

**“It is the Lord!” John 20:7**



**July 17-21, 2024 | Indianapolis, Indiana**

The Holy Spirit is inviting the Church in the United States into a season of Profound renewal. The Bishops of the United States have called for a three-year grassroots revival of devotion and belief in the Real Presence of Jesus in the Eucharist. God wants to see a movement of Catholics across the United States, healed, converted, formed, and unified by an encounter with Jesus in the Eucharist – and sent out in mission “for the life of the world.” The Feast of Corpus Christi on June 2, 2024 was the closing event for the second phase of this Revival, the parish phase. We are now entering the third and final phase that includes the Eucharistic Pilgrimage, the four processions that began in each of the four corners of the United States. From May 17 to July 17, four small groups of young adults are making an epic journey as part of the first-ever National Eucharistic Pilgrimage – one of the largest Eucharist processions in history. They are journeying now with Jesus in the Eucharist across our whole country, blessing over 6,000 miles of our nation in the shape of a cross. Then, from July 17-21, Catholics from all over the country will gather in Indianapolis, Indiana around the altar for the 10<sup>th</sup> National Eucharistic Congress – the first such gathering in nearly a century. More than a retreat or a conference, the National Eucharistic Congress will be a pivotal moment in both American history and the legacy of the Catholic Church. **Have you registered yet to attend the National Eucharistic Congress in Indianapolis this July? There is still time but you much act now!**

The Diocese of Metuchen has been promoting this event for the past year partnering with Corporate Travel Service to create travel packages for the parishioners in the diocese. At this time passes are still available, however, accommodations and transportation will not be available through the diocese. Attendees will need to independently make their own arrangements. If you or someone you know would like to attend the NEC this summer, we ask that you please register as soon as possible. Please contact Adam Carlisle ([acarlisle@diometuchen.org](mailto:acarlisle@diometuchen.org)) in the Office of Evangelization & Communication in the Diocese of Metuchen.

### **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.

### **PERPETUAL ADORATION OF THE BLESSED SACRAMENT**



Our parish offers Exposition of the Blessed Sacrament 24/7 in our Eucharistic Adoration Chapel located in the Parish Center. We are very blessed to be the only parish in the Diocese of Metuchen to offer Perpetual Adoration. We welcome and encourage you to regularly visit our chapel and to invite others as well.

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### **EUCHARISTIC GUARDIANS**

We are always in need of more Eucharistic Guardians. Eucharistic Guardians dedicate themselves to an hour of silent prayer each week in the presence of the Blessed Sacrament. They make Perpetual Adoration possible by assuring that Jesus is never left alone. For more information or to sign up, please call the Parish Office or Gerry Aboyme at 732-266-4145.

# A GUIDE on PROPER ETIQUETTE in CHURCH and at HOLY MASS

*Welcome to God's House!* When people are guests in someone's home, they are most likely to practice their best manners and teach their children to do the same. If they are a guest in the House of God, i.e., the church, their manners might increase tenfold.

Our Lady of Fatima Church is a House of God. We should always be mindful of its sacredness and that of the Holy Mass and other liturgies celebrated here. Recall that **Christ is present in the Holy Eucharist reserved in the tabernacle** and that during the celebration of Holy Mass, we are brought sacramentally to the Last Supper, to the Cross at Calvary and to the Empty Tomb. Our attitude and posture in church and our participation in the Sacred Liturgy should be an expression of our utmost gratitude and reverence for what God has done for us in Christ Jesus. Therefore, in the interest of cultivating and sustaining a more devout Sunday celebration of the Holy Eucharist, it is kindly requested that the following would be observed by all:

## **Preparation for Holy Mass**

Please take the time to prepare for the celebration of Holy Mass in your household as part of your observance of the Lord's Day by planning ahead and organizing your family. Please attend to details such as proper attire, washing your hands and availing yourself of the restroom at home rather than at church.

## **Attire**

The idea of 'Sunday best' should be cultivated; please dress modestly and err on the side of 'dressing up,' not down; presume that most people will wear their best, most appropriate clothing -- and do likewise.

## **Arrival**

Please arrive a few minutes before Mass begins. This helps reduce distractions and provides time to get settled and focused. Sometimes things just can't be helped – cars break down, a long train passes by, alarm clocks fail to go off - but chronic lateness for Mass is disruptive and disrespectful to God. Please make sure all electronic devices, i.e., cell phones, pagers, etc., are turned off before entering the church.

## **Entering the Church**

When entering the church, bless yourself with holy water which can be found in the small fonts located near the inner doors of the church; as you bless yourself, thank God for the graces you have received through the waters of Baptism. When you reach your pew, genuflect toward the tabernacle to show respect for the Holy Eucharist reserved there. A genuflection is made by bending the right knee until it touches the floor. Bowing in lieu of genuflecting is permissible only if a physical condition precludes one from engaging in this venerable tradition of honoring the True Presence of Christ housed in the tabernacle.

You should maintain the above etiquette at all times when visiting the church, even when just for a few moments or for private devotion. Also, keep in mind that one should always genuflect toward the tabernacle whenever passing directly in front of it.

## **Quiet Time**

The celebration of Holy Mass is not the time to socialize or to talk with family or friends. Instead, kneel or sit quietly and pray. Prepare yourself for the sacred mysteries you are about to celebrate and let others have the opportunity to do the same.

## **Participation**

As the celebration of Holy Mass is the summit and source of the Church's life and the highest form of prayer that we can offer Almighty God, all should attentively, reverently and actively participate in this most sacred act of worship. This means that all should listen attentively to the Word of God, respond fervently to the orations and sing to the best of their ability.

Liturgical prayer is not to be experienced as individuals 'doing their own thing.' The Holy Mass is the *official prayer* of the Universal Church by which she expresses, through carefully chosen words and actions, her Faith. Because it does not belong to any one person, but to the whole Church, no individual should be saying or doing anything at Mass that is not in accordance with the approved liturgical norms. As the Constitution on the Sacred Liturgy states: "Regulation of the sacred liturgy depends solely on the authority of the Church, that is, the Apostolic See and, as laws may determine, on the bishop... Therefore, absolutely no other person, not even a priest, may add, remove or change anything in the liturgy on his own authority" (cf. Second Vatican Ecumenical Council, *Sacrosanctum Concilium*, no. 22);

## **Reception of the Holy Eucharist**

The reception of the Holy Eucharist is reserved to Catholics who are properly disposed and in a state of sanctifying grace. Anyone conscious of grave (mortal) sin should first avail themselves of the Sacrament of Penance and Reconciliation (Confession). Those receiving Holy Communion are required to abstain from food and drink, (including gum and candy), for at least one hour before receiving the Holy Eucharist - the only exception being water and medication.

The Eucharist may be received directly on the tongue or on the hand. Whichever way you choose, do it with reverence, bowing before the Holy Eucharist and responding "Amen" to the words "Body of Christ." If receiving the host on the hand, place one hand, wide-open and flat, in the palm of the other and extend them at a height that is visible to the minister; then, while still in the presence of the minister, place the host in your mouth. When receiving directly on the tongue, open your mouth wide and extend outward your tongue so as to avoid the danger of the Eucharist falling to the ground. Please note that it is never permitted for one to "self-communicate" or just take the host from the minister's hand. Holy Communion is to be received, not taken, for it is a gift from the Lord. When you return to your pew, kneel down and offer a prayer of thanksgiving to God. Leaving the church immediately after having received Holy Communion without engaging in prayer is disrespectful to the Blessed Sacrament and can be disruptive to the congregation.

## **Leaving the Church**

Only after the priest has processed out of the church, is it appropriate to leave. When leaving the pew, be sure to genuflect toward the tabernacle. If there is a large congregation, genuflect in your pew so as not to block the aisle. While exiting the church maintain a spirit of prayerful silence out of respect for Jesus who remains in the tabernacle and as a courtesy to those who remain praying in church. Making the sign of the cross with holy water before leaving the church is customary and serves as a reminder of our duty to live out our baptismal calling in the world.

## **Visiting the Sacristy**

Anyone needing to visit the sacristy should do so by using the side doors and not passing through the sanctuary. The sanctuary is a sacred place and should not be used as a thoroughfare between the church and the sacristy.

Come, pray with us June 21 to June 30, 2024.

## A Pilgrimage to Mary, Helper of Mothers

St Nicholas Byzantine Catholic Church \* 121 Madison Ave, Dunellen, NJ



The miraculous “Mary, Help of Mothers” icon, also known as the Albazinskaya icon, is beloved by mothers, grandmothers, and, most especially, women struggling with infertility or difficult pregnancies. The Passaic Eparchy’s copy of this icon will be at St Nicholas Byzantine Catholic Church. Several miraculous births have been attributed to it. We invite you to come and pray before the icon.

### Friday, June 21

- 6:00 pm private prayer/veneration of miraculous icon
- 7:00 pm *prayer service to Mary, Helper of Mothers and reflection*
- 7:45-9:00 pm private prayer/veneration of Mary, Helper of Mothers Icon; Holy Mystery of Reconciliation

### Sunday, June 23

- 8:00-8:30 am private prayer/veneration of Mary, Helper of Mothers Icon
- 8:30-9:30 am Sunday Divine Liturgy
- 9:45-11:00 am private prayer/veneration of Mary, Helper of Mothers Icon

### Monday, June 24 Feast of the Birth of St. John the Baptist

- 11:30 am-12:00 pm private prayer/veneration of miraculous icon; Holy Mystery of Reconciliation
- 12:00-1:15 pm Divine Liturgy for Birth of John the Baptist with homily given by Father Mariusz Koch, CFR followed by Moleben to the Mother of God
- 1:15-2:30 pm private prayer/veneration of miraculous icon; Holy Mystery of Reconciliation

### Wednesday, June 26

- 4:00 pm private prayer/veneration of miraculous icon
- 5:00 pm prayer service to Mary, Helper of Mothers and reflection given by Fr. Luke Mary Fletcher, CFR
- 5:45-7:00 pm private prayer/veneration of miraculous icon; Holy Mystery of Reconciliation

### Saturday, June 29 Feast of SS Peter and Paul

- 9:30-10:00 private prayer/veneration of miraculous icon
- 10:00-11:15 am Divine Liturgy for SS Peter and Paul with Moleben to Mother of God
- 11:15-12:00 am private prayer/veneration of miraculous icon; Holy Mystery of Reconciliation

### Sunday, June 30

- 8:00-8:30 am private prayer/veneration of miraculous icon
- 8:30-9:45 am Sunday Divine Liturgy followed by Moleben to the Mother of God
- 9:45-11:00 am private prayer/veneration of Mary, Helper of Mothers Icon

