

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.



The First National Eucharistic Congress in 83 years July 17-21, 2023 | Indianapolis, Indiana

This is a pivotal moment in both American history and the legacy of the Catholic Church. We are expecting tens of thousands of pilgrims – but space is limited. Jesus Christ will be there. Will you?

Ticket, travel & accomodation packages are now available from the diocese but they are limited! If you wish to attend, you should act now before the seats are gone. You may contact Anne Houston at 973-479-6467 or the Office of Evangelization & Communication at 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.



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 Carlisle at acarlisle@diometuchen.org.

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.

EUCCHARISTIC GUARDIANS

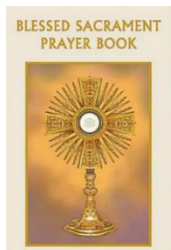


We are always in need of more Eucharistic Guardians. Eucharistic Guardians dedicate themselves to an hour of silent prayer each week in the presence of the Blessed Sacrament. They make Perpetual Adoration possible by assuring that Jesus is never left alone. For more information or to sign up, please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

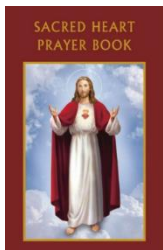
RESOURCES

TO HELP FOSTER DEVOTION TO THE HOLY EUCHARIST

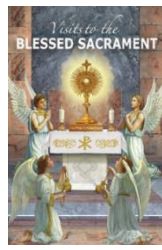
The following items are available at the Parish Center:



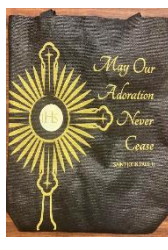
BLESSED SACRAMENT PRAYER BOOK - \$8.00



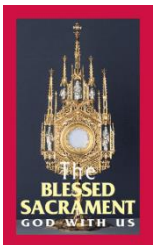
SACRED HEART PRAYER BOOK - \$8.00



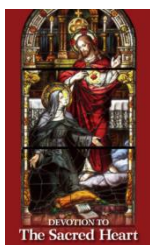
VISITS TO THE BLESSED SACRAMENT - \$8.00



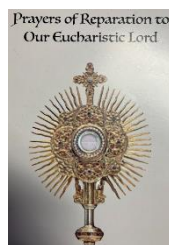
TOTE BAG - \$2.00



THE BLESSED SACRAMENT - GOD IS WITH US - \$5.00



DEVOTION TO THE SACRED HEART - \$5.00



PRAYERS OF REPARATION TO OUR EUCHARISTIC LORD - \$2.00



MONSTRANCE LAPEL PIN - \$2.00

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.

EUCCHARISTIC REVIVAL

Pilgrimage Passport

June 2023 – June 2024



The children in the religious education program here at Our Lady of Fatima Church are engaging in the Year of Eucharistic Revival by making

a pilgrimage to various chapels, shrines and holy sites within the surrounding area to visit Jesus in the Blessed Sacrament. They have each received a little "passport" to take with them and to get stamped as they complete their visit to each site. If you would like to participate in this spiritual pilgrimage as well, pick up a passport at the main entrance to the church. We hope many children will partake in this wonderful experience visiting Jesus! Additional information can be found on our parish website www.olfparish.org.

Learn more about the Sacred Liturgy and the Holy Eucharist on

FORMED

This week, we recommend the following Series:

The Spirit and the Eucharist | Episode 6



The Eucharistic liturgy is saturated with the presence of the Holy Spirit. From the moment you decide to go to Mass the Holy Spirit is active and alive. Sadly, many people don't experience the Holy Spirit, and attending Mass becomes a chore for them rather than a life giving encounter with Jesus. In this segment we will look at a few of the many ways that the Holy Spirit is present in the Mass that will enable you to encounter God when you attend the Liturgy.

"My TV is the tabernacle." – St. Teresa of Calcutta

"We must understand that in order "to do" we must first learn "to be" that is to say, in the sweet company of Jesus in adoration." – Pope St. John Paul II

"Since Christ Himself has said, 'This is My Body,' who shall dare to doubt that it is His Body?" – St. Cyril of Jerusalem

Gather and Pray Sacraments Pop Its Bundle



Surprise your little ones with this Sacramental bundle of goodies that will help them learn and celebrate their Sacraments. With three Pop-Its to represent Baptism, Holy Communion, and Confirmation, it's the perfect way to celebrate their special Sacramental

moments. The bright blue scallop shell symbolic of Baptism, gold and white chalice and host representing Holy Communion, and bright white Dove for Confirmation are reminders of sacramental milestones and make fun, unique, and engaging toys that will put a smile on any child's face as the perfect Catholic gift. Intended for children ages three and up.

This item may be purchased on AMAZON or on the Catholic Company website (<https://www.catholiccompany.com/gather-and-pray-sacraments-pop-its-bundle>).

THE EUCHARIST “PLEDGE OF THE GLORY TO COME”

In an ancient prayer the Church acclaims the mystery of the Eucharist: “O sacred banquet in which Christ is received as food, the memory of his Passion is renewed, the soul is filled with grace and a pledge of the life to come is given to us.” If the Eucharist is the memorial of the Passover of the Lord Jesus, if by communion at the altar we are filled “with every heavenly blessing and grace,” then the Eucharist is also an anticipation of the heavenly glory.

At the Last Supper the Lord himself directed his disciples' attention toward the fulfillment of the Passover in the kingdom of God: “I tell you I shall not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.” Whenever the Church celebrates the Eucharist, she remembers this promise and turns her gaze “to him who is to come.” In her prayer she calls for his coming: “*Marana tha!*” “Come, Lord Jesus!” “May your grace come and this world pass away!”

The Church knows that the Lord comes even now in his Eucharist and that he is there in our midst. However, his presence is veiled. Therefore we celebrate the Eucharist “awaiting the blessed hope and the coming of our Savior, Jesus Christ,” asking “to share in your glory when every tear will be wiped away. On that day we shall see you, our God, as you are. We shall become like you and praise you forever through Christ our Lord.”

There is no surer pledge or clearer sign of this great hope in the new heavens and new earth “in which righteously dwells,” than the Eucharist. Every time this mystery is celebrated, “the work of our redemption is carried on” and we “break the one bread that provides the medicine of immortality, the antidote for death, and the food that makes us live forever in Jesus Christ.”

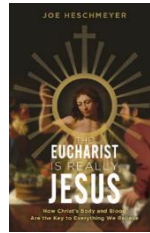
United States Catholic Conference, Inc. (1994). *Catechism of the Catholic Church*. New York, NY: An Image Book, Doubleday, page 392-393.

BOOKS ON THE HOLY EUCHARIST

Pick of the Week

The Eucharist Is Really Jesus

by Joe Heschmeyer



When we recognize Jesus in the bread of the Holy Eucharist—when we understand that it's really Jesus—our eyes of faith are opened, and the mysteries of the Christian life are unlocked. In *The Eucharist Is Really Jesus*, author Joe Heschmeyer first explains how Catholic belief in the Eucharist is biblical and reasonable. If you're used to thinking of Communion as a purely symbolic ritual, you'll find here a compelling defense of the ancient doctrine of the Real Presence. But even if you already believe it, Heschmeyer shows how that's not an end, but just the beginning. Knowing that the Eucharist is really Jesus becomes a master key to understanding:

- The cross of Good Friday and the empty tomb of Easter Sunday
- How to worship God in spirit and truth, according to the Bible
- The meaning of our own bodies and their immortal destiny
- How to love God and each other every day, like the saints
- ...and more essential aspects of our lifelong walk with Jesus.

Like those disciples on their way to Emmaus, we don't truly know Jesus apart from the broken bread, because the fullness of his truth remains locked away. *The Eucharist Is Really Jesus* will give you the key.

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

ACT OF CONSECRATION TO THE SACRED HEART OF JESUS By St. Margaret Mary Alacoque

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains, and sufferings, so that I may be unwilling to make use of any part of my being other than to honor, love, and glorify the Sacred Heart. This is my unchanging purpose, namely, to be all his and to do all things for the love of him, at the same time renouncing with all my heart whatever is displeasing to him. I therefore take you, O Sacred Heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure refuge at the hour of death. Be then, O heart of goodness, my justification before God the Father and turn away from me the strokes of his righteous anger. O heart of love, I put all my confidence in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty. Remove from me all that can displease you or resist your holy will; let your pure love imprint your image so deeply upon my heart that I shall never be able to forget you or be separated from you. May I obtain from all your loving kindness the grace of having my name written on your heart, for in you I desire to place all my happiness and glory, living and dying in bondage to you. Amen.

EUCCHARISTIC SAINTS

SAINT PETER DAMIAN

THE DOCTOR OF THE CHURCH WHO WANTED TO REMAIN A MONK



St. Peter Damian was a monk, reformer, and fearless teacher of the Faith. He executed the reforms of popes and was an instrumental figure in the life of the Church in the 11th Century. He gave up a life of monasticism in service to Christ and His Church. He was proclaimed a Doctor of the Church after his death. There is much that could be written about this remarkable saint and his works, but there are three aspects of his teaching that help us deepen our own spiritual lives. First, St. Peter Damian had a great love for the Cross of Christ. As well, had a profound devotion to the Blessed Sacrament, which is evident from his description of a Eucharistic miracle he witnessed. He also understood the essential nature of communion in the Church.

St. Peter Damian understood that it is through the Crucifixion that God's kenotic love for the Father and His people is fully realized. It is the same self-emptying love that all followers of Christ are called to, even though it is deeply difficult. A profound love for the Cross opens us up to the depths of God's love for us. In fact, it is through the Cross that we are able to enter into union with God. It's non-negotiable. We cannot make it to our eternal home without the Cross of Christ and the willingness on our part to accept the crosses given to us in this life for our own sanctification. In his book, *Doctors of the Church*, Pope Emeritus Benedict XVI explains St. Peter Damian's great love for the Cross of Christ: "One detail should be immediately emphasized: the Hermitage at Fonte Avellana was dedicated to the Holy Cross, and the Cross was the Christian mystery that was to fascinate Peter Damian more than all others. "Those who do not love the Cross of Christ do not love Christ," he said; and he describes himself as "*Petrus cruces Christi servorum famulus* Peter, servant of the servants of the Cross of Christ."

St. Peter Damian was blessed to witness a Eucharistic miracle and his description of the event demonstrates his deep love for the Blessed Sacrament. St. Peter Damian describes the miracle he witnessed as follows: "This is a Eucharistic event of great importance. It took place in 1050. Giving in to a horrible temptation, a woman was about to take the Eucharistic Bread home to use the Sacred Species for sorcery. But a priest noticed what she had done and ran after her, taking away from her the Host she had sacrilegiously stolen. Then he unfolded the white linen cloth in which the sacred Host had been wrapped and found that the Host had been transformed in such a way that Half had become visibly the Body of Christ, while the other Half preserved the normal look of a Host. With such a clear testimony, God wanted to win over unbelievers and heretics who refused to accept the Real Presence of the Eucharistic mystery: in one half of the consecrated bread the Body of Christ was visible, while in the other the natural form, thus highlighting the reality of the sacramental transubstantiation taking place at the Consecration."

By virtue of our baptism, we are not called to walk the pilgrim way on our own, rather, we are now connected to one another through Christ at the deepest levels of reality. St. Peter Damian understood the implications of the communion we share with one another in Christ. Many of the issues that he faced in the Church of his day are the same as our own day. Benedict XVI explains St. Peter Damian's teaching on communion within the Mystical Body: "Communion with Christ creates among Christians a unity of love...Peter Damian develops a profound theology of the Church as communion. "Christ's Church," he writes, "is united by the bond of charity to the point that just as she has many members so is she, mystically, entirely contained in a single member; in such a way that the whole universal Church is rightly called the one Bride of Christ in the singular, and each chosen soul, through the sacramental mystery, is considered fully Church." However, the ideal image of "Holy Church" illustrated by Peter Damian does not correspond, as he knew well, to the reality of his time. For this reason he did not fear to denounce the state of corruption that existed in the monasteries and among the clergy, because, above all, of the practice of the conferral by the lay authorities of ecclesiastical offices; various Bishops and Abbots were behaving as the rulers of their subjects rather than as pastors of souls."

The answer to divisions and corrupt forms of communion is to seek to live that communion ourselves by growing in deeper union with Christ and with one another. The solution begins with each person truly seeking to live in communion. St. Peter Damian understood this when he left his beloved monastery to become Cardinal Bishop of Ostia, a position he did not want, but that he understood was necessary for the good of Christ's Church. We too must accept God's will for the good of the Church and how He chooses to use us within the Body of Christ over our own desires.

St. Peter Damian's devotion to the Cross, the Holy Eucharist, and the communion we share as the Mystical Body is an example to all of us to help us grow spiritually. The Cross is the means by which our salvation was won in a complete act of self-emptying love by God for our sake. The Blessed Sacrament is the re-presentation of the Cross where we are nourished by Christ's Real Presence. The communion we share in love draws us into unity and service of one another and greater union with God. These are aspects of our Faith that we should re-visit time-and-time-again. May we all grow in deeper love of Christ through St. Peter Damian's teaching.