes to the Holy Spirit in the Sacrament of Holy Orders. The bishop lays his hand upon the head of the ordinand he says, "**Receive the Holy Spirit**

unto power, and to resist the devil and his temptations." The priesthood is bestowed by the imposition of hands and the invocation of the Holy Spirit. In the prayer accompanying the imposition of hands the bishop prays for a multiplication of heavenly gifts. **The greatest gift of the Most High God is the Holy Spirit Himself**, and He brings with Him in ever increasing abundance His gifts of grace. Holy Church sees in the Holy Spirit the Maker of the priest. How could it be otherwise? The priest is another Christ. What the Holy Spirit has done for Christ, He does for the priest who is to continue the mission of Christ. The Holy Spirit bestows upon him the priestly office as well as the holiness which this office calls for.

THE GIVER OF THE OFFICE

All office, rank, and honor in the Church comes from God. The Church is the divine institution for the salvation of men, but who can save but God alone? The Holy Spirit is the Sanctifier, and the office of the

priest is to sanctify; he will do it through the teaching, the pastoral, and the priestly office just as the divine High Priest did. But Jesus gave testimony to the Holy Spirit, "The Spirit of the Lord is upon Me; wherefore He hath anointed Me to preach the gospel to the poor, He hath sent me to heal the contrite of heart".

The priest continues the work of Christ. If we consider Him in his teaching office we know that the Holy Spirit is the Spirit of truth; He has preserved the truth of Christ in the Church in all its original purity. His light enlightens the mind and urges acceptance of the truth. If we consider the pastoral office, St. Paul tells us, that all those that are led by the Spirit of God are the children of God. He enables the faithful to hear and understand the voice of the shepherd and to follow in His steps.



THE HOLY SPIRIT IN OUR LIVES THROUGH ANOINTING OF THE SICK

The sacrament of Anointing of the Sick is given to those who are seriously ill by anointing them on the forehead and hands with duly blessed oil - pressed from olives or from other plants - saying, only once: "Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up."

THE EFFECTS OF THE CELEBRATION OF THIS SACRAMENT

A particular gift of the Holy Spirit. The first grace of this sacrament is one of strengthening, peace and courage to overcome the difficulties that go with the condition of serious illness or the frailty of old age. This grace is a gift of the Holy Spirit, who renews trust and faith in God and strengthens against the temptations of the evil one, the temptation to discouragement and anguish in the face of death. This assistance from the Lord by the power of his Spirit is meant to lead the sick person to healing of the soul, but also of the body if such is God's will. Furthermore, "if he has committed sins, he will be forgiven."



THE HOLY SPIRIT IN OUR LIVES THROUGH PRAYER

The Holy Spirit desires to fashion us into an ever greater likeness of Christ according to Jesus' pattern of death-resurrection. Mary our Mother cooperates with the Spirit, whose spouse she is, in this process. Obviously, we should pray to the Holy Spirit each day. There are many ways we can do this. We can do this by simply turning our attention to the Spirit at various times during the day as we ask for His guidance. This method can also be complemented by saying certain established prayers. Here is a Holy Spirit prayer from the Church's Liturgy of the Hours:

Father, Lord of earth and heaven, King to whom all gifts belong, Give Your greatest Gift, your **Spirit**, God the holy, God the strong.

Son of God, enthroned in glory, Send your promised Gift of grace, Make Your Church Your holy Temple, God the **Spirit's** dwelling place.

Spirit, come, in peace descending As at Jordan, heav'nly Dove, Seal Your Church as God's anointed, Set our hearts on fire with love.

Stay among us, God the Father, Stay among us, God the Son, Stay among us, **Holy Spirit**: Dwell within us, make us one.



Another good way to pray to the Holy Spirit is to speak to Him as you would your dearest and closest friend and companion, in your words. The Holy Spirit is waiting and eager to hear from you. He loves you with an endless love and wants you to invite Him into your heart. Give the Holy Spirit quiet time in your heart.



Prayer Starter: Come, Holy Spirit, give me words of prayer to offer my Heavenly Father. In flame my heart with an eagerness to offer worship and praise.

HOLY SPIRIT COME INTO OUR LIVES

- Open our ears - to hear what you are saying to us in the things that happen to us in the people we meet.
 - Open our eyes - to see the needs of the people around us.
 - Open our hands - to do our work well to help when help is needed.
 - Open our lips - to tell others the good news of Jesus and bring comfort, happiness and laughter to other people.
 - Open our minds - to discover new truth about you and the world.
 - Open our hearts - to love you and our fellow men as you have loved us in Jesus.
- To you, with our Father and the Son, one God, all honour and praise shall be given now and forever.



PRAYER FOR AWAKENING

Holy Spirit of God, come like a mighty rushing wind and awaken me out of my indifference. Disturb me, for I am too content to let things go on as they are, and to let people go on not knowing you. Penetrate the closed gate of my heart and make me live again. O Holy Spirit, create in our time a new second Pentecost for the church and all humanity.

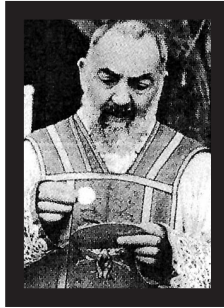


“Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love”.

“Come Holy Spirit”

Biographical Notes on St. Pio of Pietrelcina

- Born Francesco Forgione, May 25, 1887 in Pietrelcina, Italy.
- Baptized May 26, 1887 in Santa Ana's Chapel.
- Invested as a Capuchin Friar Jan. 22, 1903.
- Ordained a priest August 10, 1910.
- Celebrated First Mass August 14, 1910 in Pietrelcina; remained there to assist local pastor.
- Invisible Stigmata first experienced September 7, 1910.
- Temporarily assigned to San Giovanni Rotondo September 4, 1916. (assignment becomes permanent)
- Stigmata becomes visible September 20, 1918.
- Died September 23, 1968.
- Cause for Beatification opened in 1969; presented to the Holy Congregation of Saints in 1973.
- Declared Venerable December 18, 1997.
- Beatified May 2, 1999.
- Canonized a Saint by Pope John Paul II on June 16, 2002.



Padre Pio is the only priest in Catholic history to bear the Stigmata, the five wounds of Jesus Christ crucified. Padre Pio was also blessed by God with the gifts of discernment of spirits, prophecy, healing, biolocation and more. He is a powerful intercessor for us before Almighty God.

He was born Francesco Forgione in the Italian village of Pietrelcina on May 25, 1887. His parents, Giuseppa and Grazio Forgione, were peasant farmers.

At the age of 15 he entered the novitiate of the Capuchin Franciscan Friars and was ordained a priest in 1910. On September 7, 1910, while at prayer in Piana Romana, where his family's farmhouse was located, he received the invisible Stigmata. On September 20, 1918, while praying in the Friary Chapel in San Giovanni Rotondo, Padre Pio received the visible Stigmata, the five wounds of Christ: a wound on his left side, and bleeding wounds in his hands and feet, which he bore for fifty years.

Among Padre Pio's most important works is a hospital, La Casa Sollievo della Sofferenza, the Home for the Relief of Suffering, dedicated in 1956. This was Padre Pio's dream come true. It is situated on the mountain in San Giovanni Rotondo, next to Our Lady of Grace Church and Friary.

SAINT PADRE PIO

"I never tire of standing so long, and could not become tired, because I am not standing, but am on the cross with Christ, suffering with Him.

The holy Mass is a sacred union of Jesus and myself. I suffer unworthily all that was suffered by Jesus who deigned to allow me to share in His great enterprise of human redemption.

-Padre Pio

"If it is not possible for you to remain at prayer for a long time, or to read, etc., you must not be perturbed. As long as you receive Jesus in the Blessed Sacrament each morning, you should consider yourself fortunate."

- Padre Pio

**Pray to the Holy Spirit often for
His Gift of Love. Spread it around
for it can be contagious.**

"Father, I feel that I am unworthy to receive holy Communion. I am unworthy of it! . "

Reply: "It is true, we are not worthy of such a gift; but it is one thing to receive unworthily in the state of mortal sin, and something else, to be unworthy. We are all unworthy; but it is He who invites us, and He who desires it. Let us be humble, and receive Him with our Hearts full of love."

- Padre Pio

The following quotes from Padre Pio tell how he looked after and loved his spiritual family:

"I love my Spiritual Children as much as my own soul, and even more."

"Once I take a soul on, I also take on their entire family as my spiritual children."

"To my Spiritual Children, my prayers for you will never be lacking."

Padre Pio Counsels on Prayer:

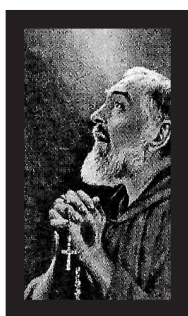
"Pray with perseverance, trust, and a serene and calm mind."

"Pray, hope and don't worry. Worry is useless. God is merciful and will hear your prayer."

"Prayer is the best weapon we have; it is the key that opens God's heart."

Padre Pio's Prayer to Accept God's Will

Lord, God of my heart, You alone know and see all my troubles. You alone are aware that all my distress springs from my fear of losing You, of offending You, from my fear of not loving You as much as I should love and desire to love You.



If You, to whom everything is present and who alone can see the future know that it is for Your greater glory and for my salvation that I should remain in this state then it be so. I don't want to escape from it. Give me the strength to fight and to obtain the prize due to strong souls. Amen.

Saint Pio Prayer

O God, You gave Saint Pio of Pietrelcina, Capuchin priest, the great privilege of participating in a unique way in the Passion Of Your Son.

Grant me through his intercession the grace of ... (Here mention your petition) which I ardently desire; And above all, grant me the grace of living in conformity with the death of Jesus, to arrive at the glory of the resurrection.

Glory be to the Father ... (three times)

The Mass

The celebration of the holy Mass was for Padre Pio the centre of his religious life. Humble and recollected, he approached the altar to celebrate holy Mass, to renew the Passion of Jesus. The culminating point of the celebration of the Eucharist was the Consecration. At that moment the stigmatized friar with sobs and tears, re-enacted the divine tragedy of Calvary to the point of showing forth in his own flesh the awful torments of Jesus crucified. Padre Pio's Mass was different from all other Masses celebrated throughout the world, because he re-enacted the Passion of Jesus by becoming a living sacrificial victim. Materially Padre Pio was on the altar, but spiritually he was close to Jesus for he seems to speak to Him and to weep and suffer for Him. On the altar he was a soul in pain who prays for souls in pain. All those present at his Mass became more alert, more alive and more genuine as if they had escaped from this earth and were contemplating an invisible world.

"When attending holy Mass, renew your faith and meditate on that Victim who is being immolated for you in order to placate Divine Justice, and render it propitious for you. Do not leave the altar without shedding tears of pain and of love for Jesus who was crucified for your eternal well-being."

-Padre Pio

"In these sad times when faith is dead and impiety is triumphant, when we are surrounded by those who have perpetual hatred in their hearts and blasphemy on their lips, the surest means of remaining immune to the pestiferous disease that surrounds us, is to fortify ourselves with Eucharistic food. This cannot be achieved by those who, month after month, live without satiating themselves with the Immaculate Flesh of the Divine Lamb."

-Padre Pio

"Holy Spirit, come into our lives more fully; teach us to value the treasures of the kingdom of God, and so come to possess them. Help us to consider the needs of others before our own. Keep us focused on the things above, rather than on the things of this world."

**ONE CANDLE
MAY LIGHT A THOUSAND**

**When you are finished with
your Bulletin pass it on.**

America's first bishop

Archbishop John Carroll played an integral role in the growth of Catholicism in the United States. Born in Upper Marlboro, Md., in 1735, he was educated by English Jesuits in Flanders along with his brother Daniel and cousin Charles Carroll, who would go on to become the only Catholic signer of the Declaration of Independence.

When Pope Pius VI created the Diocese of Baltimore - the first diocese in the country - in 1789, he appointed Bishop Carroll to oversee it. In 1808, he became the first archbishop in the country, with jurisdiction over the dioceses of New York, Philadelphia, Boston, Bardstown and Wheeling. Until his death in 1815, Archbishop Carroll laid the groundwork for the growth of the Church in America.

Prayer of Bishop John Carroll Consecrating the United States to Mary

Most Holy Trinity - our Father in heaven who chose Mary as the fairest of Your daughters, Holy Spirit who chose Mary as Your Mother - we adore Your Majesty and acknowledge Your Supreme, eternal dominion and authority.

Most Holy Trinity, we place the United States of America into the hands of Mary Immaculate in order that she may present the country to You. Through her we wish to thank You for the great resources of this land and for the freedom which has been its heritage.

Through the intercession of Mary, have mercy on the Catholic Church in America. Grant us peace. Have mercy on our President and all the officers of our government.

Grant us a fruitful economy, born of justice and labor. Protect the family life of the nation. Guard the precious gift of many religious vocations. Through the intercession of Mary our Mother, have mercy on the sick, the tempted, sinners and on all who are in need.

Mary, Immaculate Virgin our Mother, Patroness of our land, we praise and honor you and give ourselves to you. Protect us from every harm. Pray for us that, acting always according to your will and the will of your Divine Son, we may live and die pleasing to God.



A Prayer for Our Country

O Most Blessed Virgin Mary, Mother of Mercy, at this most critical time, we entrust the United States of America to your loving care.

Most Holy Mother, we beg you to reclaim this land for the glory of your Son. Overwhelmed with the burden of the sins of our nation, we cry to you from the depths of our hearts and seek refuge in your motherly protection.

Look down with mercy upon us and touch the hearts of our people. Open our minds to the great worth of human life and to the responsibilities that accompany human freedom.

Free us from the falsehoods that lead to the evil of abortion and threaten the sanctity of marriage and family life. Grant our country the wisdom to proclaim that God's law is the foundation on which this nation was founded, and that He alone is the True Source of our cherished rights to life, liberty and the pursuit of happiness.

O Merciful Mother, give us the courage to reject the culture of death and the strength to build a new Culture of Life. Amen.

A SPIRITUAL BOUQUET FOR PRIESTS, BROTHERS, SISTERS AND ALL RELIGIOUS

All individuals and organizations are invited to celebrate Priests' Day. By showing greater love, honor and respect towards our religious we celebrate all God-given Religious Vocations and in so doing change the existing climate to one more conducive to fostering new religious vocations.

We hope that all Catholics will take this worthwhile opportunity to say thank you by giving them a spiritual bouquet as one token of appreciation. This can be done in a personal way or sent directly through the mail.

YOU MAY CHOOSE ONE OF THESE GREETINGS FOR YOUR CARD:

"HAPPY PRIESTS'DAY" -

"CONGRATULATIONS/ORDINATION DAY" -

"THANK YOU FOR BECOMING A PRIEST" -

**"HAPPY VOW DAY SISTER, BROTHER,
OR LAY DEACON"**

I OFFER FOR YOU:

Rosaries: _____ Masses:

_____ Communion _____ Holy Hour

Thanks be to God for your Benevolent Vocation!

**And on behalf of our Church, our nation,
ourselves, and our children,**

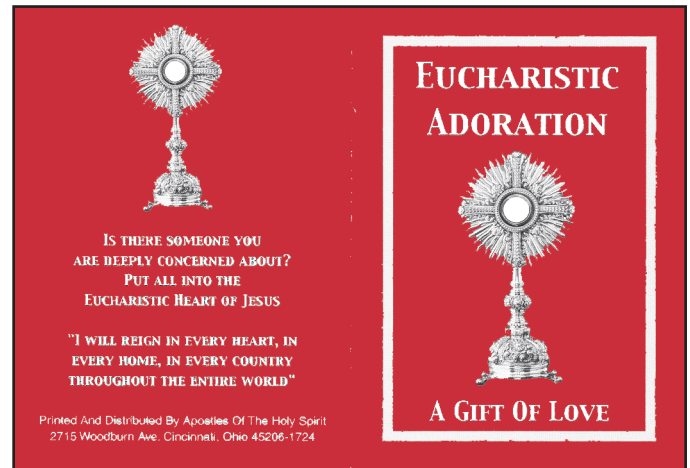
**Thanks be to you for accepting God's Call!
Thanks for being there when I needed you!**

With Love and Respect, I am

Your signature here* _____

Offer one hour of Eucharistic Adoration, a gift of love for your pastor, for a special priest friend, a missionary, a military chaplain or a retired priest. So many are in need, a gift of love would be perfect.

Outside of Card



Inside of Card

<p>Through the Angel of Fatima, Heaven taught us the secret of how to convert the whole world through the Great Power of Eucharistic Adoration.</p> <p>"O Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly. I offer you the Most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the Tabernacles of the world, in reparation for the outrages, sacrileges and indifference by which He is most offended.</p> <p>By the Infinite Merits of the Sacred heart of Jesus, and the merits of the Immaculate Heart of Mary, I beg you for the Conversion of the Whole World."</p>	<p>A GIFT OF PRAYER</p> <p>To: _____</p> <p>_____</p> <p><i>I have made this hour of Eucharistic Adoration for you and your intentions.</i></p> <p>_____</p> <p>YOUR FRIEND IN CHRIST</p> <p>DATE: _____</p> <p>TIME: _____</p>
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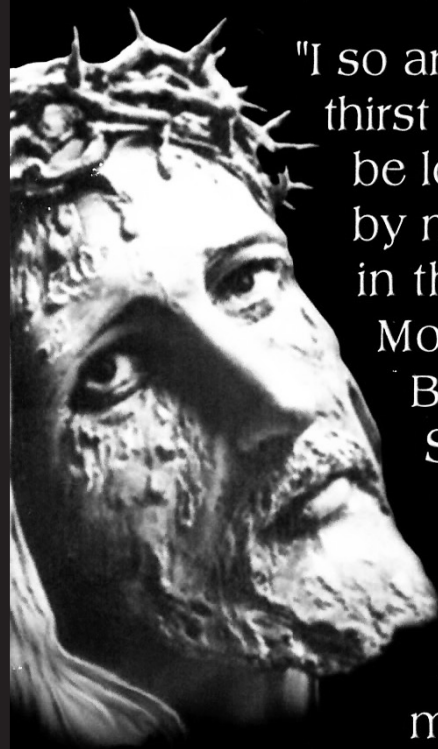
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3-1/2" wide x 4-7/8" high.**

A PRAYER IN SUPPORT FOR OUR PRIESTS

Every vocation will face challenges. Now is such a moment for the priesthood. At a time when betrayal by a few has inflicted deep suffering with little solace, our compassion goes to the victims and their families. Our compassion and our concern also go out to the vast majority of priests who serve with generosity, dignity and honor. To all the committed men who have prayed with us and cared for us during our times of need, we thank you for your caring spirit and your strength. We thank you for being with us during our births, our baptisms, our weddings and our deaths. Much of the spiritual joy we have experienced as Catholics is a result of your prayerful guidance. We stand with you during these troubling times...you have our faith, our friendship, and our love. **"In the world you will have trouble, but take courage, I have overcome the world." -John 16:33**

**Ask our Heavenly Father to send an Angel from
Heaven to stay with our Priests to strengthen them.**

"I THIRST"



"I so ardently
thirst to
be loved
by men
in the
Most
Blessed
Sacrament
that
this
thirst
devours
me..."

Jesus to St. Margaret Mary Aloccoque



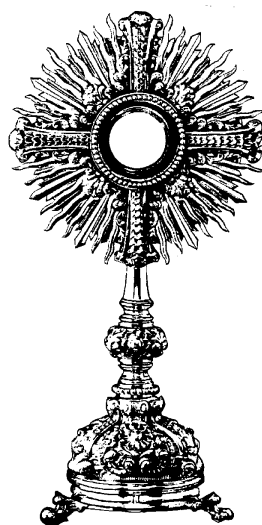
True religion is to love God with *all* your heart, to go to church to worship Him (Mass and adoration), and then to go out and change the world!

"With tears in his eyes the holy Cure of Ars pointed to the tabernacle and said, 'If you only knew how much He loves you!'"

"One thing is certain, that next to Holy Communion, no act of worship is so pleasing to God, and none is so useful, as the daily visit to our Lord Jesus Christ in the Blessed Sacrament dwelling upon the altar." *St. Alphonsus Liguori*



ONE HOUR WITH JESUS



In the Garden of Gethsemani, before His crucifixion, Jesus asked His Apostles, "Could you not keep watch with me for one hour?" Spending one hour with Jesus thus became a tradition in the Church.

Let us set aside at least one hour a week in front of the Blessed Sacrament praying for peace in the world.

EUCCHARISTIC ADORATION

St. Pope John Paul II

In his apostolic letter on the mystery and worship of the Eucharist (*Dominicae Cenae*, 1980), Pope John Paul II wrote that worship of Jesus in the Sacrament is performed primarily during Mass but also must be extended to other periods.

The Pope called for a return to "various forms of Eucharistic devotion: personal prayer before the Blessed Sacrament, Hours of Adoration, periods of exposition, short, prolonged and annual (Forty Hours) - Eucharistic benediction, Eucharistic processions, Eucharistic congresses."

The Holy Father pointed out that these practices serve as "proofs of that authentic renewal" outlined by Vatican II. He concludes the document with a provocative and prophetic exhortation: "May our adoration never cease!"

Editors Note: We have available in the A.H.S. office material to help your parish get started with adoration -material for your committee, bulletin, etc...all you need to know about Eucharistic adoration. It's yours for the asking, just send our office a card or letter today!

True Stories Of Eucharistic Miracles

In Valprasio, Chile, at the beginning of the 20th century, Fr. Mateo Crawley-Boevey SS, CC., well known as the great apostle of the Sacred Heart of Jesus, was a young priest. Fr. Mateo told this story wherever he preached and he found that where people were prepared to earn "their golden coins" with love, many graces were obtained and many conversions followed.

He relates that one day an 8 year old girl told him that Jesus spoke to her every time she received Holy Communion. Father was somewhat skeptical and requested her to ask Jesus to give him proof. The proof Father requested was the sudden conversion of a certain man who was a big sinner, a fallen away Catholic, and enemy of the Church ... and also that this man should come to him for Confession.

About a week later when Fr. Mateo was hearing confessions, the young girl told him that this sinner was coming up to the church. As the priest was leaving the confessional, the fallen away Catholic came into the Church and walked over to Fr. Mateo and asked him to help him with his confession. He said that it was the first one since he was baptized. He did not know what came over him that morning but he suddenly understood the necessity of going to confession. Father realized that he received the proof he requested.

The young girl told the priest that Our Lord revealed to her that He would give the graces to repent and mend his ways to this fallen away Catholic, and also to many other souls. He said, *"Always ask Me for souls and I will give them to you, and tell Father Mateo to ask Me for souls. I will give them to him, too, but first you must become My missionary."*

She thought she was too young to be a missionary. Our Lord assured her that He would have to pay a certain price for souls. "I want you," said Jesus, "to earn three golden coins a day." Our Lord then explained what He meant by golden coins .

- 1) The first golden coin was her prayers to Him for souls.
- 2) The second golden coin was her little sacrifices, especially acts of obedience.
- 3) The third golden coin was a promise *"never to miss Mass or Holy Communion through your own fault and to visit Me often in the Blessed sacraments."*

"Come Let Us Adore Him"

Some years ago, a young man was unhappily led astray into the paths of Jewish infidelity. While still in the flower of youth, his heart was filled with dreams of glory to be attained as a distinguished musician. One evening he was asked to play the organ in one of the principle churches in Paris; there in that church God awaited him, and prepared for him, not a triumph of his self-love, but a humiliation a thousand times more glorious. Already the roof of the sacred edifice re-echoed the sound of the solemn chants, and the melodious tones of the organ had filled all hearts with recollection and prayer; every head was bowed and the God of the Eucharist had blessed His children prostrate in lowly adoration. The unbelieving musician, alone, dared to raise his haughty brow before that God despised by his forefathers, but in vain. A mysterious and invisible hand bowed his head and humbled him to the ground. A miracle of grace was effected; the young man was conquered; he knelt wounded by the Real Presence in the Sacred Host, he left the church; soon the waters of Baptism were poured upon him, and exchanging his fashionable attire for the coarse serge of a monk, he bade an eternal farewell to the pleasures of the world. A living example of the power of the Sacred Heart of Jesus in the Blessed Sacrament, he went from city to city, and from village to village, proclaiming the love of God, repeating again and again: "The days of grief are departed. I have found peace of heart since I have tasted the delights of the tabernacle of the Lord." If you would know the name of this privileged soul, ask it at the cloister of Mount Carmel, and they will tell you it was Father Augustine of the Most Blessed Sacrament. If one single visit to the God of the Eucharist transformed an obstinate Jew into a good Catholic, what may we not hope to obtain by devout visits to the Blessed Sacrament?

PRAYER: O my Jesus, I adore Thee in this Holy Sacrament, as my Lord and my God, as my Redeemer and Savior.

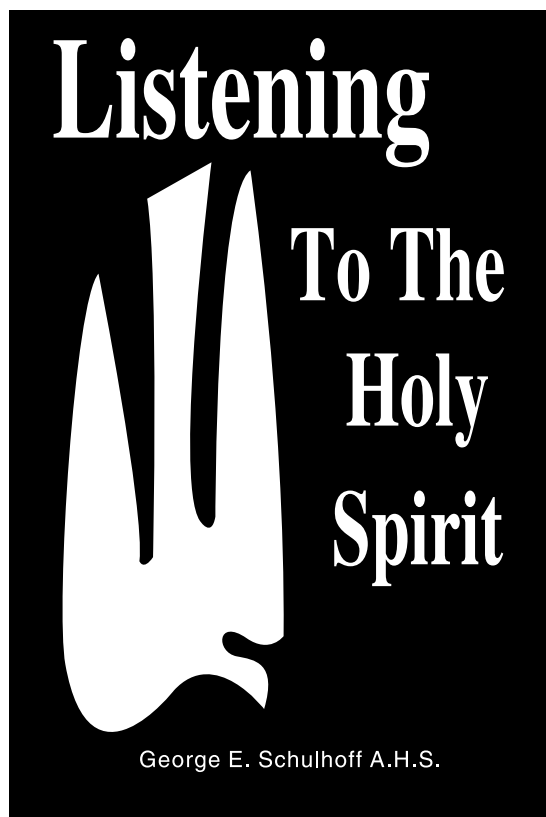
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How to Listen

When you open your heart to the Holy Spirit, He will comfort you, counsel you, and give you strength.

Do not start your meditation by asking questions or telling the Holy Spirit what you want. He already knows. Start simply enjoying His presence. This is the first step in meditation: this intimacy with the Holy Spirit. Continue to enjoy His presence, His peace, and His comfort until He speaks to you. At this stage, you reach the next step in meditation: listening.

"Listening to the Holy Spirit"
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