

NATIONAL EUCHARISTIC REVIVAL

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Welcome to this special section of the bulletin dedicated to the National Eucharistic Revival! As our parish continues to observe the second phase of this historic event, we are pleased to provide this dedicated space to weekly information on matters pertaining to the Revival.

In addition to announcements regarding special activities and events, this section provides a regular listing of resources, catechesis and directives which are intended to help foster a deeper devotion and a greater understanding of the Holy Eucharist. We invite you to look over this section each week for new and updated content and we pray that as you do so, you will grow in your appreciation and love for Jesus in the Most Blessed Sacrament.

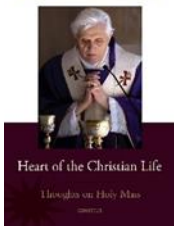
BOOKS ON THE HOLY EUCHARIST

Pick of the Week

Heart of the Christian Life

by Pope Benedict XVI

BENEDICT XVI



The celebration of the Eucharist, in which Jesus Christ becomes present, is the center of the Catholic faith. This volume brings together substantive texts of the Holy Father on the many aspects and dimensions of the Mass and the Mystery of the Eucharist, a rich source for every Christian and a spur to reflection and personal prayer. Delivered in addresses and homilies to a wide variety of audiences, these reflections reveal the depth and breadth of

Pope Benedict XVI's profound and life-long love for the Holy Eucharist. This theme has been carried deeply into his pontificate, as can be seen in this collection, which challenges the faithful to believe that by receiving Christ in Holy Communion, they are drawn not only into the very life of God, but into the community that is Christ's Body, the Church.

This book is published by Ignatius Press and may be purchased at most religious book stores and on AMAZON.COM.

RESOURCES

TO HELP FOSTER DEVOTION TO THE HOLY EUCHARIST

The following items are available at the Parish Center:

- Blessed Sacrament Prayer Book - \$8.00
- Sacred Heart Prayer Book - \$8.00
- Visits to the Blessed Sacrament (Booklet) - \$8.00
- The Blessed Sacrament – God with us (Booklet) - \$5.00
- Devotion to the Sacred Heart (Booklet) - \$5.00
- Prayers of Reparation to Our Eucharistic Lord - \$2.00
- Monstrance Lapel Pin - \$2.00
- "Eucharistic Adoration" Tote Bag - \$2.00



NATIONAL Eucharistic Congress

Tickets/Travel Packages Coming Soon!

Registration is now open for the National Eucharistic Congress! At the National Eucharistic Congress (<https://www.eucharisticcongress.org/>), the Church will draw into a deeper intimacy with our Eucharistic Lord, allowing our eyes to be opened and our hearts to be set on fire with his love. This historic five-day gathering (July 17-21, 2024) will be an experience of prayer: a liturgical act offering the Catholic Church – those in attendance in Indianapolis as well as across the country – to the Father, through the Son, and in the Holy Spirit. This reconsecration will result in a massive outpouring of grace and renewed missionary sending as participants are moved to share the Eucharistic love of the Lord “for the life of the world” (John 6:51). This is a pivotal moment in both American history and the legacy of the Catholic Church. (It is the first National Eucharistic Congress in 83 years!) Tens of thousands of pilgrims are expected to attend – but space is limited. To ensure that the Diocese of Metuchen is well-represented, we are pleased to announce that the diocese has purchased 100 tickets to next summer's Congress. These packages include transportation to and from Indianapolis, as well as hotel accommodations. More information on how to purchase tickets to next summer's Congress will be forthcoming. In the meantime, anyone interested in learning more about the Congress, or about how to purchase tickets/travel packages, should contact Adam Carlisle, Secretary for Evangelization and Communication, at acarlisle@diometuchen.org

OFFICIAL PRAYERS NATIONAL EUCHARISTIC REVIVAL

O SACRED BANQUET, in which Christ is received, the memory of His Passion is renewed, the mind is filled with grace, and a pledge of future glory is given to us.

MY GOD, I believe, I adore, I hope and I love Thee! I beg pardon for those who do not believe, do not adore, do not hope and do not love Thee.

O MOST HOLY TRINITY, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee 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 offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg the conversion of poor sinners.



NATIONAL Eucharistic Pilgrimage

The National Eucharistic Pilgrimage has publicly launched! The NEP (<https://www.eucharisticpilgrimage.org/>) will consist of four cross-country Eucharistic processions, collectively traversing the entire continental United States over a two-month period, beginning during the feast of Pentecost, May 17-19, 2024.

The pilgrimage is being organized by the National Eucharistic Revival campaign in conjunction with Modern Catholic Pilgrim, a Catholic nonprofit dedicated to deepening the faith across the country through pilgrimages. Along the way, the pilgrims will make stops in major US cities, churches, Catholic colleges, and holy sites. Parishes along the routes will host Mass, adoration, devotions, praise and workshop, lectures on the Eucharist, and more.

The Seton Route, which will begin in New Haven, Connecticut, will be passing through the Diocese of Metuchen on May 27-29, 2024. The four pilgrimage processions will ultimately converge in Indianapolis on July 16, 2024, to participate in the National Eucharistic Congress. Adam Carlisle, Secretary of Evangelization and Communication, will be helping to organize our diocese's involvement. If anyone is interested in assisting with this important event, please feel free to contact Adam at acarlisle@diometuchen.org

ADORATION OF THE BLESSED SACRAMENT

Perpetual Adoration of the Blessed Sacrament in our Chapel offers individuals the opportunity to spend quiet prayerful time with Jesus 24 hours a day, 7 days a week (except during inclement weather). We are the only parish in the Diocese of Metuchen offering 24/7 Eucharistic Adoration. We encourage everyone to take advantage of this blessing and spend time with the Lord. Eucharistic Guardians commit themselves to an hour of silent prayer each week in the presence of the Blessed Sacrament, making Perpetual Adoration possible by assuring Jesus is never left alone. **Can you commit to spending one hour a week in the presence of Our Lord?** If so please call Gerry Aboyme at 732-266-4145.



RESOURCES FOR CHILDREN - *Pick of the Week*

Holy Mysteries!

12 Investigations into Extraordinary Cases

By Sophie De Mullenheim



Seeing is believing . . . or is it? This intriguing and fun book investigates 12 mysterious, inexplicable cases that have happened in the history of the Catholic faith, some of which still continue to happen or remain today. These questions are explored in the 12 investigations into extraordinary cases that invite us to think deeply about mysterious events and our faith in God.

This book is published by *Ignatius Press* and may be purchased at most religious book stores and on [AMAZON.COM](https://www.amazon.com).

THE ANIMA CHRISTI PRAYER

The Anima Christi prayer is thought to have been written by Pope John XXII in the 14th century. Most people recognize the prayer because St. Ignatius Loyola put the prayer in the beginning of his Spiritual Exercises in the 16th century.

It can be prayed for many different occasions, especially after receiving the Blessed Sacrament or for spiritual communion. The Anima Christi is a powerful, traditional prayer that is rich in language that brings us deeper into prayer and closer to Christ, particularly to His Passion and Death.

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Separated from Thee let me never be.
From the malignant enemy, defend me.
At the hour of death, call me.
And close to Thee bid me.
That with Thy saints I may be Praising Thee, forever and ever. Amen.

THE EUCHARIST IN SCRIPTURE

A Parish Study for Adults – Wednesday Nights for 7 Weeks!



Have you ever wondered when the Holy Eucharist was instituted? When does the bread and wine become the Body, Blood, Soul and Divinity of Jesus Christ?

If you have wondered about these and other matters related to the Eucharist, this course is for you!

Beginning on Wednesday, October 4, 2023, and continuing Wednesdays until November 15, 2023, Our Lady of Fatima Parish will present a video and workbook study led by our own parishioner, book writer and teacher, Scott Culver from 6:15 to 7:30 pm.

Based on three of Dr. Scott Hahn's foundational talks: "The Lamb's Supper," "The Fourth Cup," and "Consuming the Word," this course will examine the biblical foundations of the Eucharist and explore the Church's liturgy as the original context for the books of the Bible. It will explain God's plan of Salvation as it is expressed through the Sacred Scriptures and the Holy Mass and unlock the meaning of the words "covenant", "sacrifice", and "sacrament" as understood in the Bible, from Genesis through Revelation.

While there is no cost for the class, registrants should enclose a check for \$25 made out to Scott Culver for the cost of the participant workbook. For more information or to register, contact the parish office at 732-968-5555. *Please register by Sept. 29th.*

THE MYSTERY OF THE EUCHARIST IN THE LIFE OF THE CHURCH is the 2021 United States Catholic Conference of Bishops document on the Eucharist – the doctrinal source text for the National Eucharistic Revival. To read the document, visit the Bishop's Conference Official Website at: www.usccb.org

What is Spiritual Communion?

Spiritual Communion is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. There is no limit to how often the prayers are said. One can pray it daily or even several times a day.

Spiritual Communion Prayer

Attributed to Servant of God Raphael Cardinal Merry del Val

At Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.

Learn more about the Sacred Liturgy and the Holy Eucharist on

FORMED

This week, we recommend the following Series:

Lectio: Eucharist with Dr. Brant Pitre



Acclaimed author and teacher Dr. Brant Pitre digs down to the biblical roots of the Eucharist, through its foreshadowing in the miraculous event of the Old Testament, the Gospels, and Apostolic teaching.

Brother Francis - The Bread of Life: Celebrating the Eucharist



Join Brother Francis in the delightfully inspirational and instructive presentation that teaches children all about the sacrament of the Eucharist.

"If we paused for a moment to consider attentively what takes place in this Sacrament, I am sure that the thought of Christ's love for us would transform the coldness of our hearts into a fire of love and gratitude."

- St Angela of Foligno

EUCCHARISTIC SAINTS

BLESSED ALEXANDRINA MARIA DA COSTA

The Woman Who Lived Soley on the Eucharist for 13 Years



Alexandrina Maria da Costa was born on 30 March 1904 in Balasar, Portugal. She became paralyzed after jumping out of a window to preserve her purity from men who broke into her home. God helped her to see that suffering was her vocation and that she had a special call to be the Lord's "victim". From 1938 to 1942, Alexandrina lived the three-hour "passion" of Jesus every Friday, having received the mystical grace to live in body and soul Christ's suffering in his final hours. During these three hours, her paralysis was "overcome", and she would relive the Stations of the Cross, her movements and gestures accompanied by excruciating physical and spiritual pain. She was also diabolically assaulted and tormented with temptations against the faith and with injuries inflicted on her body.

On 27 March 1942, a new phase began for Alexandrina which would continue for 13 years until her death. She received no nourishment of any kind except the Holy Eucharist, at one point weighing as few as 73 pounds. Medical doctors began to conduct various tests on Alexandrina, acting very cold and hostile towards her. This increased her suffering and humiliation, but she remembered the words that Jesus himself spoke to her one day: "You will very rarely receive consolation... I want that while your heart is filled with suffering, on your lips there is a smile". As a result, those who visited Alexandrina always found a woman who, although in apparent physical discomfort, was always outwardly joyful and smiling, transmitting to all a profound peace. Few understood what she was deeply suffering and how real was her interior desolation. As a "testimony" to the mission to which God had called her, Alexandrina desired the following words written on her tombstone: "Sinners, if the dust of my body can be of help to save you, come close, walk over it, kick it around until it disappears. But never sin again: do not offend Jesus anymore! Sinners, how much I want to tell you.... Do not risk losing Jesus for all eternity, for he is so good. Enough with sin. Love Jesus, love him!". Alexandrina died on 13 October 1955. Her last words: "I am happy, because I am going to Heaven".

St. Pope John Paul II. "Alexandrina Maria da Costa (1904-1955)." The Holy See, 25 April 2004, https://www.vatican.va/news_services/liturgy/saints/ns_lit_doc_20040425_da-costa_en.html#top

EUCCHARISTIC MIRACLES

The Eucharistic Miracle of Roma, Italy (6th Century)



Pope St. Gregory the Great was a direct eyewitness to this miracle. In the 6th century, it was customary to have the Eucharistic bread prepared by the parishioners. One Sunday, while celebrating the Sacred Mass in an ancient church dedicated to St. Peter, the Pope was distributing Communion and saw among the faithful in line, one of the women who had prepared the bread for the consecration laughing out loud. Troubled, the Pope cornered her and asked her to explain her behavior. She justified herself by saying that she could not believe that the bread she made with her very own hands could become the Body and Blood of Christ during the consecration. St. Gregory denied her Communion and asked God to illuminate her. Having just finished praying, he saw that part of the bread prepared by the woman became Flesh and Blood. The woman repented, knelt on the ground, and began to cry. To this day, part of the relic of the miracle is housed in Anechs, Germany, near the local Benedictine monastery. It was recorded in 787 by Deacon Paul in his work, *Vita Gregorii Papae*.

"Eucharistic Miracle of Rome, Italy." Real Presence Eucharistic Education and Adoration Association, 2023. http://www.therealpresence.org/eucharst/mir/english_pdf/Rome1.pdf