



VENITE ADOREMUS DOMINUM!

Most Holy Trinity Catholic Church Adoration Newsletter

VOLUME SIX - SPRING 2019 - ENGLISH

The Adorer's Voice - Sacred Heart of Jesus



MOST SACRED HEART OF JESUS, HAVE MERCY ON US!

Did you know the month of June is dedicated to the Sacred Heart of Jesus? There are so many different pictures of Jesus and His Sacred Heart! The picture above lives in my prayer nook and I love it because no matter where I am in the room Jesus is always looking right back at me, just like in the chapel during Adoration!

My daily morning prayer routine includes a meditation from *Divine Intimacy*, an excellent book by Fr. Gabriel of St. Mary Magdalen, O.C.D. I share the following excerpt because it beautifully links the Sacred Heart of Jesus to the Eucharist. Read it slowly and let it sink in:

“Devotion to the Sacred Heart should bring us to a life of intimate union with Jesus who, we know, is truly present and living in the Eucharist. The two devotions — to the Sacred Heart and to the Eucharist — are closely connected.

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.”

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!*]

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 **(continued on page 3)**

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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THE TRINITY
ANDREI RUBLEV
15TH CENTURY

**"IN GOD
 ALONE IS MY
 SOUL AT
 REST; MY
 HELP COMES
 FROM HIM."**

PSALM 62

**IS YOUR
 SOUL WEARY?
 COME SPEND
 JUST ONE
 HOUR IN THE
 CHAPEL WITH
 JESUS IN THE
 BLESSED
 SACRAMENT!**

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 Sera-
 phim, 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 apos-
 tles praise You.
 The noble fellowship of proph-
 ets praise You.
 The white-robed army of mar-
 tyrs praise You.

Throughout the world, the holy
 Church acclaim 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 ever-
 lasting.

Save Your people, Lord, and
 bless Your inheritance.
 Govern and uphold them now
 and always.

Day by day we bless You.
 We praise Your name forever.

Keep us today, Lord, from all
 sin.
 Have mercy on us, Lord have
 Mercy.

Lord, show us Your Love and
 Mercy.
 For we put our trust in You.

In You, Lord, is our hope:
 Let us never be put to shame.

Amen.

Eucharistic Miracle - Amsterdam 1345

In 1345, a devout Catholic man
 became very ill and told his fam-
 ily he would like to receive Holy
 Viaticum (final Holy Commu-
 nion). 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 ad-
 vised. This incident occurred on
 March 12.

Early the next morning, a wom-
 an went to rake the fire and no-
 ticed 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 pro-
 cession 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 mira-
 cle.

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 be-
 came subject to flames. Miracu-
 lously, the monstrance contain-
 ing 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.

Do you want a life of intimate union with Jesus? I do! However, becoming good at anything - school, work, sports, interpersonal relationships - takes deliberate effort. Are you putting in the time? Consider this: the youngest elite athletes train around 18 hours each week (three hours/day, six days/week). How much time do you spend with Jesus each week? He is waiting for you!

May the Most Sacred Heart of Jesus have mercy on us all! Amen!

Venite Adoremus Dominum!
Blessings, *Dawn*

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.

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!

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



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**EMAIL THE EDITOR TO
SHARE YOUR
ADORATION
TESTIMONIAL!**



Adoration Meditation - Saint Peter Julian Eymard

**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?'

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

O that we might be the incendiaries of this heavenly fire!

**Thy will be done on earth as
it is in Heaven**

Grant us the grace to find all our joy in wanting You alone, in desiring You alone, and in thinking of You alone. Grant that by denying of ourselves always and in all things, we may find light and life in obeying Your good, acceptable and perfect Will. I will what You will. I will it because You will it. I will it as You will it. I will it as long as You will it. Perish our thoughts and desires if they are not purely from You, for You and in You.

**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.

**As we forgive those who
trespass against us**

For anyone who has offended us in any way, with our whole heart we forgive them and desire for them the gifts of Your love.

**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.

In You, O Lord Jesus, have I hoped; let me not be confounded forever. You alone are good. You alone are powerful. You alone are eternal. To You alone be honor and glory, love and thanksgiving forever and ever.

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**