They call upon one another and, we may even say, they require one another. The Sacred Heart explains the mystery of the love of Jesus by which He becomes bread in order to nourish us with His substance, while in the Eucharist we have the real presence of this same Heart, living in our midst. It is wonderful to contemplate Jesus as the symbol of His infinite love, but it is even more wonderful to find Him always near us in the Sacrament of the altar. The Sacred Heart which we honor is not a dead person's heart which no longer palpitates, so that we have only the memory of him, but it is the Heart of a living Person, of One who lives eternally. He lives not only in Heaven where His sacred humanity dwells in glory, but He lives also on earth wherever the Eucharist is reserved. In speaking of the Eucharist, Our Lord says to us, 'Behold, I am with you all days, even to the consummation of the world' (Mt 28:20). In Holy Communion, then, this Heart beats within us, it touches our heart; through the love of this Heart, we are fed with His Flesh and with His Blood, so that we may abide in Him and He in us. We may (our choice) abide in Him, and He abides (always) in us. Jesus abides. The Dude abides! [Sorry, I couldn’t resist!]

What does it mean to abide? Google says:
1. to accept or act in accordance (obey)
2. to be able to tolerate (endure, suffer)
3. to continue without being lost (remain, survive)
4. Archaic: live, dwell

The Bible teaches us:
"He who eats my flesh and drinks my blood abides in me, and I in him." (John 6:56)

"As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love." (John 15:9-10)

"he who says he abides in him ought to walk in the same way in which he walked." (1 John 2:6)

"Let what you heard from the beginning abide in you. If what you heard from the beginning abides in you, then you will abide in the Son and in the Father.” (1 John 2:24)

"No man has ever seen God; if we love one another, God abides in us and his love is perfected in us. By this we know that we abide in him." (1 John 4:12)

In Holy Communion His Heart beats within us and touches our heart with His Love, and He feeds us so we may abide in Him and He in us. We may (our choice) abide in Him, and He abides (always) in us. Jesus abides. The Dude abides! [Sorry, I couldn’t resist!]

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Prayer While Visiting the Blessed Sacrament - Te Deum

You are God: we praise You;
You are the Lord: we acclaim You;
You are the eternal Father:
All creation worships You.

To You all angels, all the powers of Heaven, Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord God of power and might, Heaven and earth are full of Your glory.

The glorious company of apostles praise You.
The noble fellowship of prophets praise You.
The white-robed army of martyrs praise You.

Throughout the world, the holy Church acclaims You:
Father, of majesty unbounded, Your true and only Son, worthy of all worship, and the Holy Spirit, Advocate and Guide.

You, Christ, are the King of Glory, the eternal Son of the Father. When You became man to set us free, You did not spurn the Virgin's womb.

You overcame the sting of death, and opened the kingdom of Heaven to all believers.
You are seated at God's right hand in glory. We believe that You will come and be our Judge.

Come then, Lord, and help Your people, bought with the price of Your own blood, and bring us with Your saints to glory everlasting.

Eucharistic Miracle - Amsterdam 1345

In 1345, a devout Catholic man became very ill and told his family he would like to receive Holy Viaticum (final Holy Communion). The family notified the pastor of the then known Old Church. After administering the sacrament, the priest advised the family that if the ill man threw up (he was known to do so after taking nourishment) they were to empty the contents in the fire. When the man threw up, the family did as the priest had advised. This incident occurred on March 12.

Early the next morning, a woman went to rake the fire and noticed a Host surrounded by light in the middle of the grate. The woman immediately put her hand in the fire to rescue it. Her hand was not burned, rather the woman was surprised to find the Host was cold! She immediately called in a neighbor and asked her to take the Sacred Host to her home. The neighbor placed the rescued Host on a clean white cloth, locked it in a box, and took it home. When her husband heard what had taken place, he requested to see the Host. He tried to lift it off the white cloth on which it rested, but the Sacred Host resisted as if to say it did not want to be touched by this man's hands. A priest was summoned, and he was able to place the Host in a pyx. When the priest went to purify the cloth which had held the Host, he noticed the pyx was upset and the Host was gone!

The next morning the neighbor returned for her box and cloth. When she opened the locked box she once again found the Sacred Host in it! There was then no doubt that Our Lord wanted this miracle made known! The priest notified the clergy of Amsterdam and a procession was held to carry the Host to the church. The home of the sick man soon became a chapel known as the “Holy Room”, and as early as 1360 public processions and pilgrims traveled to the site of the miracle.

On May 25, 1452, a large fire broke out leaving three-fourths of the city in ruins. It was during this time, the Holy Room became subject to flames. Miraculously, the monstrance containing the Sacred Host, which had been brought over to the chapel from the Old Church was spared. In 1456, a new Holy Room was built surrounded by a beautiful church. Many pilgrims went to visit the shrine seeking cures and spiritual help. By the second half of the sixteenth century, Catholics in Amsterdam had fallen under persecution of the Protestants, and the Holy Room was under Protestant control. In 1910, rather than sell the property to the Catholics, the chapel was torn down. However, devotion to this Eucharistic Miracle still takes place on March 12 at the church nearest the site.
The Adorer’s Voice - Sacred Heart of Jesus - (continued from cover)

abide in him and he in us, because he has given us of his own Spirit.” (1 John 4:12-13)

It seems reasonable to assert that we abide through obedience. How?
1. Imitate Jesus. Love as He loves.
2. Take advantage of the Sacrament of Reconciliation at least once each month (or more in order to validly do #3);
3. Attend and participate in Mass as often as possible to be fed by the Sacrament of the Eucharist.
4. Spend time in Adoration. It is truly a game changer for your spiritual life!
5. Read and become familiar with Sacred Scripture.
6. Pray. Formal prayers like the Rosary and Divine Mercy Chaplet or informal prayers lifting your thoughts to Him throughout the day and just whispering the name of Jesus. Any task can be offered up as a prayer.
7. Enlist the help of the Blessed Virgin Mary.

God abides through His constant love. God the Father created us out of love. Jesus willingly endured horrible tortures and died for us out of love. We are guided daily by the Holy Spirit out of love. Our Trinitarian God loves all of us, all the time, right where we are!

The very first paragraph of the Catechism of the Catholic Church (CCC) states, “…at every time and in every place, God draws close to man. He calls man to seek him, to know him, to love him with all his strength…” (CCC 1)

HE wants us to be with Him for eternity! WE continually oppose Him through our sins, big and small alike. The good news is that God uses our sins and the gift of the Sacrament of Reconciliation to draw us closer to Him, and He showers us in His merciful love when we repent. Jesus has already paid the price for our sins, we need only to unburden ourselves in the confessional.

Some sources say that the Prayer for Daily Neglects was revealed by a recently deceased Poor Clare sister to the Abbess of her convent who was praying for the repose of the deceased sister’s soul. The Abbess was told by the deceased sister that by reciting this prayer every evening she went straight to Heaven, skipping purgatory completely.

Just to be clear, the Prayer for Daily Neglects is simply a beautiful prayer, and in no way is it intended to be a replacement for the Sacrament of Reconciliation! Go to confession and receive absolution!

Adoration Prayer - Prayer for Daily Neglects

The Prayer for Daily Neglects invites us to offer God the Father the Sacred Heart of His Divine Son in reparation for our sins. The Prayer for Daily Neglects can be followed by reciting an Act of Contrition.

A PRAYER FOR DAILY NEGLECTS:

Eternal Father, I offer Thee the Sacred Heart of Jesus, with all its love, all its sufferings and all its merits.

First, to expiate all the sins I have committed this day and during all my life. Glory be to the Father, and to the Son, and to the holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Second, to purify the good I have done poorly this day and during all my life. Glory be to the Father, and to the Son, and to the holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Third, to supply for the good I ought to have done, and that I have neglected this day and all my life. Glory be to the Father, and to the Son, and to the holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

ACT OF CONTRITION:

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

The Eucharist is the Sacrament of Love; it signifies Love, it produces Love.”

St. Thomas Aquinas
OUR FATHER -  
THY WILL BE DONE

Our Father Who are in Heaven  
In the Heaven of the Eucharist, to You Who are seated on the throne of grace and love, be benediction, and honor, and power and glory for ever and ever!

Hallowed be Your Name  
First in ourselves, through the spirit of Your humility, obedience, and charity. May we in all humility and zeal make You known, loved, and adored by all men in the Holy Eucharist.

Thy Kingdom Come  
Thy Eucharistic kingdom. Rule Thou alone forever over us for Your greater glory through the power of Your love, the triumph of Your virtues, and the grace of a Eucharistic vocation in my state as a layman. Grant us the grace and mission of Your holy love so that we may be able to effectively extend Your Eucharistic kingdom everywhere and realize the desire you expressed: ‘I have come to cast fire on the earth; and what would I, but that it be kindled?’

Give us this day our daily bread  
You are our Eucharistic Lord and You alone will be our food and clothing, our riches and glory, our remedy in illness, and our protection against all evil. You will be all things to us.

And forgive us our trespasses  
Forgive me Jesus, for I am sorry for all my sins just as they stand in Your eyes.

And lead us not into temptation but deliver us from evil  
Deliver us Jesus, from the demon of pride, impurity, discord and complacency. Deliver us from the cares and worries of life so that with a pure heart and a free mind we may joyfully spend our life and devote all that we are and all that we have in the service of our Eucharistic Lord.

Amen.

Adoration Reflection -  
Blessed Dina Belanger

"The Eucharistic Heart in the Host draws me more and more. If I merely pass near the chapel, I feel an irresistible force inviting me in. Close to the tabernacle, I experience an indefinable joy. When the Blessed Sacrament is exposed, I feel totally taken over, paralyzed, by this gentle Eucharistic Heart. When I leave the chapel, I have to tear myself away from the divine Prisoner. Yet, I never cease to live in Him; all this takes place in the Heart of the Most Blessed Trinity, an immense distance from the earth; but Jesus wants me to enjoy Him in His Eucharist and to grieve when I am far from His consecrated Host."

Editor's Comment:  
I am so thankful to the Holy Spirit for leading me to this quote because it perfectly summarizes my own feelings about Adoration AND I got to meet Blessed Dina whom I had not heard of before! I very much relate to the joy of being with Him in Adoration and the reluctance when it is time to tear away from Him. I hope you do too!

Blessed Dina Belanger  
(1897-1929)  
Beatified in 1993  
by Pope John Paul II