

# 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.



## 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](mailto: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](mailto:acarlisle@diometuchen.org)

"All the good works in the world are not equal to the Holy Sacrifice of the Mass because they are the works of men; but the Mass is the work of God. Martyrdom is nothing in comparison for it is but the sacrifice of man to God; but the Mass is the sacrifice of God for man."  
- St. John Vianney, Cure d'Ars

**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](http://www.usccb.org).

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**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**

**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

"Consider the generosity of our Savior: what He acquired by dying becomes ours by eating. As often as we receive this Sacrament with proper dispositions, we make our own the fruits of all the labors, injuries and sufferings of His life, especially those borne at the time of His passion and death. Just as the power and the sensations of the head reach all the members of the body, in the same way, because Christ is "the head of the Church which is His Body" (Eph. 1:23), the treasures of His grace are made abundantly available to all who through charity are one with Him as living members."  
- Louis of Grenada (1554-1623)

**To Jesus in the Blessed Sacrament  
By Saint Alphonsus Liguori**

My Lord Jesus Christ, Who, through the love which You bear toward men, does remain with them day and night in this Sacrament, full of mercy and love, awaiting, inviting, and receiving all who come to visit You, I believe that You are present in the Sacrament of the Altar.

From the abyss of my nothingness, I adore You. I thank You for all the graces which You have bestowed upon me, particularly for having given me Yourself in this Sacrament, for having given me Your most holy Mother Mary for my advocate, and for having called me to visit You in this church.

I pay my homage to Your most loving Heart for these three ends: first in thanksgiving for this great Gift; second to make amends to You for all the outrages which You do receive in this Sacrament from all Your enemies; third I intend by this visit to adore You in all the places on earth in which You are present in this Sacrament and in which You are the least honored and the most abandoned.

My Jesus, I love You with my whole heart. I am sorry for having offended Your infinite goodness so many times. I purpose, with the help of Your grace, never more to offend You; and, at this moment, miserable as I am, I consecrate my whole being to You.

I give You my entire will, all my affections and desires, and all that I have. From this day forward, do what You will with me and with everything that belongs to me.

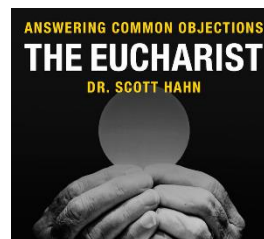
I ask and desire only Your holy love, the gift of final perseverance, and the perfect fulfillment of Your will. I commend to You the souls in Purgatory, particularly those who were most devoted to the Most Blessed Sacrament and to the Blessed Virgin Mary; and I also commend to You all poor sinners.

Finally, my dear Savior, I unite all my affections with the affections of Your most loving Heart; and thus united, I offer them to Your Eternal Father, and I entreat Him, in Your Name and for Your sake, to accept and answer them. Amen.

**Learn more about the Sacred Liturgy and the Holy Eucharist on**

**FORMED**

***This week, we recommend the following Series:***  
**Answering Common Objections – The Eucharist**  
**by Dr. Scott Hahn**



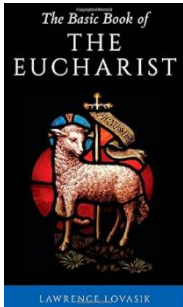
Covering the Biblical evidence for the authority of the Pope, the doctrine of Purgatory, devotion to the Blessed Virgin Mary and the Saints, the Sacrament of Confession, the Real Presence in the Holy Eucharist, and more, the remarkable set is an essential resource for answering the various objections that Protestants make to the Catholic Faith.

## BOOKS ON THE HOLY EUCHARIST

### *Pick of the Week*

#### The Basic Book of the Eucharist

by Lawrence G. Lovasik



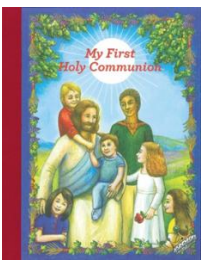
In *The Basic Book of the Eucharist*, Fr. Lawrence Lovasik, author of the beloved bestseller *The Hidden Power of Kindness*, says that in the Eucharist Catholics can find the unsearchable riches of Christ. In this book, he shows how. Fr. Lovasik emphasizes Christ's Real Presence in the Eucharist, helping you recognize His presence there. With deep and warm faith, he shows you how you can receive everything that God offers you in the Mass

including quite a few important spiritual graces that you probably aren't aware of. He tells you how Holy Communion can bring you to real union with God, give you joy and consolation, and even bring peace and happiness to your family. Fr. Lovasik even explains how you can overcome some of the misconceptions that are common among Catholics about frequent Communion and reveals why you should seek the help of Our Lady of the Blessed Sacrament amid your day-to-day pressures and troubles. So if you're looking for increased protection from sin, a greater ability to love God and others, and an unfailing source of peace, let Fr. Lovasik show you the way to find all this and more in the Holy Eucharist. Based firmly on Scripture and Church teachings, *The Basic Book of the Eucharist* will help you receive Communion more worthily and find in it a preparation for Heaven as well as a foretaste of its delights.

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

## RESOURCES FOR CHILDREN - *Pick of the Week*

### My First Holy Communion



This book is a completely unique presentation of the Catholic faith for children preparing for First Holy Communion. It is a rare combination of gifted writing, wonderful vibrant illustration, and exquisite design. Through stories from the Bible, bits of the Church's history, and descriptions of the sacraments, this book leads young people

and their parents or grandparents into the mystery of the Eucharist. The heart of the Church and her sacraments is presented as the life of Jesus himself. First published in Ireland under the guidance of renowned theologian Father Vincent Twomey, SVD. A glorious volume with gorgeous full color illustrations on every page. Provides thorough sacramental preparation, and includes parent pages with important in-depth explanations. Ideal gift for children!

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

"Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the gospel. Anyone who prays to the Saviour draws the whole world with him and raises it to God."

- Pope St John Paul II

### The Use of Incense During Mass

The use of incense in the ancient world was common, especially in religious rites where it was used to keep demons away. Herodotus, the Greek historian, recorded that it was popular among the Assyrians, Babylonians and Egyptians. In Judaism, incense was included in the thanksgiving offerings of oil, rain, fruits, wine (cf. Numbers 7:13-17). The Lord instructed Moses to build a golden altar for the burning of incense (cf. Exodus 30:1-10), which was placed in front of the veil to the entrance of the meeting tent where the ark of the covenant was kept.

We do not know exactly when the use of incense was introduced into our Mass or other liturgical rites. At the time of the early Church, the Jews continued to use incense in their own Temple rituals, so it would be safe to conclude that the Christians would have adapted its usage for their own rituals.

The purpose of incensing and the symbolic value of the smoke is that of purification and sanctification. For example, in the Eastern Rites at the beginning of Mass, the altar and sanctuary area were incensed while Psalm 50, the "Miserere," was chanted invoking the mercy of God. The smoke symbolizes the prayers of the faithful drifting up to heaven: the Psalmist prays, "Let my prayer come like incense before you; the lifting up of my hands, like the evening sacrifice" (Psalm 141). Incense also creates the ambiance of heaven: The Book of Revelation describes the heavenly worship as follows: "Another angel came in holding a censer of gold. He took his place at the altar of incense and was given large amounts of incense to deposit on the altar of gold in front of the throne, together with the prayers of all God's holy ones. From the angel's hand, the smoke of the incense went up before God, and with it the prayers of God's people."

In the General Instruction of the Roman Missal incense may be used during the entrance procession; at the beginning of Mass, to incense the altar; at the procession and proclamation of the Gospel; at the offertory, to incense the offerings, altar, priest and people; and at the elevation of the Sacred Host and chalice of Precious Blood after the consecration. The priest may also incense the Crucifix and the Paschal Candle. During funeral Masses, the priest at the final commendation may incense the coffin, both as a sign of honor to the body of the deceased which became the temple of the Holy Spirit at Baptism and as a sign of the faithful's prayers for the deceased rising to God.

The usage of incense adds a sense of solemnity and mystery to the Mass. The visual imagery of the smoke and the smell remind us of the transcendence of the Mass which links heaven with earth, and allow us to enter into the presence of God.

Fr. William Saunders. Why Is Incense Used During Mass? EWTN: Global Catholic Network. November 6, 2023. <https://www.ewtn.com/catholicism/library/why-is-incense-used-during-mass-1041>

# EUCCHARISTIC SAINTS

## POPE ST. PIUS X THE EUCCHARISTIC POPE



This great pope's name was Joseph Sarto. He was born in 1835, the son of a mailman in Riese, Italy. When Joseph felt that God wanted him to be a priest, he had to make many sacrifices for his education, but he didn't mind. He even walked miles to school barefoot to save one good pair of shoes. After he was ordained a priest, Father Sarto labored for the people in poor parishes for seventeen years. Everybody loved him. He used to give away everything he had to help them. His sisters had to hide his shirts or he would have had nothing to wear. Even when Father Joseph became a bishop, and a cardinal, he still gave away what he owned to the poor. He kept nothing for himself. When he was elected pope, he took the name of Pius X. He became known as the pope who loved the Holy Eucharist. One of his quotes was, "Holy communion is the shortest and safest way to Heaven."

During this time, Catholics were accustomed to receiving holy communion only once a year. Very few would receive holy communion on a weekly basis, and typically only priests would receive on a daily basis. It should be remembered that a firmly-rooted mentality of Jansenist origin had dissuaded Christians from frequent Eucharistic practice, almost as though it were the culmination of the journey toward Christian perfection rather than the way in which to attain it, "a prize and not a medicine for human frailty", the Pope wrote. St. Pius X wished to correct this practice of abstaining. With the insight of that great pastor of souls which he was and continued to be during his Pontificate, Pius X cut short the hesitations, fears, and perplexities that were still rather widespread among theologians, promoting and encouraging with his decree Tridentina Synodus of 16 July 1905 the opposite practice instead: frequent, even daily communion.

Five years later, with the decree *Quam Singulari*, he lowered the age for the First Communion of children from twelve to about seven, that is, to use his own words, "when a child begins to reason". Reinforcing the reality of the children's innocence and closeness to God, Pius X wrote, "the fact that in ancient times the remaining particles of the Sacred Species were even given to nursing infants seems to indicate that no extraordinary preparation should now be demanded of children who are in the happy state of innocence and purity of soul, and who, amidst so many dangers and seductions of the present time have a special need of this heavenly food."

Pope Pius X was also known as the pope of religious instruction. He believed in and loved the Catholic faith. He wanted every Catholic to share in the beauty of the truths of the faith. He really cared about every single person and their spiritual needs. He encouraged priests and religion teachers to help everyone learn about their faith. When the terrible World War I broke out, Pope Pius X suffered greatly. He knew so many people would be killed. He had said: "I would gladly give my life to save my poor children from this horrible suffering." Toward the end of his life, he also said: "I have lived poor, and I wish to die poor." He did so much to help the poor that people wondered where all the money came from. He never kept anything for himself, right to the end of his life. Pope Pius X died on August 20, 1914.

Wallace, Susan Helen (ed.). *Saints for Young Readers*. Boston, St. Paul Books and Media, 1995.

Kosloski, Philip. "Why St. Pius X is called the 'Pope of the Eucharist.'" 21 August 2022. <https://aleteia.org/2022/08/21/why-st-pius-x-is-called-the-pope-of-the-eucharist/>

Romanato, Gianpaolo. "The Eucharistic Revolution of Pope Pius X." EWTN, Global Catholic Network. 8 September 2010, <https://www.ewtn.com/catholicism/library/eucharistic-revolution-of-pope-pius-x-1624>

## EUCCHARISTIC MIRACLES

### The Eucharistic Miracle of Offida, Italy

In 1273 in the town of Lanciano, a woman named Richiarella went to a witch and asked her how she could recover the affection of her husband, Giacomo Stasio. Following the witch's advice, she went to Communion to obtain a consecrated Host. She returned home and put the Host on the fire in an earthenware jar with the intention of turning the Blessed Sacrament into powder to put into her husband's food. The Particles, however, were transformed into living Flesh. Richiarella, horrified by these events, wrapped the jar and the Bloodied Host in a linen handkerchief that she then buried under the manure in her husband's stable. Strange events began to take place inside the stable: every time Giacomo's donkey entered, it would genuflect toward the place where the miraculous Host was buried, and Giacomo began to think that his wife had put a spell on the beast. Seven years later, Ricchiarella remorsefully confessed her terrible sacrilege to the prior of the Augustinian priory in Lanciano, Giacomo Dotallevi, a native of Offida. According to the oldest stories, the woman, in tears, began screaming, "I killed God! I killed God!" The priest went to the place, found the bundle with the relics, and gave them to his fellow-citizens. A cross-shaped reliquary was made to contain the Host. An ancient story recounts that two monks, Brother Michele and a confrere, were invited to Venice. When they arrived, they made the craftsman promise with an oath of loyalty "that he would not reveal to anyone what he was about to see and place inside the cross. Having taken the oath, the craftsman took the pyx containing the miraculous Host, but, struck with a sudden fever, exclaimed, 'What have you brought me, Oh my Brother?' The religious then asked him if he was in mortal sin. The craftsman answered, 'Yes', made his confession to the same priest and, the fever having left him, he took the pyx without any danger. Without extracting the Host, he fixed both Host and pyx, together with the sacred wood, inside the same cross, with a crystal above it, as you can clearly see." The reliquaries of the jar and the Blood-stained linen with the cross containing the miraculous Host are exposed in the Church of St. Augustine in Offida. Richiarella's house was transformed into a small chapel.

"Eucharistic Miracle of Offida, Italy, 1273-1280" Real Presence Eucharistic Education and Adoration Association, 2006. [http://www.therealpresence.org/eucharst/mir/english\\_pdf/Offida.pdf](http://www.therealpresence.org/eucharst/mir/english_pdf/Offida.pdf)