

The Eucharist is the source and summit of our Christian life. The Eucharist, which we celebrate here each week, is the very source of our Christian life. Jesus says very clearly in the Gospel: apart from Me, you can do nothing. We need divine assistance to live the lives that God calls us to live. We are commanded to love God above all things: with all our heart, mind, soul, and strength. It is not possible to do that without God's help, and if we fail to love God in that way we frustrate the very purpose of our existence.

Jesus Christ gives us Himself in the Eucharist, as often as we approach the altar for Holy Communion, in order that we be strengthened. Whenever we come to Mass, we receive the greatest Gift that God has to give. Saint Augustine once said: "Although God is all powerful, He is unable to give more; though supremely wise, He knows not how to give more; though vastly rich, He has not more to give." This is the greatest gift, because it is the gift of God given to us as Food. Here we are united to God in a way unlike any other. Here we receive the very source of Grace: the source of every good gift.

The Mass is the most powerful prayer that we can offer to God, for it is the offering that the Son of God made of Himself once and for all upon the Cross. Here the Son offers Himself for us and then gives Himself to us so that we can be united to Him. We are never so close to God on this earth as when we have just received Him in Holy Communion.

The second closest we come to God on this earth is when we come before Him in the Blessed Sacrament. In the Tabernacle, we reserve the Consecrated Hosts, which is to say that bread which has been miraculously transformed into the Body of Christ—really, truly, wholly, substantially. Jesus Christ is really Present in the Holy Eucharist and His Presence remains even after the Mass has ended. Our Lord's True Presence in the Most Blessed Sacrament is reserved in the Tabernacle for two purposes. First, so that Holy Communion can be taken to the sick.

Second, so that we may draw near to Our Lord Present thereô to Adore Him, to spend quiet time with Him, to pour out our hearts before Him.

In our parish we have a few special opportunities to come and spend time before Our Lord. These opportunities are known as Eucharistic Adoration. During these specific times a large Consecrated Host is placed in what is known as a Monstrance so that all can behold the Lord Truly Present. These times of Adoration are a great opportunity to come before the Lord. There are both prayers that we all pray together as well as quiet time where we are able to be in God's Presence and bring before Him all that is on our minds and in our hearts. If you have never been to a Holy Hour before, I encourage you to attend one. Step away from the busy-ness of everyday life, and take some time to be with God.

On Wednesday evenings we have a Holy Hour that runs from 6:00 PM until 7:00 PM. During that time Confessions are also available. We also have all-day Adoration on the first Friday of each month. We are currently looking for people to commit, on a regular basis, to time slots during the day on first Fridays. On the first and third Saturday of each month we have over-night Adoration. We could use more people to fill in the times on these days as well. If you are willing to sign up for a time slot or are interested in learning more about these opportunities please call the parish office.