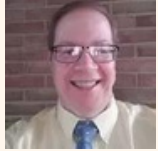


EUCCHARISTIC REVIVAL



Personal Reflection: Bob, on Time Well Spent



Before almost every Mass, Bob reads a short essay by Blessed Charles de Foucauld. The ending really speaks to him:

"Is it not true that someone in love feels that he has made perfect use of all the time he spends in the presence of his beloved? Apart from them, is not that time used best which is employed in doing the will or furthering the welfare of his beloved in some other place?"

***- "In the Presence of the Beloved",
Blessed Charles de Foucauld***

Although Bob is a lifelong Catholic, he admits that spending time with the Blessed Sacrament was not always a conscious part of his faith life. But these days he spends quiet time in the Lord's Eucharistic Presence, either at Mass or during Adoration. He shares his joys, his needs, and his fears. And as a result, he can really relate to the sentiments of Father de Foucauld.

Bob can give witness that this time of prayer and contemplation has resulted in an increase in his patience and understanding. And perhaps most significantly, he experiences an increase in hope. Bob shares that when confronted with the problems of the world, "I can get scared. But then I realize... there's hope in Christ!"

As for Bob's time apart from the Eucharist... he takes the Lord with him when he goes, making an effort to foster the love of Christ at home, in his workplace, and the community.

**"The Eucharist
is the body,
blood, soul and
divinity of
Jesus. I not
only believe
that. I know it
in my heart."**

- Bob

**IF YOU WOULD LIKE TO SHARE YOUR THOUGHTS ON WHAT THE
EUCCHARIST MEANS TO YOU, CONTACT MARY AT
COMMUNICATIONS@STJOSEPHMECH.ORG OR 717-766-9433.**

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