



My Dear Brothers and Sisters,

You may remember that we are in a time of Eucharistic Revival. When we look at the polls, they show that a high percentage of Catholics do not believe that the Eucharist is the true Body and Blood of Christ. To counter this trend, the Bishops of the United States have set aside the next few years to cultivate a greater Eucharistic devotion among the faithful – cultivating “Eucharistic Amazement,” as St. John Paul II said.

This first year, the focus of the Eucharistic Revival is on the Diocesan level (for us, the whole State of New Hampshire). As we have been advertising, next Saturday (September 24) will be a Eucharistic Revival Event in Gilford from 8:00am-2:30pm (for more information or to register, go to: faceofthefamily.org).

With this Revival event coming up, I see it as an incredible opportunity to delve more deeply into the mystery of the Eucharist.

You will remember, of course, that as Catholics, we believe that the Eucharist is *transubstantiated* into the very Body and Blood, Soul and Divinity of Jesus Christ, our God. This means that the substance (the being) of the bread and wine cease to exist during the Eucharistic Prayer at the Mass and only the substance of Christ remains – even though the outward appearances stay the same. Jesus is really here! And our God is really healing people through the Eucharist.

I can't tell you how many times I have heard people talk about how their time in Eucharistic Adoration has brought them healing. So often, just spending time with Jesus has helped people through their grief, given them strength to overcome their sin, helped them to know how loved they are (and so overcome their self-hatred), and given them courage to forgive those who have hurt them deeply. GOD HEALS! Very often He heals by just being with Him. He heals our hearts, our souls, our bodies. I have seen and experienced this grace myself! (The question of why He heals some and not others is beyond the scope of this article, but something to be prayed over.)

I invite you to come and spend time with the Lord. You might read this and think, “Another thing to do!” True, our busy lives keep us hopping from one event to another, yet, I think this is different. The invitation to spend time in the Eucharistic Presence of Jesus is not just “another thing to do.” Rather, it's an invitation from the Lord to come and experience His love. You see, God just wants to pour down His love into our lives, but we block Him – by our busyness, by immersing ourselves in noise, and by our sin. By spending time with Him, we set down our busyness. We let Him be Lord of this time given to Him in prayer. We get to step away from the stresses of our lives ... and if we struggle with that, we can spend time surrendering to him those stresses. By coming to adoration, we have the opportunity to be immersed in silence – whose fruit is prayer (remember St. Mother Teresa's quote: “The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace”). It allows us to extricate ourselves from the dictatorship of noise in our culture and in our lives. Again, it allows us to give God Lordship in our silence. By coming to adoration we come into the presence of He who is sinless, and He reveals to us our sins. He does this not to shame us, but so that we can surrender our sins to Him so that He can forgive and heal us.

I invite you to cultivate greater Eucharistic Amazement in your life, especially by Adoration. We have Adoration every weekday morning before Mass (6:30-7:40am) and then on Wednesdays (8:30-9:30am and 2:00-9:00pm). As a reminder, the Eucharistic Chapel is open 24/7 – come and worship the King. I promise it will change your life! Lay down your lives, and allow Him to love you!