

Children of Hope

Leader's Guide

We dedicate this work to Jesus, our Eucharistic Lord,
on the Solemnity of Corpus Christi, June 2, 2002.



We entrust this work to Mary, Mother of the Eucharist, and our mother. It is our hope and prayer that this manual will help people to begin Holy Hours for children in their own parishes. And, in being brought to Jesus each week for Adoration, that children everywhere will grow up with a strong belief in His Real Presence in the Eucharist. Also, that these same children will love and serve Jesus throughout their lives.

IMPRIMATUR: Thomas J. Olmsted
Bishop of Wichita
June 21, 2002

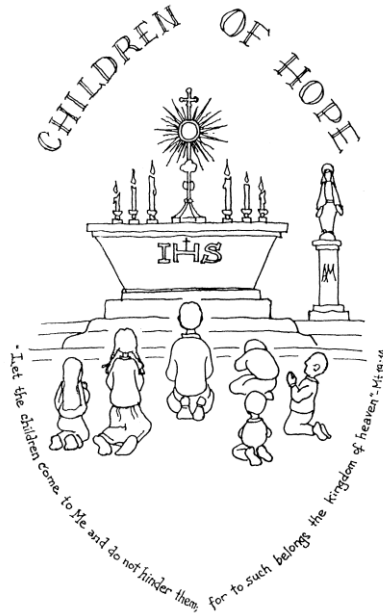
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Thirteenth Edition: July 16, 2013
Our Lady of Mt Carmel, Pray for us!



Have not the hearts of little children been created to pray, to love? Why are there so few of them who pray? Yet, several children gathered together in prayer would do for heaven marvelous things! Children are the treasures of the Lord!" -
Servant of God—Marthe Robin



Introduction to Contemplative Prayer For Children Through Eucharistic Adoration



Purpose: To help young children discover the silent, loving, Real Presence of Jesus through Eucharistic Adoration. By intensifying their desire to live each day under His loving gaze, they will seek to please Him in every detail of their lives.

Structure: One decade of the Rosary, prayers, meditative songs taken from words of the Gospel, short verses from Holy Scripture, moments of silent adoration, short teaching, prayer intentions, thanksgiving, and Benediction.

“...the hour is coming, and is now here, when true worshipers will worship the Father in spirit and truth, and indeed the Father seeks such people to worship Him.”

John 4:23

Children of Hope is dedicated to leading children into the mystery of the Real Presence of Jesus Christ in the Eucharist, so as to realize how much He loves them!

Visit us at: www.childrenofhope.org

Endorsements

"...Your dedication to introducing children to Eucharistic Adoration is an encouraging sign of faith and hope that helps the Church to maintain her unity around Christ. In a particular way, I am grateful for the way the Children of Hope program nurtures the faith of the young, and forms them in a devotion that will sustain them throughout their lives and makes it possible for them to join their parents and other adult Catholics in prayer..."

Most Reverend Francis Cardinal George, OMI, Archbishop of Chicago

"The Children of Hope ministry started in our Diocese of Peoria, Illinois in 1996 by the Brothers of St John and has now spread all over the world. It has greatly helped to bring thousands of children and families to Eucharistic Adoration now implemented within the Religious Education program of numerous dioceses." As Bishop of the Diocese of Peoria, I gladly bless this much needed ministry diligently carried out by the Brothers and Sisters of St John and by numerous Catholics worldwide."

Most Reverend Bishop Daniel Jenky, Bishop of Peoria

"I am very pleased to know that thousands of children have been led into Eucharistic adoration, in Catholic schools and parishes in the past few years, through the help of the Brothers of St. John. I encourage the ministry of "Children of Hope" and I heartily recommend it to my brother bishops in their dioceses, as an apostolate of hope for children and parents, as well as catechists and priests."

-Most Reverend Bishop James Conley, Auxiliary Bishop of Denver

"As the Bishop of the Diocese of Lexington, Kentucky, USA, I am honored to endorse the Children of Hope to my fellow bishops, clergy, religious and laity. The centrality of the Eucharist in our Catholic faith and lives is undeniable. Children and whole families need opportunities to express their adoration of our Eucharistic Lord and to grow in love for Him. We are so blessed in our Diocese of Lexington to have these grace-filled opportunities. On occasion I have led the Eucharistic Devotion myself and what a powerful experience it has been for me! I encourage you to meet with Father Antoine Thomas in order to experience first hand his holy enthusiasm for this ministry and to implement it in the parishes and schools of your local church."

Most Reverend Ronald W. Gainer, Bishop of Lexington

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FIRST SECTION - GENERAL AFFAIRS

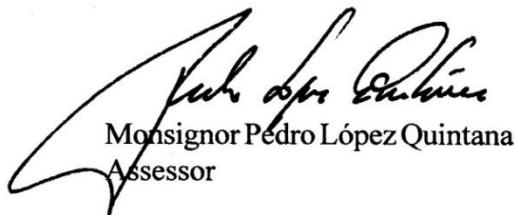
From the Vatican, July 25, 2002

Dear Mrs. Rongish,

The Holy Father has received your kind letter and he has asked me to thank you for sharing with him the materials which you prepared for promoting Eucharistic adoration among children and young people. He very much appreciates your efforts to encourage devotion to our Lord present in the Blessed Sacrament of the Altar

His Holiness will remember your intentions in his prayers. Invoking upon you and your associates God's blessings of joy and peace, he cordially imparts his Apostolic Blessing.

Sincerely yours,



Monsignor Pedro López Quintana
Assessor

Dear Parents, Priests, Catechists, and all who care about the formation of children's souls:

Over the years I have heard many reasons why parents hesitate to bring young children before the Eucharist each week to adore Jesus. Among these reasons are that they are too young to sit still, or that they won't understand what is happening. Some feel that it is hard enough to get them to be attentive at Mass, and if they add another hour on Sunday, how can they expect them to behave?

Well, I remind them that Jesus Himself told us, ***"Let the children come to me and do not hinder them; for to such belong the Kingdom of Heaven."*** (Matthew 19:14) And, that our Holy Father, Pope John Paul II, has made this request, ***"I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion."*** (from the Vatican, 28 May, 1996) So, how else can we respond than to bring children to the Eucharistic Heart of Jesus!

After many years of leading Holy Hours for children, I can tell you the benefits are numerous for both children and their families:

1. Children who previously had only the weekly experience of Mass, discover that the Host is actually the person of Jesus, mysteriously hidden.
2. They develop a greater interest in the mysteries of our Faith and the liturgy of the Mass.
3. They understand—more than other children of their age who have not experienced Eucharistic Adoration—the relationship between the gift of the Eucharistic Presence of Jesus and His sacrifice on the Cross out of love for mankind.
4. They become much more aware of the various degrees of sin and seem very eager to receive the sacrament of Confession often.
5. Families accompanying their children witness a growing desire for peace and forgiveness within the family.

It is my prayer that after watching the videos and reading through this guide, you will have found the inspiration you need to begin your own Holy Hour for children in your parish. When children become friends with Jesus, by spending time with Him, do they not become living signs of faith in Jesus' Real Presence in the Eucharist for those who doubt, and therefore also become wonderful signs of hope for those who despair in finding God on earth? May Our Lord bless you through the intercession of Mary, Mother of the Eucharist.



Fr. Antoine

Dear Readers,

This manual has been prepared for you as a labor of love. I first began to desire to bring children to Eucharistic Adoration two years before I met Fr. Antoine. I felt a call each time I was in the Adoration Chapel. My own children went with me, but I really felt Jesus wanted me to help bring the other children in our parish, too. With no idea how to begin, and the strong desire remaining in me, I waited and prayed. He continued to “pester” me and I continued to pray for guidance.

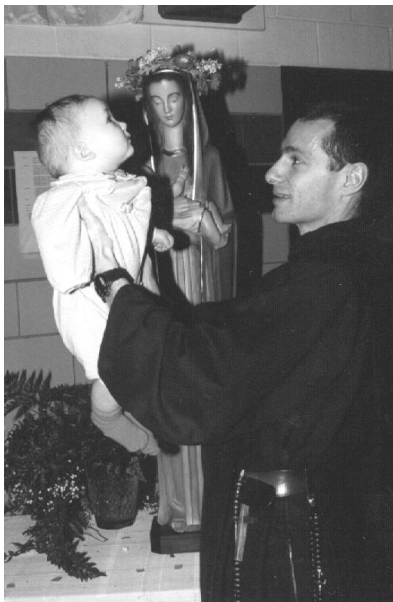
I met Fr. Antoine in 2000, and so began a very joyful time in my life, helping him to promote Eucharistic adoration for children and families around the world! I have learned so much and met amazing people like yourself that Jesus calls to help bring the little children to Him!

In my own diocese of Wichita, Kansas, we now have adoration in all our Catholic Schools! It was a natural progression, because we have perpetual adoration in nearly every parish, and there is at least 40 hours at all parishes once a month! When adults adore, they want to share this with the little ones too!

If you feel God is calling you to this please let us know if there is anything we can do to help and encourage you to give it a try! It only takes one person with a strong desire to make Jesus known and loved in His Holy Eucharist to bring this about!

We have tried to put together in this little guide as much information as we could to help you get started. We hope this manual will give enough information and encouragement for you to begin your own group. Please feel free to contact us by phone or email if you need anything. Pray lots, talk with your pastor and principal....then begin! You will be so glad you did!

Praised be Jesus Christ, now and forever!



Fr Antoine with my daughter, Mary,
During the YOUTH 2000 weekend....Feb 6th, 2000

Love and prayers,

Sandy Rongish
International Coordinator
Children of Hope

Why bring children before the Eucharistic Heart of Jesus?

What did Our Beloved Blessed Pope John Paul II, say about the importance of Eucharistic Adoration?

"I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of his presence? Like the young Samuel, by learning the words of the prayer of the heart, they will be closer to the Lord, who will accompany them in their spiritual and human growth, and in the missionary witness which they must give throughout their life. The Eucharistic mystery is in fact the "summit of evangelization" (Lumen gentium, n. 28), for it is the most eminent testimony to Christ's Resurrection. All interior life needs silence and intimacy with Christ in order to develop. This gradual familiarity with the Lord will enable certain young people to be involved in serving as acolytes and to taking a more active part in Mass; for young boys, to be near the altar is also a privileged opportunity to hear Christ's call to follow him more radically in the priestly ministry."

Holy Father, Pope John Paul II, From the Vatican, 28 May 1996

"I have great expectations of you, young people...Bring to your encounter with Jesus, hidden in the Eucharist, all the enthusiasm of your age, all your hopes, all your desire to love." Mane Nobiscum Domine- Bl. Pope JPII Oct. 7, 2005

*It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the "art of prayer",⁴⁸ how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brother and sisters, have I experienced this, and drawn from it strength, consolation and support! (No. 25).
"Ecclesia de Eucharistia"*



"I come to celebrate, above all, Jesus in the Blessed Sacrament, Who gives Himself to us in the Eucharist as the expression of Infinite Love, the mystery of our faith, the fountain of our Christian life..."

"Every member of the Church must be vigilant in seeing that this sacrament of love shall be at the center of the life of the people of God so that through all the manifestations of worship due to it, Christ shall be given back 'love for love,' and truly become the life of our souls,"

"Our communal worship at Mass must be together with our personal worship of Jesus in Eucharistic Adoration in order that our love may be complete," (Pope John Paul II, Sept. 29, 1979, Phoenix Park, Dublin, Ireland).

"...Yes, beloved brothers and sisters, it is important that we live and teach how to live the total mysteries of the Eucharist: the Sacrament of Sacrifice, of the Banquet, and of the permanent Presence of Jesus Christ the Savior....the several forms of worship of the Most Holy Eucharist are an extension and at the same time a preparation for the Sacrifice of the Mass and Communion. Will it be necessary to insist again on the deep spiritual and theological motivations of worship to the Most Holy Sacrament outside of the celebration of the Mass? It is true that the reservation of the Sacrament was made, from the beginning, in order to be able to take Communion to the sick and to those absent from the celebration. But, as the Catechism of the Catholic Church says, 'for the deepening of the faith in the Real Presence of Christ in His Eucharist, the Church became aware of the meaning of the silent adoration of the Lord present under the Eucharistic species'" (n. 1379). (Pope John Paul II, June 1993 homily at the 45th International Eucharistic Congress in Seville, Spain)

"Outside the Eucharistic celebration, the Church is careful to venerate the Blessed Sacrament ... Remaining in silence before the Blessed Sacrament, it is Christ totally and really present whom we discover, whom we adore and with whom we are in contact. ..." (Pope John Paul II, May 1996 letter to the Bishop of Liege)

He has beckoned us over and over again during his papacy, "Open, indeed, open wide the doors to Christ!" May we open our hearts and our Churches that Jesus in the Most Blessed Sacrament may be perpetually adored, that we may do the will of Our Father in Heaven and Our Father on earth today, that His Kingdom may come. Then we will have answered the call of Our Blessed Mother Mary and help bring all souls to her Eucharistic Son.

"This practice, repeatedly praised and recommended by the Magisterium,⁴⁹ is supported by the example of many saints. Particularly outstanding in this regard was Saint Alphonsus Liguori, who wrote: "Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us".⁵⁰ The Eucharist is a priceless treasure: by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace. A Christian community desirous of contemplating the face of Christ in the spirit which I proposed in the Apostolic Letters Novo Millennio Ineunte and Rosarium Virginis Mariae cannot fail also to develop this aspect of Eucharistic worship, which prolongs and increases the fruits of our communion in the body and blood of the Lord." "Ecclesia de Eucharistia"

What did our Beloved Emeritus Pope Benedict XVI say about the importance of Eucharistic Adoration?

"Dear young people, learn to 'see' and to 'meet' Jesus in the Eucharist, where He is present and close to us" (Message for World Youth Day 2011)

"The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself," the Pope says to encourage Eucharistic adoration.

"Wherever possible, it would be appropriate, especially in densely populated areas, to set aside specific churches or oratories for perpetual adoration," he adds. "I also recommend that, in their catechetical training, and especially in their preparation for First Holy Communion, children be taught the meaning and the beauty of spending time with Jesus, and helped to cultivate a sense of awe before his presence in the Eucharist."

"Sacrament of Charity" Based on Work of '05 Synod

VATICAN CITY, MARCH 13, 2007

EUCCHARISTIC ADORATION MUST BECOME EVER MORE WIDESPREAD

VATICAN CITY, NOV 9, 2006 (VIS) ".....just how beneficial the rediscovery of Eucharistic adoration by many Christians is. ... How much need modern humanity has to rediscover the source of its hope in the Sacrament of the Eucharist! I thank the Lord because many parishes, alongside the devout celebration of Mass, are educating the faithful in Eucharistic adoration. And it is my hope that - also in view of the next International Eucharistic Congress - this practice will become ever more widespread."

APOSTOLIC JOURNEY TO COLOGNE

ON THE OCCASION OF THE XX WORLD YOUTH DAY EUCCHARISTIC CELEBRATION

HOMILY OF HIS HOLINESS POPE BENEDICT XVI

*Cologne - Marienfeld
Sunday, 21 August 2005*

Dear Young Friends,

Yesterday evening we came together in the presence of the Sacred Host, in which Jesus becomes for us the bread that sustains and feeds us (cf. Jn 6: 35), and there we began our inner journey of adoration. In the Eucharist, adoration must become union.

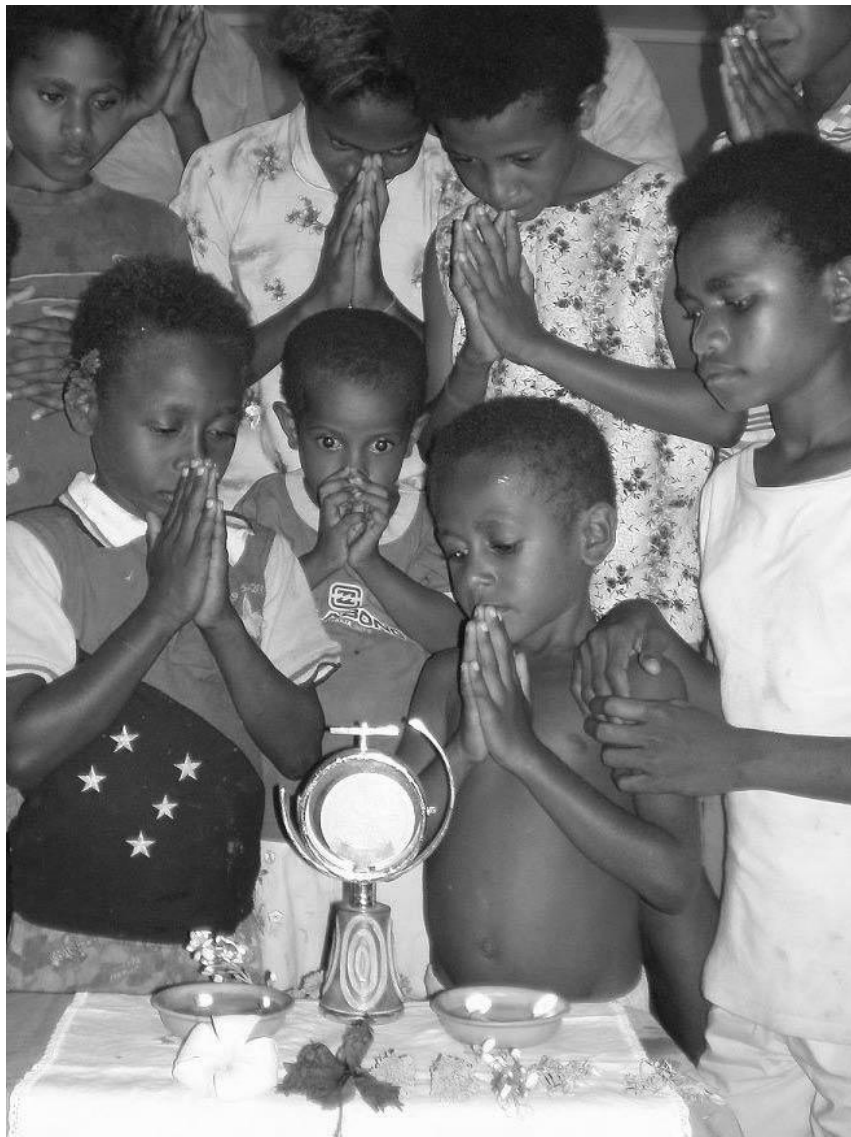
.” You can read the entire letter at the Vatican web site.

Oct. 15, 2005 - Catechetical Meeting With Children

- "...(Eucharistic) Adoration is recognizing that Jesus is my Lord, that Jesus shows me the way to take, and that I will live well only if I know the road that Jesus points out and follow the path he shows me. Therefore, adoration means saying: "Jesus, I am yours. I will follow you in my life, I never want to lose this friendship, this communion with you". I could also say that adoration is essentially an embrace with Jesus in which I say to him: "I am yours, and I ask you, please stay with me always"."

Oct. 25, 2005 - Message To Dutch Youth

- "Go to the encounter with Him in the Blessed Eucharist, go to adore Him in the churches, kneeling before the Tabernacle: Jesus will fill you with His love and will reveal to you the thoughts of His Heart. If you listen to Him, you will feel ever more deeply the joy of belonging to His Mystical Body, the Church, which is the family of his disciples held close by the bond of unity and love."



Thoughts About Mary and the Eucharist

With Mary Let us Adore Him!

By St. Peter Julian Eymard

Mary devoted herself exclusively to the Eucharistic Glory of Jesus. She knew that it was the desire of the Eternal Father to make the Eucharist known, loved and served by all men; that need of Jesus' Heart was to communicate to all men His gifts of grace and glory. She knew, too, that it was the mission of the Holy Spirit to extend and perfect in the hearts of men, the reign of Jesus Christ, and that the Church had been founded only to give Jesus to the world.

All Mary's desire, then, was to make Him known in His Sacrament. Her intense love for Jesus felt the need of expanding in this way, of consecrating itself - as a kind of relief, as it were - because of her own inability to glorify Him as much as she desired.

Ever since Calvary, all men were her children. She loved them with a Mother's tenderness and longed for their supreme good as for her own; therefore, she was consumed with the desire to make Jesus in the Blessed Sacrament known to all, to inflame all hearts with His love, to see them enchained to His loving service.

To obtain this favor, Mary passed her time at the foot of the Most Adorable Sacrament, in prayer and penance. There she treated the world's salvation. In her boundless zeal, she embraced the needs of the faithful everywhere, for all time to come, who would inherit the Holy Eucharist and be Its adorers... Her prayers converted countless souls, and as every conversion is the fruit of prayer, and since Mary's prayer could meet no refusal, the Apostles had in this Mother of Mercy their most powerful helper. "Blessed is he for whom Mary prays!"

Eucharistic adorers share Mary's life and mission of prayer at the foot of the Most Blessed Sacrament. It is the most beautiful of all missions, and it holds no perils. It is the most holy, for in it all the virtues are practiced. It is, moreover, the most necessary to the Church, which has even more need of prayerful souls than of powerful preachers; of men of penance rather than men of eloquence. Today more than ever have we need of men who, by their self-immolation, disarm the anger of God inflamed by the ever increasing crimes of nations. We must have souls who by their importunity re-open the treasures of grace which the indifference of the multitude has closed. We must have true adorers; that is to say, men of fervor and of sacrifice. When there are many such souls around their Divine Chief, God will be glorified, Jesus will be loved, and society will once more become Christian, conquered for Jesus Christ by the apostolate of Eucharistic prayer.

Children's Adoration and Divine Mercy

Jesus Himself gave the Divine Mercy Novena to St. Faustina. On the Sixth day He reveals how He received comfort and strength during His bitter agony. He looked ahead throughout the ages and saw all the children who would adore Him.

Sixth Day of the Divine Mercy Novena:

Today bring to Me the Meek and Humble Souls and the Souls of Little Children, and immerse them in My mercy. These souls most closely resemble My Heart. They strengthened Me during My bitter agony. I saw them as earthly Angels, who will keep vigil at My altars. I pour out upon them whole torrents of grace. I favor humble souls with My confidence.

Most Merciful Jesus, You yourself have said, "Learn from Me for I am meek and humble of heart." Receive into the abode of Your Most Compassionate Heart all meek and humble souls and the souls of little children. These souls send all heaven into ecstasy and they are the heavenly Father's favorites. They are a sweet-smelling bouquet before the throne of God; God Himself takes delight in their fragrance. These souls have a permanent abode in Your Most Compassionate Heart, O Jesus, and they unceasingly sing out a hymn of love and mercy.

Eternal Father, turn Your merciful gaze upon meek souls, upon humble souls, and upon little children who are enfolded in the abode which is the Most Compassionate Heart of Jesus. These souls bear the closest resemblance to Your Son. Their fragrance rises from the earth and reaches Your very throne. Father of mercy and of all goodness, I beg You by the love You bear these souls and by the delight You take in them: Bless the whole world, that all souls together may sing out the praises of Your mercy for endless ages. Amen.



What is the relationship between Children's Adoration and the Message of Fatima?

When the angel first appeared to the shepherd children, Lucia, Francisco, and Jacinta in Fatima, Portugal, it was to prepare them for the mission which Our Lord had planned for them. It would be given to them of course through our Blessed Mother. The angel taught the children to adore!

"Don't be afraid. I am the Angel of Peace. Pray with me." He then knelt on the ground, bending forward until his forehead touched it, and prayed: *"My God, I believe, I adore, and I love You! I beg pardon of You for those who do not believe, do not adore, do not hope and do not love You!"* He said this prayer three times. When he stood he then said to the children: *"Pray thus. The hearts of Jesus and Mary are attentive to the voice of your supplications."* Saying that, he vanished from sight. The children were overwhelmed and in a state of ecstasy. They repeated this prayer for a long time as the angel had done - on their knees.

Several weeks later, the angel appeared again and requested that they pray a great deal, offer sacrifices to the Most High and accept whatever sufferings which the Lord sent to them. In his third and final appearance in October, the angel brought with him a Chalice and suspended above it, a Host. Before offering the Host to Lucia, the only one who had received First Communion, he prostrated himself on the ground and said:

"Most Holy Trinity, Father, Son, Holy Spirit, I adore You profoundly and offer You the most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the earth, in reparation for the outrages, sacrileges, and indifference with which He Himself is offended. And through the infinite merits of His Most Sacred Heart and of the Immaculate Heart of Mary, I beg of You the conversion of poor sinners."

He repeated this prayer three times and then rising up, lifted the Host before his eyes and said: "Take and drink the Body and the Blood of Jesus Christ, horribly insulted by ungrateful men. Make reparation for their crimes and console your God." With this, he gave the Host to Lucia and let the other children drink from the Chalice.

Therefore, as the angel taught us through the three children, we want to repeat this prayer of adoration as many times as we can. Not only during times in the adoration chapel, but also throughout the day and in the evening before going to bed.

The response of these children should be an inspiration to children everywhere today to long to console the Heart of Jesus, so wounded! And, to make reparation for the sins of so many who even today are on the brink of hell. That their prayers and sacrifices can do this is certain! Our Blessed Mother asked Jacinta, after she had offered so much for poor sinners, if she was ready to go to Heaven now, or would she like to stay awhile longer and *"save more souls!"* This mission remains today for our children!

Children's Adoration Held at the 50th International Eucharistic Congress

The 50th International Eucharistic Congress in Dublin, Ireland, had something new to offer, something that hadn't been attempted before in the 131 year history of the IEC! During the weeklong activity of events, this time it included Eucharistic Adoration for over 1800 Catholic School children and home - schooled children!

Adoration for children is not a new idea. Looking back across the 20th Century Pope St Pius X began to reintroduce the value of early Communion, and the powerful prayers of children! In 1910, after hearing of the death of a saintly little Irish girl named, "Nellie of Holy God", a mere 4 years and 5 months old at her death, Pope Pius X opened wide the doors for the children of the world to receive Jesus, and often if possible! He implored the children of the world to pray for peace! He invited the children to adore and to help him, as his motto read, "Restore all things in Christ!"

The International Eucharistic Congress of 1914 was the launching time of the Eucharistic Crusade of children who would do as the Holy Father asked of them and live lives of prayer and sacrifice to help bring peace to a troubled world about to face a great war. At that time, a young seminarian heard this message loud and clear and he took it to heart. He began to visit classrooms and parishes, all over Belgium he ignited in the hearts of children a desire to make frequent visits to Jesus in the Holy Eucharist, to pray and to become holy children. This was the life's work of Blessed Edward Poppe, whose short life was spent bringing those around him closer to Jesus.

In 1916, the Angel of Fatima taught the three little shepherd children to adore. This was followed by the visits by Our Lady of Fatima which confirmed again the need for prayer and sacrifices, and affirmed the power of the prayer of a child! During this same time Pope Benedict XV reminded the children of the request of his predecessor, for the need of their prayers for the world that was still in the dark days of war! He too added his own plea to the children. Then again in 1922, at the Eucharistic Congress in Rome, he had the highest praise and thanksgiving at all the prayers and spiritual offerings the children had made, and he sent his deepest blessings out to the children of the world, encouraging them to please keep praying!

In the 1930's, St. Faustina received many messages from Jesus. Among these were the messages of Divine Mercy. On the 6th day of the Novena He gave to her, Jesus told her of the strength He received from the prayers of children. He told her, "They (the children) strengthened Me during My bitter agony, I saw them as earthly angels who will keep vigil at my altars and upon them I pour forth whole torrents of grace..." Again, a message from heaven speaking of the tenderness and effects of the prayers of children on the Heart of Jesus!

Skipping ahead to Bl. JP II, we had many times he mentioned the prayers of children, and the need to teach them the value of adoration. He said, "I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of his presence?"...

And of course Pope Benedict XVI has also talked of this, "I also recommend that, in their catechetical training, and especially in their preparation for First Holy Communion, children be taught the meaning and the beauty of spending time with Jesus, and helped to cultivate a sense of awe before his presence in the Eucharist."

The influences of these holy men of the 20th century, and the messages from Heaven, have continued in the hearts of those involved in "Children of Hope". During the IEC in Dublin they helped the committee for the youth events at Our Lady Queen of Peace, Merrion Road, to introduce the children of Ireland to Eucharistic adoration.

Throughout the week, there were activities all over Dublin and some that reached all the way to Knock, Ireland, on Saturday. But for the children, the main center for prayer was at the Merrion Road Parish. Children arrived in shifts by the busloads and were taken first to a very exciting talk by Vanessa Condreay, from the Diocese of Wichita, Kansas. Vanessa told them about the Real Presence of Jesus in the Holy Eucharist.

Next the children saw their faith come to life in a program where the lives of Saints were acted out. These heroic saints were great witnesses to the Eucharist and the strength we all receive by receiving the Body and Blood, Soul and Divinity of Jesus in the Holy Eucharist.

After a craft and snack break the children then were ready for the final session of their journey, they were taken into the church to be led in Adoration of Jesus by either Br. Leopold d'Yve or Fr. Anthony Mary Prendergast of the Brothers of St John, there helping to present the "Children of Hope" program that was begun by Fr. Antoine Thomas, a priest in their community.

Sandy Rongish, also from the Diocese of Wichita, has been the International Coordinator for "Children of Hope" these past 12 years, working closely with Fr. Antoine and the Brothers to help begin this program in parishes and schools around the world. Sandy helped to organize this program for the congress and took care of distribution of materials, gave a workshop along with Br. Leopold, for adults wishing to learn more about beginning this program, and the behind the scenes work of the IEC Children's adoration. Hundreds of DVD's and CD's were given away to help those who attended the IEC to go back to their own parish and begin times of adoration for the children.

A reporter for a London Newspaper happened to stop by on the first day of activities and was surprised by what he saw. He wrote: "Upon entering the church, I was stunned by the rare spectacle of dozens of primary school children kneeling before the Blessed Sacrament. They were led in this by an inspirational Belgian friar, whose serene and prayerful presence held them spellbound. Also in the congregation were more international pilgrims, as well as proud parents and beaming clergy. In the midst of this extraordinary event, I began to reflect on what the Irish Church might look like if it contained more people like that Belgian friar. Most especially, I began to ponder the electrifying effect this could have on the children of the Church."

Words of hope were everywhere throughout the week at the congress. From the Papal Legate, and those giving homilies and speeches, to the closing message from Pope Benedict XVI, all words of hope for the church of Ireland and Catholics around the world!

In the Wichita Diocese, over the past 12 years we have seen Eucharistic Adoration for our children spread to all of our Catholic Schools. Most have regularly scheduled days for the classrooms to take turns making visits, and the others all allow the teachers to set their own times to take the classroom. From the youngest in Kindergarten all the way through the Seniors in High Schools.

This is exactly what we hope for, in all catholic Schools around the world! To see Eucharistic Adoration spread out to all the ends of the earth, to the children and families. To know that all around the world children are praying before Jesus, and placing their trust, their love, their hopes and dreams at the feet of our Loving Savior. How can He resist the prayers of these beautiful children? Only good can come from these little children of hope!



Saints and the Eucharist

It's very important to learn about the different Saints and Blesseds. As their feast days follow along the liturgical calendar, you can make use of the wonderful stories of their lives. One thing you can say about all the Saints and Blesseds is that they loved the Eucharist with all of their being while on earth. And of course, they still love the Eucharist and long to help the children to love Jesus in the Eucharist, too.

Children really love to hear stories. We see how intently they watch TV to hear a story. They love to read, and be read to. Children are naturally curious beings. If they can memorize all 151 Pokemon© characters, numerous dinosaurs, all the available Webkinz©, and other such things, then why can't they learn about the lives of the Saints?

The Saints aren't boring. In fact, they are so far from it—from St Joseph of Cupertino who levitated over 30 feet off the ground, to St Philip Neri, who loved God with such intensity that his heartbeat shook the ground (he is the patron saint for earthquakes)! They have stories that are incredible, yet while unlike all the fantasy that children are used to, these stories are true! Their lives can be used to show every virtue, deep commitment to Jesus, and of course love for our Eucharistic Lord. As you know, there are Saints for every day of the year. Some days have several to choose from.

Pope John Paul II raised hundreds of Saints to the altar during his pontificate. To these, must be added over 1200 Beatifications. Thus, he proclaimed more than half the Blessed and Saints recognized in the history of the Catholic Church. He wanted to bring these hidden souls out into the light for all to see how each one practiced heroic virtue in every walk of life.

About the importance of the Saints, please read #956 in the Catechism of the Catholic Church.

Do not weep, for I shall be more useful to you after my death and I shall help you then more effectively than during my life.[St. Dominic, dying, to his brothers.]

I want to spend my heaven in doing good on earth.[St. Therese of Lisieux, *The Final Conversations*, tr. John Clarke (Washington: ICS, 1977), 102.]

So, teach them about the Saints! Prepare each week by finding out about a Saint or Blessed whose feast day is coming up. Especially focus on how this Saint manifested his or her love for Jesus in the Blessed Sacrament. And, teach the children to invoke the Saints for all their needs.

Angels and Adoration

Another great resource for your teachings are the Holy Angels (see Catechism of the Catholic Church #328 - 336). You may have grown up saying the prayer to your Guardian Angel each night before bed. How much do you still think of this dear friend that God created just for you? Children are fascinated by stories of the Angels. There are stories in the Bible you can read to them, and other sources such as the book about St Padre Pio and the angels called, *"Send Me Your Guardian Angel."*

God created all the angels together in the beginning. He gives a Guardian Angel to each person. **Each child, while adoring Jesus during the Holy Hour, has his own angel beside him adoring God profoundly.** By teaching the children to become accustomed to praying with their angel and invoking him daily, you will have helped them develop a lifelong friendship that will last throughout eternity! (Also see the story of the Angel of Fatima with regard to the adoration of the Eucharist.)

Bowing in Prostration in Adoration

Bowing in prostration is a very important part of Eucharistic worship. Our God has humbled Himself to come down and be with us in this Blessed Sacrament. We must do our part to show Him that we love and respect this awesome gift. When we prostrate in this profound bow, we make ourselves very small and humble before Jesus. This gesture of humility and respect before the presence of God was performed by Abraham, our father in Faith, and by Moses, as well. It has continued throughout the centuries as a way to show reverence to our God.

Beloved Pope John Paul II said, *"It is for me a motive of special joy to prostrate myself with you before Jesus in the Blessed Sacrament, in an act of humble and fervent adoration, of praise to the merciful God, of thanksgiving to the Giver of all that is good, of supplication to Him Who is always alive to intercede for us."*

(45th International Eucharistic Congress, Seville, Spain, June 1993.)



Getting Started in Your Parish or School

Parishes and schools across America and the entire world are bringing children to adore Jesus in Eucharistic Adoration at a Children's Holy Hour in the parish or during the school day. What a great break for both students and teachers to be able to have this time of prayer. It works to bring a more peaceful, grace filled day in your school, classrooms, and families. And, you will see how these children come to a deeper appreciation for Holy Mass and a firm commitment to Jesus in the Blessed Sacrament throughout their lives.

In the Diocese of Wichita, Kansas, for example, every Catholic School now has adoration for the students! Some schools offer it weekly and others bimonthly. Some offer it First Fridays all day. Some have arranged for the teachers to make visits whenever they like.

By incorporating Adoration into the religious formation in school you open a whole new world of contemplative prayer for these children, many of whom may have never been to Adoration before.

These children can come before Jesus in the middle of a school day just for a visit, to pray, adore Him, thank Him for His presence among us. They pray for Peace in the World, for vocations to Priesthood and religious life, for their teachers and all the burdens they carry. They pray for their own families. They console the Heart of Jesus!

You can adapt any of the suggestions in this manual to fit your own style; the following are only offered as starting points for groups. Ultimately we all rely on the Holy Spirit to guide us each week as we try to humbly offer ourselves to be, as Mother Teresa put it so well, "a pencil in the hand of God." You wouldn't be starting this group without first having received a prompting from the Holy Spirit to do so. It is God Himself calling you because He desires to be close to His children. Did He not say, **"Let the children come to me, and do not prevent them; for the Kingdom of Heaven belongs to such as these"** (Matthew 19:14)?

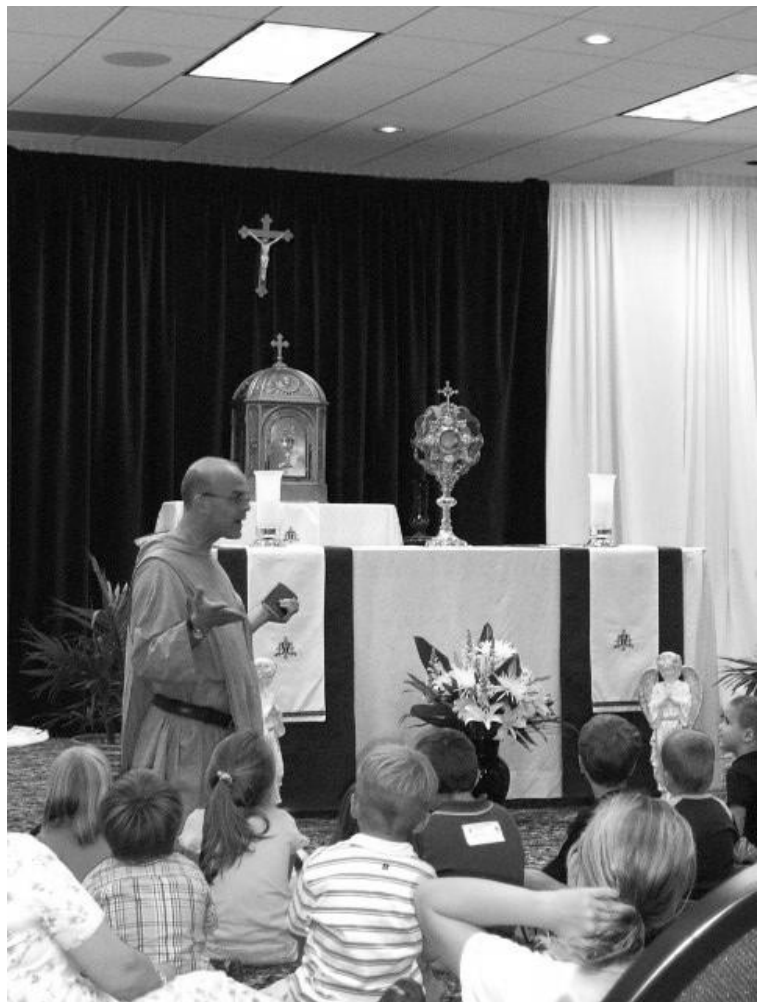


Here are a few steps to help you get started:

- ♥ Ask your pastor and or principal if they would agree to watch the video on children's adoration by Fr Antoine.
- ♥ Discuss with them who can lead the Holy Hours. Either parents, priest, religious, or teachers, etc...
- ♥ Pray for help to know a good time for the children's Holy Hour in your parish or school.
- ♥ Advertise in your bulletin and parish paper. For schools, send home announcements to parents and encourage them to attend.
- ♥ Put some posters up around your parish or school.
- ♥ Address the Mother's Group if you have one, and don't forget the home-schooling families.
- ♥ See if you can send home an invitation with the children at your parish school and the parish school of religion for the parish adoration. Especially send home invitations before the Christmas and Summer breaks!
- ♥ Check the Children of Hope website often for weekly theme ideas!

Things to remember to bring to your Holy Hours:

- ♥ Leader's Manual
- ♥ Bible
- ♥ Children's booklets
- ♥ Watch
- ♥ Rosaries
- ♥ Music, either "live" or cd's



“Children of Hope”

Sample Format for a Children’s Holy Hour

(General norms for the worship of the Eucharist are found in *Holy Communion and Worship of the Eucharist Outside Mass*, published by *Catholic Book Publishing Co.*, © 1976. It is important that those who plan a children's Holy Hour be familiar with the teachings and rubrics of this ritual text. What follows are only suggested adaptations for children that are in harmony with the official ritual book. You can mix and match ideas and tailor them to fit the desires of your group. The amount of time spent in silence will vary according to the ages of the children attending. Some weeks you may have more younger children, so your periods of silence will not be as long. When there are more older children present you will of course be able to have longer periods of silence)

Exposition with incense – priest or deacon (it is better if the children are not in the pews but allowed to be on the floor at the foot of the altar, outside the sanctuary). If you are in a parish where there is Perpetual Eucharistic Adoration, then of course the Eucharist is already exposed and this step is omitted.

Opening remarks (all are kneeling) – the priest (or leader) may begin with a few opening words to bring our hearts and minds to Jesus. He is here in the monstrance in the Blessed Sacrament. Ask the Holy Spirit to help us to pray during this hour (prayer to Holy Spirit from booklet).

First act of bowing in prostration for all – may last just a short time

We believe Jesus is really present here in the Eucharist. We want to express this belief so we make an act of faith (Act of Faith from booklet).

Remind children that Mary is always here adoring her Son, Jesus, with us. Thank her for the gift of her Son. Ask them if they would like to ask Mary to help them to adore Jesus and to love Him as she loves Him. Then pray one decade of the Rosary with them. The last Hail Mary may be sung (listen to the one on the CD). End with Glory be, and O My Jesus. (Don’t worry about getting it exactly at 10. Let the children take turns going around the group leading each Hail Mary. Make sure the children go slowly, not rushing through the prayers.)

Now we enter into a silent prayer from the heart to thank Mary for her help.

Talk about how Jesus is truly present in the Host, our Hidden God. Talk about how much He loves us and wants to be loved by us. He waits for us night and day in the little Host. He longs to hear from us. He waits. We adore Him because He is God.

Second act of bowing before God – silence for a bit while they remain bowed down. Now is a good time to introduce them to interior prayer. Give them silence mixed with a few words from Scripture, and some thoughts to help them listen to Jesus talking to them in the silence of their hearts. Invite them to close their eyes to remain more attentive to Jesus’ presence. You may ask them to tell Jesus quietly in their hearts what they would like to share with Him.

If they begin to fidget, you could begin another song. If they do not seem comfortable kneeling or sitting on their heels, they may sit directly on the floor, but in a proper way. Hopefully, the joy received from Christ in silence will overflow into songs of praise!

Alternate between silence, little phrases of love for Jesus in the Blessed Sacrament, and Scripture readings.

Contrition – little talk about how even though we try to be good we sometimes offend God. Think of the little ways we might have offended Him recently; give a few examples of small things. Then we ask Jesus to forgive us for the things we have done that were wrong. Speak to Him in the silence of your heart. Silence for a bit (Act of Hope from booklet).

God loves us and forgives us when we are sorry and ask for His mercy. He also likes for us to ask for mercy for those who offend Him and are hard of heart. These are poor souls who need God's mercy so much but do not know of His love yet. We ask for mercy for them. Remind them of the story of Fatima (see the prayers of Fatima in the booklet).

Gospel reading/talk or story of a saint, story of the Eucharist, etc. – (depending on whether it is a priest or parent doing the talking). Take several minutes . . . the priest can give a little homily fit for children; a lay person leading might be more comfortable in telling a story of a saint and his or her love for the Eucharistic Lord (the Holy Spirit will inspire you, but it's good to prepare a bit ahead of time, too!).

Ask the children to take a minute of silence to think about what they have just heard. Then you may invite them to choose one thing they would like to do this week for Jesus.

Remember to continue to read short passages from Holy Scripture, especially the words of Jesus. Just let the Holy Spirit guide you along. There are also some suggested passages in this booklet.

Thanksgiving – you may invite the children to individually express their thanks to God. Think about all the good things we have been given—family, friends, health. Tell Jesus about them in the silence of their hearts (Act of Love from the booklet).

Third act of bowing before God – this time you may invite them to take a longer time of silence (4 – 5 minutes), and to close their eyes to receive Jesus' loving gaze upon them.

You may choose another song.

Petitions – Invite the children to take turns saying their petitions. Give them time to offer up all those whom they can think of who are in need of prayers (pray prayer for the intentions of the hour).

Ask God in the silence of your hearts to bless your family and friends and all the intentions that have been mentioned today.

Pray for the poor souls in Purgatory. Explain how they need many prayers to go to Heaven. Ask for their prayers for us and our intentions.
(Pray the prayer of St Gertrude for souls.)

Pray for all priests, pray for vocations, pray for God to show us how He wants us to serve Him.
(prayer to know my vocation)

Silence

Time to say goodbye and tell Jesus thank you for blessing us today. Thank Him for the time together, for His Real Presence, etc.

If the priest or the deacon goes to the sacristy to vest for Benediction, you may want to take another song at that moment. Choose a song that is appropriate for Benediction.

Benediction/closing – pray the Divine Praises together.

If no priest is available, pray the prayers together and make the Sign of the Cross, bow and say goodbye.

End with a song of praise! (Thanksgiving)

Special Notes:

Don't be afraid to have moments of silence during the Adoration time. It is important that the children experience times of silence, as these moments are of equal importance during the Holy Hour.



If possible, it is very beneficial to have a priest available for the Sacrament of Reconciliation during the last half hour, to show the children how good and merciful Jesus has been to give us priests with the power to cleanse our souls from sins committed after baptism.

A traveling pilgrim statue of Mary, that may be placed at the foot of the altar during Adoration, and which can go home with a different family each week, has proven to be very fruitful. The family may pray the Rosary in front of the statue the week that it is in their home and also invite their friends to join them.

Sample Format for a short time of adoration for Schools:

Opening Remarks-Bring our hearts and minds to Jesus. He is so pleased to see them! Become very quiet in your heart and in your mind. Jesus is truly here in the monstrance. Even though He looks like bread, this is the same Jesus who walked the earth, was crucified, and resurrected. Ask the Holy Spirit to help us to pray during this time.

Act of Faith or Act of Love- We give Jesus our hearts and our minds and we tell Him that we truly believe He is present with us-not just in spirit, but truly here just as I am and we love Him!

Decade of Rosary- Meditate on a mystery of the Rosary such as: “The Annunciation”. When the Angel Gabriel came to Mary and asked her to be the mother of God, she said “Yes”. Even though she didn’t understand how this could be possible. She couldn’t see Jesus in her womb, but she adored Him. We don’t understand how God could be here under the appearance of bread, but we say, “Yes, Lord, I believe.” We adore Him even though we can’t see his face. Mary is always here adoring her son. We ask her to help us as we pray.

Sing a song

Bow- Talk about postures of prayer. As Catholics, our bodies reflect what we are doing. When we sit, we listen, when we kneel, we are repenting or adoring, when we prostrate, we make ourselves very small and humble before Our God in adoration. Guide them in a short meditation.

Little talk- Why are we here today? Example: Talk about the VERY important work they are doing. Talk about the revelation to St. Faustina on the sixth day. Talk about Fatima and how Mary and the angel appeared to children. The angel taught children to adore Jesus. Talk about Mary’s requests of the children to make reparation for sins. These children are doing a VERY IMPORTANT job. Talk about whenever they go through the gathering space and see Jesus in the tabernacle, they should genuflect, or bow, or say, “Hello, Jesus! I love you!” or some act of love. They should also do this whenever they pass a Catholic Church. We are only providing suggestions for this time that you can use for each month. The Holy Spirit will lead you!

Fatima Prayers or others from the sheets

Contrition- Kneel. Tell them to think of the things they have done that might have offended Jesus. Pray silently. Jesus always forgives us.

Petitions- (Try this out. Many will be too shy to pray out loud. Or if they are very eager, just do one section of children. You won’t have time for everyone.)

Last Word Prayer & Divine Praises- Talk to them about coming back to visit Jesus very soon. They can come to the church (where Jesus is in the tabernacle) or the Adoration Chapel (where we can see Jesus in the monstrance). They can come and give their love to Jesus even if they only have one minute. If they can’t come, they can send their guardian angel with love for Jesus. Visit Jesus every day.

Sing one last song

Acts of Adoration

(These are just a few examples for use during your Holy Hours)

We adore You – here present in the Blessed Sacrament of the Altar - where You wait day and night to be our comfort, while we look forward to Your unveiled Presence in Heaven.

Jesus, our God, we adore You in all places where the Blessed Sacrament is reserved, especially where You are little honored and where sins are committed against this Sacrament of Love.

Jesus, our God, we adore You for all time, past, present, and future, for every soul that ever was, is, or shall be created.

Jesus, our God - Who for us has endured hunger and cold, labor and fatigue - we adore You.

Jesus, our God, Who for our sake has subjected Yourself to the humiliation of temptation, to the betrayal and rejection of friends, to the scorn of Your enemies - we adore You.

Jesus, our God, Who for us has endured the buffetings of Your Passion – the scourging - the crown of thorns, the heavy weight of the Cross - we adore You.

Jesus, our God, Who for our salvation, and that of all mankind was cruelly nailed to the Cross, hung thereon for three long hours in bitter agony - we adore You.

Jesus, our God, who for love of us, did institute this Blessed Sacrament – and who does offer Yourself daily for the sins of men - we adore You.

Jesus, our God, Who in Holy Communion becomes the Food of our souls - we adore You.



All: Jesus, our God, we adore You for all time, past, present, and future, for every soul that ever was, is, or shall be created. Grant us the grace to comfort You. Jesus, I live for you; Jesus, I die for you; Jesus, I am yours – in life and in death. Amen.

A little boy was in the chapel for his first Holy Hour for children and afterwards, thinking he must be tired, his mother asked if he was ready to go, he said "Can we stay a little longer Mommy, I am not through talking to Jesus!"

Acts of Adoration

(From the Writings of Pope JP II)

Jesus, our God, Living Bread of Heaven, -we adore You.

Jesus, our God, life and heart of the church-we adore You.

Jesus, our God, Radiant Mystery of Faith-we adore You.

Jesus, our God, Mystery of Mercy for all mankind- we adore You.

Jesus, our God, Center and Summit of the church's life- we adore You.

Jesus, our God, Source of Charity-we adore You.

Jesus, our God, Nourishment of the faithful-we adore You.

Jesus, our God, Priceless Treasure of all who receive You- we adore You.



Jesus, our God, Love of the Father- we adore you.

Jesus, our God, Good Shepard, Bread Divine- we adore You.

Jesus, our God, Divine One who opens our eyes to light and our hearts to new hope- we adore You.

Jesus, our God, Source of Holiness- we adore You.

Jesus, our God, poured out for us- we adore You.

Jesus, our God, Who was obedient unto death- we adore You.

Jesus, our God, Helper of all who come to you- we adore You.

Jesus, our God, fore-taste of the joy of heaven- we adore You.

Jesus, our God, Bread of Angels and of pilgrims- we adore You.

All: Jesus, our God, we adore You for all time, past, present, and future, for every soul that ever was, is, or shall be created. Grant us the grace to comfort You. Jesus, I live for you; Jesus, I die for you; Jesus, I am yours – in life and in death. Amen.

Short Phrases of Adoration:

- Hello Jesus!
- Lord, I adore You, I bow in Your Holy Presence.
- Why are we here? Because Jesus invites you!
- Jesus, I give You my heart!
- He only wants a few minutes. Can we give that to Him?
- Lord, I adore You. I respect Your Holy Presence.
- Look at the Host and the crucifix. What is the difference?
- When the priest says, “This is My Body”, Jesus comes.
- Close your eyes and ears to everything but Jesus.
- Jesus, speak, I am listening.
- My God, I believe, I adore, and I trust in You.
- Jesus, fill my heart with Your love, so I can share it with others.
- In order to love others I must receive You into my heart.
- Thorns press into the head of Jesus, we push them in when we do wrong by hurting others.
- Who would like to receive Jesus into their heart? Invite Him! Jesus, come into my heart. That is Faith! He wants to be with us!
- Come into my heart. Come into my life.
- Jesus is gazing at you with so much love!
- Thank you, Jesus, for loving us so much!
- I know you are God; and I respect your Holy Presence.
- This chapel is an awesome place to be! What is different from our classroom? Jesus is HERE!
- The Bible is important, we hear God speaking in the Gospel.
- How does He reduce Himself to be present in a little piece of bread?
- Nothing is impossible to God!
- My God, My God, I love You in the Most Blessed Sacrament!
- Jesus loves us and wants us to share His love with others.
- Your heart is like a little cup, we bring this to Jesus to fill us with His grace. Jesus, fill my heart with your love, your peace.
- Come now, come and bow, before the Lord Our God!
- For each moment we spend here with Jesus, our souls are changed forever!
- Thank you Jesus for blessing us today!
- Tell them their hearts are like a little cup, when you need a drink you ask mom and she places the cup under the faucet until it is full, and if left there longer it would over flow....when we come before Jesus in the Blessed Sacrament we bring our hearts like little cups and we hold them up to Jesus asking Him to fill it with His grace, His Peace, His love, and all we need to be good and holy. We ask for graces to go back into the world and spread kindness and joy to all we meet. And, we need this refill often! We always need His grace!

Scripture Passages:

Reading from the very words of Jesus in the Scriptures encourages the children to listen to His voice, and to become familiar with the voice of God in the Holy Gospels.

Below are a few you can read during the Holy Hour.

For a longer list please visit our website.

- John 1:18-Who is Jesus Christ?
- John 1:37-39 -John encounters Jesus.
- John 3:16-What is the sign of God's love for us?
- John 6 -Jesus gives us his body and blood.
- John 9 -Jesus heals a blind man
- John 10:11-15 -Jesus loves us, his little sheep.
- John 11-friends; He asks us to believe in him.
- John 12 -Mary Magdalen loved Jesus in silence.
- John 13:34-35-The last commandment of Jesus.
- John 14-Jesus prepares a place for us?
- John 14:21-24-Sign that we truly love Jesus?
- John 15:15-Am I a true friend for Jesus?
- John 19:25-30—holy 3 hours w/Mary at the Cross.
- John 20:19-23 -Encounter with Jesus resurrected



Eucharistic Centered Meditations for Use During a Holy Hour

(For more like this please visit our website)

By Brother Vicente, CSJ

1. The First Joyful Mystery. The Annunciation of the Lord. Luke 1:38

“I am the servant of the lord, be it done unto me according to your word.”

This first Joyful Mystery, the Annunciation of the Lord, is the encounter between God and his small creature, Mary. All-powerful God announces a secret to Mary. The secrets of God are for the young, are for children. Mary lives here like a child. For all of her life she lived like a child, like a child of God. That's why she receives these secrets of God: she's going to be Jesus' mother, the mother of God. In the Eucharist we live the same that she lives, as Mary lives. We receive Jesus, the body of Jesus, in the same way that Mary received it. And when we're in the presence of Jesus and the Eucharist, when we're in a moment of Eucharistic adoration in front of him, we live exactly what Mary lives in her mystery of Annunciation: to contemplate Jesus present in the Eucharistic bread is to receive Him, contemplate Him, and take Him in like a secret. It is to children to whom the secrets, the secrets of God, are confided, to those who are young, and we, children, who are in the presence of Jesus and the Eucharist, we resemble Mary when we contemplate this mystery, that in this mystery we can meditate, that the presence of the Eucharist is for us the reception, receiving the secrets of God in our hearts.

2. Second Joyful Mystery: The Visitation of Mary to Elizabeth.

Luke 1:43

This second mystery, which is so simple, we should love it a lot, is the visit of our mother Mary to her cousin Elizabeth. It's the meeting of two women, both of whom are pregnant. There are Jesus and John the Baptist, who are cousins, and who meet thanks to their mothers.

This mystery should be a joy for us, given that Jesus comes to us thanks to Mary. We should thank Mary because through her Jesus comes to us. Jesus comes to us to fill our heart with the Holy Spirit, as he filled St John the Baptist when he was still a child in his mother's womb. And in the presence of the Eucharist and in Eucharistic adoration we should be happy because Jesus is present there, his body is present before us. His Eucharistic presence is given to us and we are the recipients of that secret, we receive the presence of Jesus.

In this mystery we take in Jesus who is present in the Eucharist. We take him in as our best friend! We take him in with all our love and we ask Mary to teach us how to receive Jesus.

3. Third Joyful Mystery: The Birth of Jesus

Luke 2: 9-12.

The mystery of the nativity reminds us of the birth of Jesus. When we celebrate Christmas we celebrate Jesus who is given to us [like a gift], who is given over to us. God wants to make himself a small child so we can take him in [shelter him]. In this mystery of the nativity we take in the presence of Jesus, so small, so little, so defenseless. Children don't have fear of getting close to a baby, when we've had the opportunity to get close to a baby, to a friend, to our little brother who was just born, or to some other infant, we don't have fear of approaching, rather we have a great happiness to be in the

presence of a baby! This is the third mystery, in which we should celebrate being in the presence of Jesus as an infant, as a baby, who has been born for me, who has been born to save me. And the Eucharistic presence of Jesus reminds me that he came on Christmas to save me! In Eucharistic adoration I approach him without fear, given that he loves me, given that he wants me. The Eucharistic presence is for me something of great happiness, of much joy, given that this presence is here to give me all his love, to give me all the secrets of God, all the gifts of God. And I should not be afraid to approach this infant who is Jesus, Christ and Lord.

4. Fourth Joyful Mystery: The Presentation of Jesus in the Temple.

Luke 2:22

Jesus, who is an infant, is taken by Mary and Joseph to the temple in Jerusalem to fulfill this, what we call the Presentation of the Lord.

Given that he is the first son of Mary, he should be consecrated to the lord, which was the law of the Jews, the law of Moses. Jesus accepts this to show us that he is consecrated to the lord and we are also consecrated to the lord. Each time we pray, as in this moment we live this consecration, it is to say that we belong to the lord, a consecrated person is he/she who belongs to God. But for Jesus, this presentation is a meeting with his Father God, given that he goes to the temple, a place where worship was offered to his Father God. And we in Eucharistic adoration live the same that Jesus lived. Each time we are here in the presence of Jesus in the Eucharist, we live what Jesus lived: this encounter with his Father God. We in the presence of Jesus in the Eucharist are in the presence of our Father, God, and we find ourselves with Him.

And we can talk to Him and we can ask Him many things, but above all we can adore Him, given that we are consecrated to Him; we belong to Him. We belong to the Lord and we live this belonging to the Lord, each time we are in Eucharistic adoration.

5. Fifth Joyful Mystery: Finding of Jesus in the Temple.

Luke 2: 48-50.

Jesus is 12 and goes to Jerusalem for the pilgrimage that all Jews had to make. He goes with Mary and Joseph. He is 12, the same age as many children. Apparently Jesus disobeys Mary and Joseph because he doesn't return with them to their house; instead he stays in the temple. But in reality he doesn't disappear or disobey. Jesus is teaching about his father to the scholars of the law, Jesus doesn't disobey, but he lives of this mission that he has to talk to them and teach others about his Father. He says this to Mary and to Joseph.

Jesus always talks about his Father. And in Eucharistic adoration when we are in the Presence of Jesus in the Eucharist, Jesus talks to us of the Father.

In this mystery we ask Jesus, through the intercession of Mary, that he always speak to us of the Father. In each moment, in each instant of Eucharistic adoration we live it as one who listens to everything that Jesus has to tell us about his Father, about our Father. Jesus, in this moment of Eucharistic adoration, can talk to us about who is this Father who loves us, that this Father is a merciful and tender Father for us, his children.

First Luminous Mystery: The Baptism of Jesus

Matthew 3: 16-17

This first Luminous mystery reminds us that we belong to Jesus when we are baptized. Jesus accepts being baptized; He accepts it even though as the Son of God He was without sin. But He is baptized so that the Father can reveal himself, so that the Father can tell us who Jesus is.

Jesus is the beloved Son and chosen of the Father. And the Holy Spirit comes like a dove to confirm what the Father was just saying.

In Eucharistic adoration we are in front of Jesus listening to the voice of the Father: "This is my beloved Son."

In the Eucharist is Jesus, beloved Son of the Father whom God has favored. That is to say that Jesus is the favorite, it is he who has all the secrets of the Father. We should listen to Him because the Father asks it of us.

In Eucharistic adoration we listen to the voice of the father, which tells us to come listen to Jesus. He has all the secrets of the Father, and the Father wants Jesus to tell us those secrets.

Second Luminous Mystery: The Wedding Feast at Cana

John 2: 3-5

This second Luminous mystery of the wedding feast at Cana is a mystery in which we come to contemplate this marvelous action of Jesus. It's a very particular miracle given that Mary seems to be the only one interested in it. It's true that the groom, bride and the wedding guests enjoyed and utilized the water that turned into wine as a miracle from Christ. But it is Mary who had the initiative. Mary wants Jesus to perform a miracle. This miracle is a sign of something more. This sign is going to reveal that Jesus is among us. And the mystery of the wedding feast at Cana, because of the wine, reminds us that Mary is telling us that Jesus is here. And Jesus is here in a particular way in Eucharistic adoration.

Jesus wants to perform miracles in our lives. In the mass Jesus performs the miracle of making himself present before us. In Eucharistic adoration we can invite Mary and she always tells us: "Do all that Jesus asks of you."

We who get close to Jesus in His Eucharistic presence can hear from Mary the invitation to obey Jesus. When we are in Eucharistic adoration we receive the invitation that comes from Mary, telling us to do what Jesus says.

We should leave the moment of Eucharistic adoration with the desire to do all that Jesus has told us during this moment. All the secrets that Jesus has told us during this moment of Eucharistic adoration we should practice them and make them real in our lives. In every moment of our lives we should follow the words of Mary: "Do all that Jesus asks of you."

Third Luminous Mystery: The Announcing of the Kingdom and the Invitation to Conversion

Mark 1:14-15

Jesus lives His life publicly proclaiming the Kingdom of God, announcing the Gospel, which is to say the Good News.

The Good News is the Gospel, but what is the Good news? It is for us to get close to the Kingdom of God. The Kingdom of God is not difficult to comprehend, rather it is something very easy for us to understand.

The Kingdom of God is Jesus Himself who comes to us. When Jesus says: “The Kingdom of God is near”, it is Jesus Himself who announces His coming. That is to say that Jesus announces that He is passing through here.

Jesus is near to us. Thanks to Eucharistic adoration, Jesus is among us. The Son of God is close; God himself is close to us. But to take Him in it’s necessary to repent of our sins. It is even more necessary that we have faith. As St. Therese of the Child Jesus said, “our sins are like a drop of water in a bonfire of love!” They are a drop of water that vanishes in an enormous fire. It’s necessary, therefore, to believe in the Gospel; we repent of our sins to believe in the Gospel.

Believing in the Gospel is believing that Jesus is here among us. To forgive our sins, all we have to do is believe. We come to Eucharistic adoration because we believe in Jesus, who can forgive our sins. Eucharistic adoration is for the sinners, it is for the simple. It is for those who wish to be near to Jesus, because Jesus has drawn near to us.

In the Eucharist we have Jesus very close; we have the Kingdom of God close. This is the Good News. Jesus is here and he comes so that we repent of our sins. But above all so that we believe in him and believe that he loves us, that he forgives our sins.

In this moment of Eucharistic adoration we give to Jesus our sins so that we can be able to believe in the power of his love, in the power of his mercy.

Fourth Luminous Mystery: The Transfiguration of Jesus

Luke 9:28-31, 34-35.

This fourth Luminous mystery of the transfiguration of Jesus is the most excellent Luminous mystery. It is one of the most important; all are important, but this fourth Luminous mystery of the transfiguration tell us something that the others do not. This mystery tells us of the light of Jesus. Jesus had said that He is the light of the world. And here all of His being is Luminous. His body and his vestments become Luminous to show us what the glory of Jesus is, which is to say, His victory! Many times the children [us] ask ourselves about what is the glory of God, because in the mass we mention the glory of God on many occasions.

The glory of God is something very easy to understand. An example of it is in combat or war. When an army wins it raises the flag, because they are victorious. In the same way in sports when our favorite team wins we raise the flag of our team. We are proud of our team. Our team won, which is to say that we also won. Being happy because of a victory is glory!

And what, then, is the glory of God? The glory of God is the victory of Jesus! Moses and Elijah who are present at the transfiguration speak with Jesus of His leaving, which will happen on the cross.

Jesus leaves to be with the Father, but He leaves to give us His glory.

Some day we will be in heaven with the same aspect that Jesus had in the transfiguration. We will be Luminous thanks to the glory of the Father! That is to say we will be in the glory of the Father, the victory of love, the victory where the love of the Father becomes life in us. We are the ones who receive the glory of the Father as in the transfiguration when Jesus receives the glory of the Father. And in Eucharistic adoration we live of the glory of the Father. It is true that we don’t see it, that we cannot contemplate it with our eyes. But with faith we are sure that we live in the glory of the Father because we are in the presence of Jesus. Jesus in the Eucharist is here and deserves for us to listen to Him. In Eucharistic adoration we are here to receive the glory that Jesus wants to give us; the glory that He received from the Father, which is to say the victory that is the Crucifixion and Resurrection. These are the triumph of Jesus over sin! In Eucharistic adoration we receive this victory from Jesus over sin.

Fifth Luminous Mystery: The Institution of the Eucharist

Luke 22:19-20.

This fifth mystery, being the institution of the Eucharist, is the conclusion of the Luminous mysteries. It is the institution of the Sacrament of Love.

Pope Benedict XVI spoke of the Eucharist as a sacrament of Love, given that it is where Jesus leaves us His love. In all the sacraments the love of God is present, but in the Eucharist it is in a particular manner, given who is here: Jesus. He is present in the Eucharistic offerings; it is no longer bread but the body of Christ; it is no longer wine but the blood of Jesus. And that tell us our faith: that Jesus is present in the mass.

When we go to mass we eat the body of Jesus and drink His blood. And Eucharistic adoration comes from the mass itself; it is the prolongation of the mass. We are here contemplating the body of Jesus in this blessed host that is no longer bread, it is the Body of Christ. He is in front of us and we contemplate Him because we have consumed Him in the mass. There the presence of Jesus is given to us so that we consume it as a bread of eternal life. But in Eucharistic adoration we are also given His presence.

The body of Christ is here for us and that's why we contemplate it, because we love Him and receive His presence.

This is why we come to adore Him, because Jesus is truly present here.

1. First Sorrowful Mystery: The Agony of Jesus in the Garden

Luke 22:41-44

In this first sorrowful mystery it is Jesus who prays. In the gospel there had been this question to the disciples "Lord, Master, teach us to pray", and here Jesus teaches us to pray.

The disciples are asleep, but we receive through the gospels this prayer of Jesus. With His example He teaches us to pray, and today we are in front of Jesus, in the Holy Sacrament of the altar. He teaches us to pray in each moment, going beyond praying because of being sad or happy.

To have internal peace, Jesus teaches us to pray. This is principally for us to be in union with His Father, for us to constantly do the will of His father, and His will is a will of love. When we are in the presence of Jesus in the Eucharist, we receive the will of the Father. Jesus wants us to live the love of the Father. In Eucharistic adoration, Jesus allows us to know the Father's will of love. This will of love consists of telling us "My Son whom I love", "My Son, I love you". In this sentence on the mount of olives Jesus lives the love of the Father and we in this prayer in front of the Holy Sacrament also live the love of the Father.

2. Second Sorrowful Mystery: The Flagellation

Mark 15:14-15

The flagellation is the mystery of the pain of Jesus. His body is going to be covered by all the pains of humans; it is they who have injured the body of Jesus. Jesus accepts being injured in his body to teach us that our pains, all our sicknesses are capable of being a source of good for us. It is strange, but in Jesus the bad can become a good. In this way we are sick at times, or we can be worried, or we simply behave badly, we can come here and Jesus transforms this into something good; it is a purifying suffering. In this way when we come to Eucharistic adoration we do it with our miseries, with our

pains, with all the bad we carry. Jesus converts this bad into something good that purifies us and makes us stronger in our struggle against sin.

In Eucharistic adoration we come with our miseries, we come with our sickness and Jesus transforms these miseries, these weaknesses, these sicknesses into something purifying, into something to save us. Eucharistic adoration reminds us that our pains are to live of heaven to be able to get to Jesus.

3. Third Sorrowful Mystery: The Crowning of Thorns

Mark 15: 16-19

These gestures of ridicule, these gestures of humiliation toward Jesus in the crowning of thorns and the other acts such as getting on their knees and prostrating themselves before Jesus are a joke, and an offense that cause a wound in Jesus' heart. And even so, Jesus uses this to show us that before him every knee should be bent, as St Paul says (See Phillipians...)

The crowning of thorns, which is painful, shows us that Jesus is our King. Despite having a crown of offense and ridicule, such is the crown of thorns, He is our King. He is the King of Kings, and we come in Eucharistic adoration to meet with our friend, who is also our king. To Him belongs everything that we are, everything that we have, our body, our soul, our activities, everything belongs to Jesus. And, I come in Eucharistic adoration to adore Him, to prostrate myself before Him, to tell Him that He is God. Also to tell Him that He is my King, the King of my heart, my mind and my soul. To thank Him for all He endured for me, out of love for me, and to tell Him that He should do unto me what He wills.

4. Fourth Sorrowful Mystery: Jesus carries His cross

John 19:16-17

Jesus is going to carry His cross, He is going to take it. It is the instrument that God has wanted to use to save us. God wanted to be crucified to show us all of His love and to give us salvation.

The cross is as such something evil and something negative, given that there is suffering and pain. But Jesus takes the cross and carries it, because He wants to show us the love He has. He wants to save us and because of this He begins to carry His cross.

In the passion of Jesus it is He who has the initiative. It is He who wants to die for our salvation. And when we come to adoration His Eucharistic presence reminds us that He died for us and that He gave Himself over for us. And to show us that the cross is for us a source of hope and happiness.

When we come before Him to adore He gives us the strength to carry our own cross each day. When we leave the chapel, hearts filled with grace from His heart, we walk away with all we need to face the world again until our next visit with Jesus.

5. Fifth Sorrowful Mystery: The Crucifixion and Death of Jesus

John 19: 28-30

This fifth sorrowful mystery where the death and crucifixion of Jesus are presented to us through what we call the "cry of thirst". Jesus says "I am thirsty!" It is normal to be thirsty; it is human to be thirsty for water and Jesus on the cross was thirsty. He needed water and they offered Him a sponge wet with vinegar. But one has to see the spiritual sense of these words: "I am thirsty!" Yes, there is a physical thirst; His mouth was dry and needed water, but the heart of Jesus was thirsty. What did Jesus' heart thirst for? It thirsted for us and for our salvation! Jesus was thirsty to save us of our sins! I am thirsty!

Is the cry of Jesus, it is what he wants; he wants to save us on the cross. Jesus wants for us to be saved, that's why he shouts: "I am thirsty!" And when we come to Eucharistic adoration we also hear the voice of Jesus: "I am thirsty!"

Each time we come to Eucharistic adoration, even if we are children, we do it because we have listened to this cry of Jesus in our heart: "I am thirsty!" Jesus wants us to be attracted by His love. And coming to Him is quenching to His thirst; coming to Him helps Him to not be thirsty, but this thirst is infinite.

Coming to Jesus in Eucharistic adoration precipitates in us more thirst every time, more desire to be with him. So, we ask in this decade that the thirst for being before Jesus in Eucharistic adoration will grow more and more. We beg to have this thirst for Him as He was thirsty for us on the cross and remains this way now, longing to see you before Him, adoring Him and offering Him your love and thanks for all He has done for you and your family.

First Glorious Mystery: The Resurrection of Jesus

Matthew 28: 5-9

Jesus presents himself before the women. Jesus revived comes to meet with the holy women. They who had gone to the sepulcher to anoint his body, they who went to find the body of Jesus, deceased, and to anoint it. But the angel announces to them that Jesus has resurrected according to his word; according to what he had said. And they leave running and encounter Jesus, or rather Jesus goes to meet with them.

Jesus goes to meet them and greets them, and they adore him. This is exactly what happens in Eucharistic adoration. We think like children, we have and we want to meet with Jesus each time we come to adore the Eucharist, but in reality it is Jesus who comes to our meeting. He tells us: "I greet you, to you and to you and to each one of the children." And this greeting raises in us an act of adoration. We in Eucharistic adoration receive the greeting of Jesus, and we adore him.

Second Glorious Mystery: The Ascension of Jesus

Luke 24:50-53

The Ascension of Jesus is the mystery of happiness, it is the mystery of hope! Jesus is taken to heaven. Jesus rises to heaven to reveal his Lordship. Then the disciples come to meet Him in that mount of Bethany and they prostrate themselves before Him.

We as children in Eucharistic adoration prostrate ourselves before Jesus to tell Him that He is our God, that He is the creator and savior. This causes in us a great desire and a great happiness, given that in this way the disciples returned to Jerusalem. Each time we come to Eucharistic adoration for children, we should leave the chapel after having adored Jesus with great desire and with great happiness.

In this decade we should think about the great happiness of the disciples! This happiness consists of having as their friend Jesus close to the Father. Jesus is close to the Father to give us His love and to intercede for us.

Jesus goes to the Father to show us that our final path is to God the Father, who waits for us. And we as children are going to go meet Him.

We are already preparing ourselves; we are already in this path to meet with God our Father.

Third Glorious Mystery: Pentecost **Acts 2:1-4**

In Eucharistic adoration the Holy Spirit is present.

The Holy Spirit, says St. Paul, comes to help us in our weakness (see Romans 8:26). In Eucharistic adoration we are always as children. The children who are present before Jesus know that they don't have many things to offer him, given that the children are very little and don't have many things. In reality everyone in Eucharistic adoration is as the children who don't have anything. We don't have anything to offer to Jesus because we are sinners. But the Holy Spirit is here to help us to enter in adoration, to help us to enter in prayer with Jesus.

St Paul says that the Holy Spirit helps us and teaches us to pray in a way pleasing to God. Then the Holy Spirit is here with us as we are in front of Jesus in the Eucharist. As children, we have to ask the Holy Spirit to teach us to pray and adore. There is no better leader, no better conductor for Eucharistic adoration for children than the Holy Spirit. It is the Holy Spirit who teaches us to pray with Jesus, to talk with Jesus. We ask in this decade of the Holy Spirit, that He teach the children to talk with Jesus.

Fourth Glorious Mystery: The Assumption of Mary into Heaven **Psalms 45 (44), 11-12, 14-16**

The mystery of the assumption of Mary into heaven is an extraordinary mystery! It is a mystery for us; the mystery of our victory, the mystery of a day we are going to live. In effect, one day we will find ourselves as Mary in heaven, where the happiness of the King, who is God, is.

With a splendid dress, as the Scripture says, and with many brocades, we go in happiness with Mary in the assumption. Many go who follow her; she enters as the Mother for us to enter as children after her. The children are those who follow their mother.

In this mystery of the assumption of Mary we should live of this accompanying her, of following Mary after Jesus. The assumption reminds us that we love Jesus so much, that Mary teaches us to take Jesus in, to follow him. In Eucharistic adoration, Mary teaches us to follow everything that Jesus wants us to follow; she teaches us to love and always follow Jesus.

Fifth Glorious Mystery: The Crowning of Mary **Rev 12:1-2**

Mary is crowned by the Father and the Son as Queen, which is to say owner. Mary is our Queen. Mary is our owner. All our activities, our soul, our body and everything that belongs to us without exception belongs to Mary. It all belongs to her. Mary is our owner and being a Queen, she directs us to the only king, who is Jesus.

In Eucharistic adoration, we ask Mary to teach us to love Jesus. She comes to adore Jesus with us. We are children and need our Mother Mary to get closer to the adoration of Jesus and to adore God as King and owner of our lives.

We ask Mary, who exercises her Queenship above us, for Eucharistic adoration to have an extraordinary fruit in our hearts, and also in our families, in our communities and in all the Church.

**Here are a few of the prayers we suggest for use during
children's adoration:
(Free PDF Download at our website)**

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Petitions to the Sacred Heart

O most Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy Church, upon our Holy Father, and upon the clergy; give perseverance to the just; convert sinners; enlighten Unbelievers; bless our parents, friends, and benefactors. Help the dying; free the souls in Purgatory; and extend over all hearts the sweet empire of Thy love. Amen.

Prayer for the Intentions of the Hour

O dearest Jesus, to the infinite love and care of Thy Divine Heart, we recommend the intentions which have been included in this hour of adoration. Have mercy on those for whom we have promised to pray and for whom we are bound to pray; have mercy likewise on all who have been recommended to our prayers and who desire our prayers. Help us in our spiritual and temporal necessities, and preserve us from all harm of body and soul. O dearest Jesus, hear our prayers and grant our petitions. Grant Thy special grace and protection to all Priests and religious. Amen.

Pardon Prayer

My God, I believe, I adore, I trust and I love Thee! I beg pardon for those who do not believe, do not adore, do not trust, and do not love Thee.

Fatima Prayers: (taught to the children by an angel)

Most Holy Trinity I adore you. My God, My God, I love you in the most Blessed Sacrament.

Most Holy Trinity, Father, Son, and Holy Spirit, I adore Thee profoundly and offer Thee the most precious Body, blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world today, in reparation for the outrages, sacrileges and indifference with which He Himself is offended. And through the infinite merits of His most Sacred Heart and of the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners.

Prayers for the Rosary

Apostles Creed:

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Father:

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary:

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death Amen.

Glory be:

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

O My Jesus:

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of your Mercy. Amen.

Spiritual Communion:

My Jesus, I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.

The Last Word

Jesus, I must soon leave You, but I carry away with me the gift of Your Love, which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon.

Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again.

Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and all those I have promised to pray for.

The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His most Precious Blood,

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin

Prayer for the souls in Purgatory (prayer of St Gertrude the Great)

“Eternal Father, I offer Thee the most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.”

1994 CHRISTMAS MESSAGE TO CHILDREN

Pope John Paul II

Vatican City (CNS)--- The Vatican text of Pope John Paul II's message to children for Christmas 1994. It was dated 13 December and released at the Vatican 15 December.

....For how many children in the history of the church has the Eucharist been a source of spiritual strength, sometimes even heroic strength! How can we fail to be reminded, for example, of holy boys and girls who lived in the first centuries and are still known and venerated throughout the Church?

St. Agnes, who lived in Rome; St. Agatha, who was martyred in Sicily; St. Tarcisius, a boy who is rightly called the "martyr of the Eucharist" because he preferred to die rather than give up Jesus, Whom he was carrying under the appearance of bread.

And so down the centuries, up to our own times, there are many boys and girls among those declared by the Church to be saints or blessed.

Just as Jesus in the Gospel shows special trust in children, so His mother Mary, in the course of history, has not failed to show her motherly care for the little ones. Think of St Bernadette of Lourdes, the children of La Salette and, in our own century, Lucia, Francisco and Jacinta of Fatima.

Earlier I was speaking to you about the "Gospel of children": has this not found in our own time a particular expression in the spirituality of St Theresa of the Child Jesus?

It is absolutely true: Jesus and His mother often choose children and give them important tasks for the life of the Church and of humanity. I have named only a few who are known everywhere, but how many others there are who are less widely known!

The Redeemer of humanity seems to share with them His concern for others: for parents, for other boys and girls. He eagerly awaits their prayers.

What enormous power the prayer of children has! This becomes a model for grown-ups themselves: praying with simple and complete trust means praying as children pray.

And here I come to an important point in this letter: at the end of this Year of the Family, dear young friends, it is to your prayers that I want to entrust the problems of your own families and of all the families in the world.

And not only this: I also have other intentions to ask you to pray for. The Pope counts very much on your prayers. We must pray together and pray hard, that humanity, made up of billions of human beings, may become more and more the family of God and able to live in peace.

At the beginning of this letter I mentioned the unspeakable suffering which many children have experienced in this century, and which many of them are continuing to endure at this very moment.

How many of them, even in these days, are becoming victims of the hatred which is raging in different parts of the world: in the Balkans, for example, and in some African counties.

It was while I was thinking about these facts, which fill our hearts with pain, that I decided to ask you, dear boys and girls, to take upon yourselves the duty of praying for peace. You know this well: love and harmony build peace, hatred and violence destroy it.

You instinctively turn away from hatred and are attracted by love: for this reason the Pope is certain that you will not refuse his request, but that you will join in his prayer for peace in the world with the same enthusiasm with which you pray for peace and harmony in your own families.

PRAISE THE NAME OF THE LORD!

At the end of this letter, dear boys and girls, let me recall the words of a psalm which have always moved me: "Laudate pueri Dominum!" Praise, O children of the Lord, praise the name of the Lord! Blessed be the name of the Lord from this time forth and for evermore! From the rising of the sun to its setting may the name of the Lord be praised! (cf. Ps. 113:1-3).

As I meditate on the words of this psalm, the faces of all the world's children pass before my eyes: from the East to the West, from the North to the South. It is to you, young friends, without distinction of language, race or nationality, that I say: Praise the name of the Lord!

And since people must praise God first of all with their own lives, do not forget what the 12-year-old Jesus said to His mother and to Joseph in the Temple in Jerusalem: "Did you not know that I must be in My Father's house?" (Lk.2:49).

People praise God by following the voice of their own calling. God calls every person, and His voice makes itself heard even in the hearts of children: He calls people to live in marriage or to be priests; He calls them to the consecrated life or perhaps to work on the missions... Who can say?

Pray dear boys and girls, that you will find out what your calling is, and that you will then follow it generously.

Praise the name of the Lord! The children of every continent, on the night of Bethlehem, look with faith upon the newborn Child and experience the great joy of Christmas. They sing in their own languages, praising the name of the Lord. The touching melodies of Christmas spread throughout the earth.

They are tender and moving words which are heard in every human language; it is like a

festive song rising from all the earth, which blends with the song of the Angels, the messengers of the glory of God, above the stable in Bethlehem: "Glory to God in the highest, and on the earth peace among men with whom He is pleased!" (Lk. 2:14).

The highly favored Son of God becomes present among us as a newborn Baby; gathered around Him, the children of every nation on earth feel His eyes upon the, eyes full of the heavenly Father's love, and they rejoice because God loves them.

People cannot live without love. They are called to love God and their neighbor, but in order to love properly they must be certain that God loves them.

God loves you, dear children! This is what I want to tell you at the end of the Year of the Family and on the occasion of these Christmas feast days, which in a special way are your feast days.

I hope that they will be joyful and peaceful for you; I hope that during them you will have a more intense experience of the love of your parents, of your brothers and sisters, and of the other members of your family.

This love must then spread to your whole community, even to the whole world, precisely through you, dear children. Love will then be able to reach those who are most in need of it, especially the suffering and the abandoned.

What joy is greater than the joy brought by love? What joy is greater than the joy which you, O Jesus, bring at Christmas to people's hearts, and especially to the hearts of children?

**RAISE YOUR TINY
HAND, DIVINE
CHILD, AND
BLESS THESE
YOUNG FRIENDS
OF YOURS, BLESS
THE CHILDREN
OF ALL THE
EARTH**



A short biography of the founder of “Children of Hope”

Fr. Antoine Thomas is a native of France. Before joining the Brothers of St. John in 1985, he was a member of the French Army in the Alpine Troops, pursued a degree in marketing both in France and the US, and enjoyed many active sports such as hang gliding, windsurfing, and mountain climbing in the Alps. He was ordained a Priest in 1992.

Fr. Antoine has given many Youth 2000 retreats throughout the United States, as well as seminars and retreats to seminarians, and to active and contemplative sisters. He has formed a children's Eucharistic Adoration program known as “Children of Hope” which is being implemented in parishes around the World. Fr. Antoine is a regular guest on EWTN. He has filmed several series for them, as well as appearing on "Life on the Rock", “Mother Angelica Live”, and other shows.



Currently he is the Prior of a new foundation of the Community of St John in Christchurch, New Zealand, and is working on many projects for children as well as teens and young adults.

Personal Testimony from Fr Antoine:

“At the age of 17, I saw myself as a good practicing Catholic, but still not a friend of Jesus! It was not until I went on a hiking expedition, and after Mass, the priest exposed Jesus for a time of adoration. This was the beginning of my desire to spend time before Him, realizing that an hour a week at Mass was not enough!

After my time in the Military, I began to attend daily Mass. I wanted to arrive earlier for Mass to have time to recollect and began to stay longer after Mass in silent Thanksgiving. It was this time spent in adoration that awakened my vocation, and led to my joining the Community of St John.

So, I encourage all of you to lead children to spend few moments with Jesus hidden in the Tabernacle every day after school, after work or whenever it is possible for you. God will bless you and all your family. Is there, indeed, a more important mission for parents, priests, catechists, than the one of making Jesus known and loved?”Fr. Antoine Thomas, CSJ

The Congregation of St. John (www.stjean.com) is one of the fastest growing religious orders within the Catholic Church. Founded in 1975 by Father Marie-Dominique Philippe, an outstanding Dominican figure, the Order now numbers over 1000 Brothers and Sisters who have been called to over 20 countries. There are also over 2500 Secular Oblates. (The Community is open to the world by virtue of its philosophical and doctrinal formation and also through its welcoming of numerous lay persons who form a large family together with the brothers and sisters. With St John as their spiritual father, they wish to live more intensely our bond of faith, hope and love with Christ. Through their cooperation, lay persons support the brothers' contemplative life and facilitate their apostolic life. Their association with the life of the Community may take many forms.)

Blessed Edward Poppe

A Patron for Children's Adoration



Ask Blessed Edward to be with you and help you to lead the children. Ask too that he obtain graces for the children for a deep love of the Holy Eucharist!

To find the strength he needed, Edward spent a great deal of time before the Tabernacle. Sometimes he sighed, «Oh, Jesus, how little men love You! At least, the two of us love each other.» On the eve of All Saints' Day, after a long day of confessions, a friend found him close to the Blessed Sacrament. «Edward, what are you doing there?»—«Oh! I'm not doing anything, I'm just keeping Our Lord company. I am too tired to talk to Him, but I'm resting next to Him.»

He had a great love for children and wanted to bring them to love Jesus in the Holy Eucharist: In his goal to sanctify children through the Eucharist, he conceived the plan of a League of Communion which would be «an association of children who love Jesus and wish to sanctify themselves in mutually supporting one another and showing a good example everywhere.» In the League's meetings, which his pastor permitted him to establish, Edward started from the principle that children must not have a watered-down, half-Gospel preached to them, as some priests do for fear of rebuttal, but the full Gospel, Christian perfection. For that, each can count on the grace that comes to us especially from the Eucharist. In June 1917, the Children's Communion League counted 90 members already. Piety flourished again in the parish. Edward was overjoyed. For the Feast of the Sacred Heart, 21 children aged 5 and 6 made their First Communion. They came from poor families, and the mothers wept with joy.

“Constant prayer”, Edward noted in his diary, “communion with God throughout the day and in whatever I do – be it reading, recreation, study, walking or conversation – I will do everything with and for God. He who neglects prayer is lost. My dear Mother Mary, help me.”

Edward's piety was as simple and affectionate as ever. He talked familiarly with Jesus and marveled at the love of predilection of which he was the object, a love he strove to return. “O Jesus,” he prayed, “at the last Supper You experienced the pain of being abandoned in the tabernacle. I will visit You, therefore, like a brother, and converse lovingly with You.” To Mary he prayed with naïve simplicity: “Please, Mother, always love me with special love, and never allow our mutual love to grow cold.”

“I need this hour,” he used to say. “Without it I feel empty, and my apostolate, too, is empty.”

“Lord Jesus, My King and Friend, I have such a great need of You! I love You so little in the depths of my being, lose sight of You so easily, and speak to You rarely. I work with so deficient a supernatural intention, with so much vanity and human consideration, and with so little fruit! O my King of Love, O tenderly loving Friend of souls, You have chosen me, and sent me to bear fruit, lasting fruit. That is also my dearest wish; to save souls. For that purpose I have prepared an abode for You here, a throne. With You I want to begin a new life: a life of fruitful love.”

“O Mary, My Queen and my Mother, tender Mediatrix of all graces, I give myself entirely to you, all that I am, and all that I possess. Obtain for me that life of grace, that life of Jesus with which you are filled. Make me a priest of Jesus, that I may soon become a victim of love for souls in union with Him, and that my prayers, my penances, and all my actions may be but the odour of my loyal and perfect sacrifice.”

“I spend this hour in a trusting and continued contemplation of the Tabernacle. I talk little. I am there, now expressing my ardent desires, now smiling upon Him, both interiorly and exteriorly, and sometimes I use a book to find some spiritual food. Often, almost constantly, I have a smile on my face as I contemplate the Sacred Host. I could not look differently without being unnatural and without curbing my devotion.”

“We want to lose ourselves in you, O Mary, who are nubes lucides, the luminous cloud and the tabernaculum lucis, the tabernacle of light, that we may be clothed with light; amicti sole, clothed with the sun as with a cloak, like you, dearest Mother, and be Christophori, Christ bearers, radiating Christ like you, dear Mother, so that all men, even the blind, may see and recognize Jesus, the Light of the world, and come to Him through us. Then your priests will be filled with joy, courage and gratitude, and they will sing in spite of their heavy burden, in spite of tempests and storms: “O Lord, how ineffable an honour it is, to be your apostles in these, our modern times! Nimis honorati sunt amici tui, Deus (O God, You have singularly honoured your friends). You have chosen them in these times for so sublime a task. Invested with your own power, we shall be all-daring, all-powerful and we shall cry out in surprise: nimis confortatus est principatus eorum (Their power is greatly established). In spite of our littleness, we have become princes of Your Kingdom.”

"Oftentimes I just stay there, simply seated, receiving food. This calm unconscious repose does me good. I am nourished, my strength returns."- Bl. Edward Poppe

Prayer For Blessed Edward's Intercession and Canonisation:

Heavenly Father, We thank you for giving us Blessed Edward Poppe. Through his intercession graciously hear our prayer. Grant that our love for your Son, for His Church, and for the Blessed Eucharist may increase. May his testimony encourage many to live as true Christians. May his example inspire young men to become priests for today. Hasten the day of his glorification in the communion of your saints. We ask this through the intercession of Mary, his and our Mother. Amen. Our Father.... Hail Mary... Blessed Edward Poppe, Pray for us!

Quotes

"Lord Jesus, Who in the Eucharist make your dwelling among us and become our traveling companion, sustain our Christian communities so that they may be ever more open to listening and accepting your Word. May they draw from the Eucharist a renewed commitment to spreading in society, by the proclamation of your Gospel, the signs and deeds of an attentive and active charity,"

- Bl. Pope John Paul II

"It is invaluable to converse with Christ, and leaning against Jesus' breast like his beloved disciple, we can feel the infinite love of his Heart. We learn to know more deeply the One who gave Himself totally, in the different mysteries of his divine and human life, so that we may become disciples and in turn enter into this great act of giving, for the glory of God and the salvation of the world. 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 Savior draws the whole world with him and raises it to God. Those who stand before the Lord are therefore fulfilling an eminent service. They are presenting to Christ all those who do not know him or are far from him; they keep watch in his presence on their behalf,"

- from Our Holy Father, Pope John Paul II's 1996 letter to the Bishop of Liege, written on the occasion of the 750th anniversary of the first celebration of the Feast of Corpus Christi

"Do grant, oh my God, that when my lips approach Yours to kiss You, I may taste the gall that was given to You; when my shoulders lean against Yours, make me feel Your scourging; when my flesh is united with Yours, in the Holy Eucharist, make me feel Your passion; when my head comes near Yours, make me feel Your thorns; when my heart is close to Yours, make me feel Your spear."

- St. Gemma Galgani

"God dwells in our midst, in the Blessed Sacrament of the altar." St. Maximilian Kolbe

"The great truth that God is all, and the rest nothing, becomes the life of the soul, and upon it one can lean securely amid the incomprehensible mysteries of this world." – Bl. Mary Teresa de Soubiran Foundress Society of Mary Auxillary (Mary the Helper)

"Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart...don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love..."

"Receive Communion often, very often...there you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing..."

"The guest of our soul knows our misery; He comes to find an empty tent within us - that is all He asks."

- St. Therese of Lisieux

"And just as He appeared before the holy Apostles in true flesh, so now He has us see Him in the Sacred Bread. Looking at Him with the eyes of their flesh, they saw only His Flesh, but regarding Him with the eyes of the spirit, they believed that He was God. In like manner, as we see bread and wine with our bodily eyes, let us see and believe firmly that it is His Most Holy Body and Blood, True and Living."

For in this way our Lord is ever present among those who believe in him, according to what He said: "Behold, I am with you all days even to the consummation of the world." (Mt. 28, 20)

- St. Francis of Assisi

"In each of our lives Jesus comes as the Bread of Life - to be eaten, to be consumed by us. This is how He loves us. Then Jesus comes in our human life as the hungry one, the other, hoping to be fed with the Bread of our life, our hearts by loving, and our hands by serving. In loving and serving, we prove that we have been created in the likeness of God, for God is Love and when we love we are like God. This is what Jesus meant when He said, "Be perfect as your Father in heaven is perfect."

-Bl. Mother Teresa of Calcutta

"When we go before Jesus in the Blessed Sacrament we represent the one in the world who is in most need of God's Mercy." We "Stand in behalf of the one in the world who does not know Christ and who is farthest away from God and we bring down upon their soul the Precious Blood of The Lamb."

- Pope John Paul II

"If I can give you any advice, I beg you to get closer to the Eucharist and to Jesus... We must pray to Jesus to give us that tenderness of the Eucharist."

-Bl. Mother Teresa of Calcutta

"How many of you say: I should like to see His face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment."

- St. John Chrysostom

By our little acts of charity practiced in the shade we convert souls far away, we help missionaries, we win for them abundant alms; and by that means build actual dwellings spiritual and material for our Eucharistic Lord."

"It is not to remain in a golden ciborium that He comes down each day from Heaven, but to find another Heaven, the Heaven of our soul in which He takes delight."

"You must open a little, or rather raise on high your corolla so that the Bread of Angels may come as divine dew to strengthen you, and to give you all that is wanting to you."

- St. Therese of Lisieux, Doctor of the Church

"If angels could be jealous of men, they would be so for one reason: Holy Communion."

- St. Maximilian Kolbe

"When you have received Him, stir up your heart to do Him homage; speak to Him about your spiritual life, gazing upon Him in your soul where He is present for your happiness; welcome Him as warmly as possible, and behave outwardly in such a way that your actions may give proof to all of His Presence."

- St. Francis de Sales

"To keep me from sin and straying from Him, God has used devotion to the Sacred Heart of Jesus in the Blessed Sacrament. My life vows destined to be spent in the light irradiating from the tabernacle, and it is to the Heart of Jesus that I dare go for the solution of all my problems,"

- Pope John XXIII

*"How I loved the feasts!.... I especially loved the processions in honor of the Blessed Sacrament. What a joy it was for me to throw flowers beneath the feet of God!... I was never so happy as when I saw my roses touch the sacred Monstrance..." from St. Therese's Autobiography *Story of A Soul**

"We ought to visit Him [Jesus in the Holy Eucharist] often. How dear to Him is a quarter of an hour spared from our occupations or from some useless employment, to come and pray to Him, visit Him, and console Him for all the ingratitude He receives! When He sees pure souls hurrying to Him, He smiles at them. They come with that simplicity which pleases Him so much, to ask pardon for all sinners, and for the insults of so many who are ungrateful" (St. John Vianney).

"O Sisters, if we would only comprehend the fact that while the Eucharistic Species remain within us, Jesus is there and working in us inseparably with the Father and the Holy Spirit and therefore the whole Holy Trinity is there...,"

- St. Mary Magdalene de Pazzi

"Words cannot express the perfection of his adoration. If Saint John leaped in the womb at the approach of Mary, what feelings must have coursed through Joseph during those six months when he had at his side and under his very eyes the hidden God! If the father of Origin used to kiss his child during the night and adore the Holy Spirit living within Him, can we doubt that Joseph must often have adored Jesus hidden in the pure tabernacle of Mary? How fervent that adoration must have been: My Lord and my God, behold your servant! No one can describe the adoration of this noble soul. He saw nothing, yet he believed; his faith had to pierce the virginal veil of Mary. So likewise with you! Under the veil of the Sacred Species your faith must see our Lord. Ask St. Joseph for his lively, constant faith."

- St. Peter Julian Eymard

"The Blessed Sacrament is indeed the stimulus for us all, for me as it should be for you, to forsake all worldly ambitions. Without the constant presence of our Divine Master upon the altar in my poor chapels, I never could have persevered casting my lot with the lepers of Molokai; the foreseen consequence of which begins now to appear on my skin, and is felt throughout the body. Holy Communion being the daily bread of a priest, I feel myself happy, well pleased, and resigned in the rather exceptional circumstances in which it has pleased Divine Providence to put me."

- Blessed Damien, Apostle of the Lepers

"If Christ did not want to dismiss the Jews without food in the desert for fear that they would collapse on the way, it was to teach us that it is dangerous to try to get to heaven without the Bread of Heaven."

- St. Jerome

It is there in His Eucharist that He says to me: "I thirst, thirst for your love, your sacrifices, your sufferings. I thirst for your happiness, for it was to save you that I came into the world, that I suffered and died on the Cross, and in order to console and strengthen you I left you the Eucharist. So you have there all My life, all My tenderness."

- Mother Mary of Jesus, foundress of the Sisters of Marie Reparatrice

"Jesus in the Blessed Sacrament is the Living Heart of each of our parishes,"

- Pope Paul VI

In speaking of Our Lord in the Most Blessed Sacrament, St. Peter Julian Eymard writes:

"The Lord 'hath set His tabernacle in the sun,' says the Psalmist. The sun is Mary's heart."

"In order to be like You, who are always alone in the Blessed Sacrament, I shall love solitude and try to converse with You as much as possible. Grant that my mind may not seek to know anything but You, that my heart may have no longings or desires but to love You. When I am obliged to take some comfort, I shall take care to see that it be pleasing to Your Heart. In my conversations, O divine Word, I shall consecrate all my words to You so that You will not permit me to pronounce a single one which is not for Your glory.... When I am thirsty, I shall endure it in honor of the thirst You endured for the salvation of souls.... If by chance, I commit some fault, I shall humble myself, and then take the opposite virtue from Your Heart, offering it to the eternal Father in expiation for my failure. All this I intend to do, O Eucharistic Jesus, to unite myself to You in every action of the day."

- St. Margaret Mary

In the Eucharist, Christ is truly present and alive, working through his Spirit; yet, as Saint Thomas said so well, "what you neither see nor grasp, faith confirms for you, leaving nature far behind; a sign it is that now appears, hiding in mystery realities sublime".(16) He is echoed by the philosopher Pascal: "Just as Jesus Christ went unrecognized among men, so does his truth appear without external difference among common modes of thought. So too does the Eucharist remain among common bread."(17)

- From #13 of Pope John Paul II's encyclical, "Faith and Reason (Fides et Ratio)"

Jesus, what made You so small? LOVE!

- St. Bernard of Clairvaux

"The faith of the Church is this: That one and identical is the Word of God and the Son of Mary, Who suffered on the Cross, Who is present in the Eucharist, and Who rules in Heaven,"- Pope Pius XII

"Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfillment of the soul's deepest desires. May my heart always hunger for you, so that soul may be filled with the sweetness of your presence"

- Saint Bonaventure

"The Eucharist is the supreme proof of the love of Jesus. After this, there is nothing more but Heaven itself."

-St. Peter Julian Eymard

"In the presence of Jesus in the Holy Sacrament we ought to be like the Blessed in heaven before the Divine Essence."

- St. Teresa of Avila

"For One in such a lofty position to stoop so low is a marvel that is staggering. What sublime humility and humble sublimeness, that the Lord of the Universe, the Divine Son of God, should stoop as to hide Himself under the appearance of bread for our salvation! Behold the humble way of God, my brothers. Therefore, do not hold yourselves to be anything of yourselves, so that you may be entirely acceptable to One Who gives Himself entirely to you."

- St. Francis of Assisi

"The faith of the Church is this: That one and identical is the Word of God and the Son of Mary, Who suffered on the Cross, Who is present in the Eucharist, and Who rules in Heaven," Pope Pius XII

"The holy Eucharist contains the whole spiritual treasure of the Church, that is, Christ himself.... He who is the living bread, whose flesh, vivified by the Holy Spirit and vivifying, gives life to men,"

- Vatican II

"God is as really present in the consecrated Host as He is in the glory of Heaven,"

- St. Paschal Baylon

"Happy is the soul that knows how to find Jesus in the Eucharist, and the Eucharist in all things!,"

- St. Peter Julian Eymard

"O Jesus in the Blessed Sacrament, I would like to be filled with love for You; keep me closely united with You, may my heart be near to Yours. I want to be to You like the apostle John. O Mary of the Rosary, keep me recollected when I say

these prayers of yours; bind me forever, with your rosary, to Jesus of the Blessed Sacrament. Blessed be Jesus, my love...,"

-Pope John XXIII, *Journal of a Soul*

"When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength." –Bl. Mother Teresa of Calcutta

"Do not think that Jesus Christ is forgetful of you, since he has left you, as the greatest memorial and pledge of his love, himself in the Most Holy Sacrament of the Altar."

- St. Alphonsus Liguori

"Eternal Son of the living God, Whom I here acknowledge really present! I adore Thee with all the powers of my soul. Prostrate with the Angels in the most profound reverence, I love Thee, O my Saviour, Whom I now behold on the throne of Thy love! O dread Majesty, O infinite Mercy! Save me, forgive me! Grant that I may never more be separated from Thee." -St. Basil

"O what a wonderful and intimate union is established between the soul and You, O lovable Lord, when it receives You in the Holy Eucharist! Then the soul becomes one with You, provided it is well disposed by the practice of the virtues, to imitate what You did in the course of Your life, Passion, and death."

-St. Mary Magdalen de Pazzi

"Devotion to the Sacred Heart should bring us to a life of intimate union with Jesus who, we know, is truly present and living in the Eucharist. The two devotions — to the Sacred Heart and to the Eucharist — are closely connected. They call upon one another and, we may even say, they require one another. The Sacred Heart explains the mystery of the love of Jesus by which He becomes bread in order to nourish us with His substance, while in the Eucharist we have the real presence of this same Heart, living in our midst. It is wonderful to contemplate Jesus as the symbol of His infinite love, but it is even more wonderful to find Him always near us in the Sacrament of the altar. The Sacred Heart which we honor is not a dead person's heart which no longer palpitates, so that we have only the memory of him, but it is the Heart of a living Person, of One who lives eternally. He lives not only in heaven where His sacred humanity dwells in glory, but He lives also on earth wherever the Eucharist is reserved. In speaking of the Eucharist, Our Lord says to us, 'Behold, I am with you all days, even to the consummation of the world' (Mt 28, 20). In Holy Communion, then, this Heart beats within us, it touches our heart; through the love of this Heart, we are fed with His Flesh and with His Blood, so that we may abide in Him and He in us,"

- from *"Divine Intimacy"*, by Fr. Gabriel of St. Mary Magdalen, O.C.D.



Prayers Answered

My dear friend and her son began to attend the children's Holy Hour at our Parish in Wichita, Kansas, with the intention of praying for her daughter who was to be married outside of the Church.

At first, they just mentioned this "special intention", not wanting everyone to know her sorrow, and for weeks this little boy prayed for his "special intention" and asked Jesus to help his sister.

He asked his mother often if his sister had come back to the church, and his mother answered, "No dear, please keep praying". After awhile they shared with the group, and this special intention was shared by all who prayed for her and those in our own families who have fallen away.

After a year, my friend got a call from her daughter who said, "Mom, I have come to believe that the Eucharist is really Jesus, and that only the Catholic Church has this!" Imagine her surprise and joy! She had gone to confession, was going to Mass again and was to be married in the Church that spring! It was a little wink from Jesus!

So excited from this joyous news, the next week this little boy began praying for his future Brother-in-law to join the church and become a Catholic. Each week again for over a year he lifted this man in prayer before Jesus and all the children prayed. After 15 months, on Christmas day, this man announced he had begun RCIA 3 months earlier and would be joining the church at Easter!

How can Jesus resist the purity and trust these little ones have in Him? -

Sandy, Wichita, Kansas

"Angels pray in the midst of children and join in their petitions. They are near the Lord. They are treasures!" -

Servant of God -Marthe Robin

Products to help you start your own Children's Holy Hour

"Children's Adoration in the Third Millennium"- shows you how much children's adoration has spread across the world since the year 2000. Today, thousands of DREs, parents and priests have discovered the impact that quiet time alone with Jesus can have on our youth.

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Please check the items you wish to have in your order.

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