

ISSUE 18

July 2024

PERPETUAL
EUCCHARISTIC ADORATION

OFFICIAL NEWSLETTER



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YEAR OF PRAYER CONFERENCE

Event

At this time of the year we normally hold our annual retreat. This year, in the year of prayer dedicated by Pope Francis, all adorers are invited to the Diocesan Year of Prayer Conference in Ashburton on Saturday July 27th. Join Bishop Michael and 100 others for a day of prayer, Mass, workshops, keynote talks and more as we come together to learn more about prayer. This day is for anyone wanting to deepen their personal prayer life.

All details can be found on <https://cdoc.nz/news-events/prayer-conference>

To register please go to <https://www.cognitofirms.com/CatholicDioceseOfChristchurch/YearOfPrayerConference> Please contact Matt for more details.

“Lord, teach us to pray”

CHRISTCHURCH DIOCESAN
YEAR OF PRAYER CONFERENCE 2024

Saturday
27 July 2024

Sinclair Centre
Ashburton

CATHOLIC DIOCESE
OF CHRISTCHURCH
TE TAKIWĀ Ō TE PĪHOA

Greetings. Welcome to the winter newsletter for 2024. I hope and pray that you have had a blessed and peaceful year so far .

A few days ago we celebrated the 11th anniversary of the opening of the chapel. A continued thanks to all you support the chapel in any way as well as your continued dedication.

Pope Francis has dedicated 2024 as a Year of Prayer in the leadup to the Jubilee Year being held next year. The big event is the Diocesan Year of Prayer Conference. The details are over the page. Please do try and make it as we want to have a good number of people there with Bishop Michael as we learn to grow deeper in our prayer life.

There are lots of interesting articles in this issue. Thank you to everyone for your continued dedication. God Bless you all.

Matt O'Connell

Perpetual Adoration Co-ordinator

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BLESSED CARLO ACUTIS

It has been announced that Blessed Carlo Acutis, who died aged 15 in 2006, will soon be canonised a Saint. Blessed Carlo designed and created the International Eucharistic Miracles Exhibition which has been displayed in various parishes in the Diocese. It will also be on display at the upcoming prayer conference. According to the website for his canonization process, "Carlo was gifted at anything related to computers ...a genius. One of his most significant computer ventures was cataloguing all the Eucharistic miracles of the world. He started the project when he was 11 years old. He then asked his parents to start taking him to all the places of the Eucharistic miracles, and two and half years later the project was completed. He researched over "136 Eucharistic miracles that occurred over the centuries that have been acknowledged by the Church and collected them into a virtual museum. Besides creating a website to house this virtual museum, he helped create panel presentations that have travelled around the world.

"The more Eucharist we receive, the more we will become like Jesus, so that on this earth we will have a foretaste of heaven ... The only thing we have to ask God for, in prayer, is the desire to be holy."

Blessed Carlo Acutis

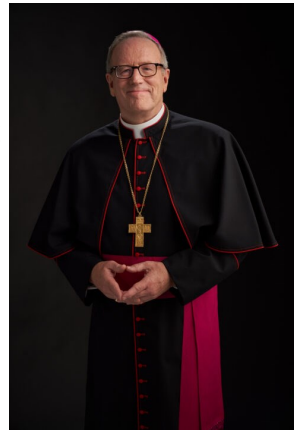
THE POWER OF EUCHARISTIC ADORATION - 1

Homily

A homily on You Tube from Bishop Robert Barron of the feast of Corpus Christi. It has been slightly edited . The full video can be viewed at <https://www.youtube.com/watch?v=3snpp3VrYVE>

Every year, right at the end of the whole Easter season, just before we turn back to ordinary time, we celebrate the Feast of Corpus Christi. And of course, this year, as the church in the US is going through a lengthy Eucharistic Revival, it's good for us once again to turn to this greatest of sacraments.

We've looked at the Eucharist from all kinds of different angles. What I want to do today is to talk about something which has become very dear to me in the course of my life. And that is Eucharistic adoration.



To be honest with you, when I was a young man, even in my seminary years, we were kind of discouraged from doing Eucharistic adoration because we thought it detracted from the Mass. It was a static presence, not an active presence. And I just come to realize that's so much nonsense, all of that.

One of the great prophets, I think, of adoration and of the Holy Hour was the great Fulton Sheen. A few weeks ago I was up at Saint Paul Seminary, where a lot of my seminarians from Winona-Rochester go. I gave a day of reflection to the faculty and students. When I was there in the chapel, I started talking about Eucharistic adoration. One of the teachers reminded me afterwards, "Well, Fulton Sheen attended this seminary and would've prayed in this chapel. In fact, (he) learned the discipline of the Holy Hour when he was there."

That really moved me. And I said to the students, "This should be just a real focus of your spiritual attention, that Fulton Sheen himself learned this great art and task when he was a student there."

So, what's it all about? I go back to my spiritual hero, Thomas Aquinas, who beautifully said, and this image has stayed in my mind ever since I read it, "At the words of consecration, it's as though a fire is kindled in a new place." So it's the same Christ, the same fire if you want, all over the world, but he can be kindled in a new place. I thought of this when I moved into my house in Rochester. I'd just been appointed Bishop and I moved into my house and the moving boxes were still all around.

THE POWER OF EUCHARISTIC ADORATION - 2

But as soon as I could, I went to the chapel. We had designated a room as the chapel, had an altar set up there. I got out the books ready, said Mass and consecrated the Eucharist, and a host to put in the pyx in the tabernacle. I did have a vivid sense of kindling a fire, and it's before that fire, this morning, I was there doing my Holy Hour. Adoration is staying close to the fire. A fire that gives light against the darkness and heat against the cold. A fire that provides protection against enemies.

We live in kind of a cold world, a cold, secularistic world. I know a lot of young people celebrate it, God knoweth why. But the secular world for the soul is a cold and dreary place because the soul is wired for God. The soul is ordered to God. What's the Eucharist as we come to the tabernacle to adore, but it's warmth against that cold. It's light against the darkness. We live in a fallen world. We know that and the fallen world is a dark place. Darkness is a great biblical symbol for losing the way, not knowing where we are going, stumbling about. That's the way a lot of us live, even stars and celebrities. But they're lost spiritually these people. They're stumbling about.

What's the Eucharist? It's light against the darkness. The fallen world is also a place that's filled with enemies. We know that. You could go on a camping trip in the beautiful woods and all that, and you take in the loveliness of the day, but at night you got to be aware of the fact that those woods are also full of predators, of dangers. Fire from primordial times was a way of keeping those at bay.

We live in a world with lots of visible enemies. Look around. The way the church is often beleaguered today, the way the faith is under attack. Just go on the internet any time of the day or night and see the faith being attacked. We also have invisible enemies. We struggle not just against flesh and blood, but powers and principalities. What then keeps the predators at bay? But the fire. What's Eucharistic adoration? It seems to me that it's a conscious act of staying close to the fire. Spiritual warmth, spiritual light, spiritual protection comes from there.

Here is another image from Fulton Sheen because he wrote a lot about the Holy hour, which was so central to his spirituality. He said, "I feel like I'm a dog at the feet of his master. And the master might not need me right now. The master is doing his own thing, but I'm here. I'm here. And if he needs me, I'm ready to move." A dog just lying at his master's feet, not doing very much, but he's ready. He's there.

THE POWER OF EUCHARISTIC ADORATION - 3

Someone who is sitting or kneeling in the presence of the Blessed Sacrament, maybe not doing a lot, not actively engaged in the life of the church, but they are ready at his master's feet, ready to respond when he's needed. I like that.

What happens in Eucharistic adoration? I look at him, he looks at me. It's the way two friends can be with each other in silence, not really doing anything. They might not 'accomplish' very much, but they were with each other. They were in each other's presence.

There is something of this, I think, in Eucharistic adoration, spending time with the Lord. So many of the saints were devoted to the Eucharist in just this way. I find a lot of edification from this. Don't believe people, by the way, who say, and you'll still hear it today, that there's something primitive about Eucharistic adoration, something immature. Forget that. Some of the greatest figures in our tradition were devoted to it.

St Thomas Aquinas' secretary, Reginald Piperno, was with him for many years, and knew him very well. He said Aquinas solved far more intellectual problems through prayer than he did through thought. And he was one of the great thinkers in the Western tradition. His secretary thought he solved most of his problems, not by thinking it through so much as praying. He testified that Thomas would often go into the chapel and he would even rest his head against the tabernacle as though seeking direct inspiration.

Another hero of mine, Saint John Henry Newman, was very devoted to the Eucharistic presence. He wrote a series of prayers, which you can still get them, born of his devotion to the blessed Sacrament. They are marvelous and great to pray with.

One of my favourite stories is about St Edith Stein, the great 20th century martyr. Edith Stein was from a Jewish family, brought up in the Jewish faith. But by the time she was in her late teens or early 20s, she'd become an atheist, and rejected her religious tradition completely. But then through a lengthy and fascinating process, she kind of read herself back into the faith and then into Catholicism. This is before she was a consecrated religious, so she was a lay woman now on fire with the Lord and trying to find her path. She would spend hour upon hour in front of the Blessed Sacrament, in Eucharistic adoration. She was staying for a time when she was still a lay person in a convent. The nuns there were so impressed by her devotion that they created a little chair for her and it was behind a pillar so the people in the church wouldn't be kind of gawking at her. It was like her own special place where she would give herself over to Eucharistic adoration.

THE POWER OF EUCHARISTIC ADORATION - 4

What gave her, by the way, the strength of character and soul to become the great martyr she was, I'm convinced, those hours and hours spent before the blessed Sacrament.

Jacques Maritain was one of the greatest Catholic intellectuals of the last century. I have read his life story which was fascinating. And his books are marvellous. He was a Catholic philosopher, cultural commentator, and political commentator, He travelled the world, but he was based in Paris. He'd come home and his custom was, at the end of the day, he'd make his way through Paris to Montmartre, which is the area of the city where the church of Sacré Coeur is found, the Church of the Sacred Heart. He would go into that church and he would kneel before the Blessed Sacrament, and he spent the whole night in adoration. At Sacré Coeur, the Eucharist has been adored 24 hours a day since the late 19th century. Jacques Maritain was one of the people who continued that great chain of devotion.

When I was at Mother Teresa's mother house in Calcutta at her when we were filming there years ago, you would go into this very simple space with the Blessed Sacrament. And at first it looks like one of the nuns praying because they created this little statue in the posture and attitude of Mother Teresa. She's kind of crouched down and kind of hunched over. I think she has a rosary in her hand, but it's exactly where she sat in prayer in adoration for hour upon hour. What informed her work with the poor? What made it possible was Eucharistic adoration. That's where her strength came from.

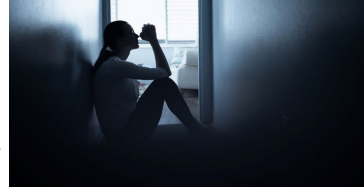
I love the story about Dorothy Day, another hero of mine, the foundress of the Catholic Worker Movement. Dorothy Day had a deep devotion to the Blessed Sacrament. A priest came to the Catholic Worker house in New York to say Mass. It was the late 60s, and it was a time of experimentation. He thought he was being very hip so he took a coffee mug from the shelf and used that for the chalice. He celebrated Mass and Dorothy Day, very reverently, followed the Mass and received the Eucharist. She thanked the priest, and sent him on his way. She then purified that coffee mug, put it in a towel and took a hammer and broke it up into pieces, and then went out in the backyard and she buried it deep in the ground. Her friends were like, "What are you doing?" And she said, "How could I ever use this as a coffee mug that held the blood of Christ?" That's where her power in caring for the poor came from. Don't tell me that Eucharistic adoration is a primitive form of spiritual practice. Forget it. Forget that. Some of the greatest saints, have stayed close to that fire. Holding off the cold, holding off the darkness, holding off the dangers.

MEETING JESUS IN THE WEE SMALL HOURS - 1

Reflection

This is a beautiful reflection from Elizabeth Scalia. The full title is "Meeting Jesus at Midnight or in the wee small hours."

We all have them, those desperate times, particularly in the wee small hours of the morning, when illness or anxiety pulls us up from our beds and down to our knees, or keeps us on our feet, pacing the floor as we seek relief from physical or mental or spiritual aches and ailments. Sometimes, we wish



we could awaken the whole household, begging our families to supply the sort of immediate solace we need. But we don't do it. They need their sleep, after all.

What do you do in those times? Do you find yourself longing for a mother's presence, and thus pick up your rosary? Do you warm up some milk, light a candle and open the Scriptures?

Sometimes, in those hours of silent suffering — especially if my affliction is some mental anguish I cannot push away — I will seek out the Lord in the Blessed Sacrament, which is easier to do today than it was 20 years ago. I recall a particular night when old ghosts and new torments were trampling heart and mind, preventing rest. Not wishing to disturb my family, I drove to a local parish. There, I stood at a side door, gazing through a small window at the tabernacle within, visible only by the light of the candle beside it (the reassuring sign that Christ was there). I simply watched the flame flicker, and adored. I asked Jesus if I might stay there — not exactly at his feet but as near as I might — and take my consolation from his boundless and supernatural presence.

It was by no means an ideal situation, and yet as I stood there, consolation did in fact come. On those chilly steps, a true "peace surpassing all understanding" (Phil 4:7) settled upon me like a healing balm. Despite my limited view, Christ transcended the tabernacle and every material and spiritual obstacle between us and let me feel not just seen but recognized, not just heard but understood. Mostly, I felt loved beyond my own comprehension of intimacy and acceptance. I hated leaving, but when I did, all the doubts, all the fears I'd been entertaining — all the great wreckage of my heart — stayed behind, with Jesus. I went home, having learned the valuable truth that everything is known, and that we are none of us alone. And I slept.

MEETING JESUS IN THE WEE SMALL HOURS - 2

In 2024, it's much easier to find Christ, present and exposed in a monstrance, no matter the day or the hour. One need no longer hold a cold and lonely vigil at a locked door because — thanks to what used to be called “new media” — monasteries and diocesan adoration chapels from all over the world maintain live streams of the Blessed Sacrament for remote adoration, whereby the energy of the Christ is transmitted through energy both housed and in the ether, to encounter our own.

This is a particular boon to the incarcerated or the infirm, of course, but sitting before a streamed monstrance can offer a powerful bit of succor to anyone's day. Recently I saw a brief video of a pastor in Stratford, Connecticut, who, during the isolating lockdowns of 2020, installed what he called a “drive-up adoration window.” “I was coming out of my rectory chapel in March of 2020,” he explains, “and I looked to the right and I saw that I have this entranceway but next to it is this glass panel. And I got to thinking, ‘I could set up an Adoration window, here. Jesus would be safe behind the glass; nobody could get to Jesus.’ I had a custom-made shutter built, and now people drive up outside, they get out of their cars, they walk up to that shutter and then they can open it. I put a kneeler out there, a chair for them to sit on, and I have people 24 hours a day coming, at 2 a.m., 4 a.m., 6 a.m., during the day.” “Say hi to Jesus,” he smiles as he demonstrates how an adorer can open the shutter and sit or kneel before Christ, present behind the glass. “Just come by,” he invites. “Spend a few minutes with Jesus. He's waiting here for you, all the time!” Some might object, of course, or find it irreverent. I don't. The little “drive-up adoration window” may be a humble way to bring Jesus to us, but I have a hard time believing he would mind. He permitted himself to be brought into Jerusalem via a humble donkey, after all.

And I know that on a cold and restless night 20 years ago, I would have been so grateful to drive out to meet Jesus and find him waiting for me — not in distant shadows, but so beautifully near. Even today, with remote viewing at my fingertips, I would still be grateful.



LITANY OF HUMILITY

O Jesus! meek and humble of heart,
Hear me.

From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved...

From the desire of being extolled ...

From the desire of being honored ...

From the desire of being praised ...

From the desire of being preferred to
others...

From the desire of being consulted ...

From the desire of being approved ...

From the fear of being humiliated ...

From the fear of being despised...

From the fear of suffering rebukes ...

From the fear of being calumniated ...

From the fear of being forgotten ...

From the fear of being ridiculed ...

From the fear of being wronged ...

From the fear of being suspected ...

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than
I ...

That, in the opinion of the world, others
may increase and I may decrease ...

That others may be chosen and I set
aside ...

That others may be praised and I
unnoticed ...

That others may be preferred to me in
everything...

That others may become holier than I,
provided that I may become as holy as I
should...

LITANY OF TRUST

From the belief that I have to
earn Your love

Deliver me, Jesus.

From the fear that I am unlovable ...

From the false security that I have what it
takes ...

From the fear that trusting You will leave
me more destitute ...

From all suspicion of Your words and
promises ...

From the rebellion against childlike
dependency on You ...

From refusals and reluctances in accepting
Your will ...

From anxiety about the future Deliver ...

From resentment or excessive
preoccupation with the past ...

From restless self-seeking in the present
moment ...

From disbelief in Your love and presence ...

From the fear of being asked to give more
than I have ...

From the belief that my life has no meaning
or worth ...

From the fear of what love demands ...

From discouragement ...

That You are continually holding me,
sustaining me, loving me *Jesus, I trust in
You.*

That Your love goes deeper than my sins
and failings and transforms me ...

That not knowing what tomorrow brings is
an invitation to lean on You ...

**Full Litany available at [https://sistersoflife.org/
litany-of-trust/](https://sistersoflife.org/litany-of-trust/)**

PRAYER

CAN YOU HELP?

Currently we have over 240 adorers signed up to Adore Jesus every week at the Perpetual Adoration Chapel. However we still a number of hours during the week where there is only one adorer rostered on, espically overnight. We always try to ensure that we have a minimum of two per hour so if something happens there is at least one person in the chapel. Although we have lots of visitors, we don't know how long they stay and how regular they are. On occasions people have forgotten, had a flat tyre or been sick and people have had to stay for an extra hour.

If you feel that you could sign up to adore once a week it would be greatly appreciated. Please fill out the form below and send/email it to the address provided.

The hours that require adorers include:

Sundays (12am-6am, 7am-10am, 12pm-2pm, 9pm-11pm), Mondays (12am-6am, 2pm - 5pm, 9pm), Tuesdays (1am-6am), Wednesdays (12am-6am, 10pm-11pm), Thursdays (12am-6am, 8am-12pm, 3pm), Fridays (12am-5am, 7am-10am, 12pm-4pm, 10pm, 11pm) and Saturdays (2-5am, 7am-2pm), 5pm-7pm)



ADORER SIGN UP FORM

NAME: PHONE:

E-MAIL: MOBILE:

ADDRESS:

What day would you like to adore?

What time would you like to adore?

Are you also available to be a substitute?

Please return the completed form to:

Perpetual Adoration, PO Box 4544, Christchurch 8140 or e-mail to chchadoration@gmail.com