



HE WHO REMAINS WITH US

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Eucharistic Revival

The dogmatic constitution of the Church *Lumen Gentium* tells us that "the Eucharist is the source and summit of all Christian life. (11)" This is one of the reasons why the United States Conference of Catholic Bishops began a process called Eucharistic Revival which began on June 19, 2022, on

Corpus Christi Sunday.

Bishop Andrew H. Cozzens, who heads the committee on evangelization and catechesis of the United States Conference of Catholic Bishops, tells us that this is a time when they want to ignite in the people of God a living relationship with Jesus in the Holy Eucharist. They, like our Church leaders, seek for all to encounter the love of Jesus Christ truly present in the Eucharist and to experience the life change that comes with this love. The Eucharistic Revival is composed of three stages: the first stage is a diocesan year, the second a parish year, and the third part with the celebration of a Eucharistic Congress on July 17-21, 2024, in Indianapolis.

As members of the Catholic Church of the United States are calling people, families, and communities to take actions that would help us grow in the love and devotion to Jesus Christ who is present in the Holy Sacrament of the Altar. However, to build this awareness, we must enter the mystery, and we are to remain in the mystery with our whole life discovering the will of God.

Consecrated Sisters of the Most Holy Savior

The Consecrated Sisters of the Most Holy Savior are a group of religious women who have been tasked with ministerial service to our Diocese and from them we are learning so much about the devotion to the Eucharist since this is their charism to be contemplative and missionaries. In the spirit of the Eucharistic Revival, we have the opportunity to speak with two young religious, Sister Faustina Marie and Sister Maria del Carmen, who belong to this institution and will be sharing with us their point of view about the importance of the Eucharist.

Their religious group was founded by a Redemptorist priest, Father Pablo Straub, to evangelize the poor and the most abandoned. Sister Faustina tells us: "To be able to evangelize we must be filled with God and this is achieved through prayer. We try to stay very close to God, especially in the Eucharist, and then we go out to give the love that God gives us". Like Saint Thomas Aquinas says, "What you have contemplated for yourself, you must give to others." Being faithful to this way of life, the sisters must daily fill themselves with moments in which they can approach the Eucharist to experience the love of God, receive his gifts, and then, share them with those they encounter along the way. For example, the sisters tell us that they always begin their day with Holy Hour, and in addition to attending daily mass and community prayers each one of them finds a moment during the day to be alone and to contemplate Jesus in the Eucharist and

they prepare themselves to bring to their respective apostolate the same experience of God who have remained with them in the Sacred Communion.

The Eucharist in the Parish

Sister Maria del Carmen tells us that the parishes are the important place for the life of faith of the people and for the growth of love in their souls towards the Eucharist. In the first place, because we know that Jesus is truly alive in the bread and wine that have been consecrated, and in this way, we encounter the body of Christ in the tabernacle. The Catechism of the Catholic Church, paragraph 1374 says, "In the most blessed sacrament of the Eucharist "the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially contained.*" She tells us that the parishes are privileged sites where people can go and visit Him, and as such, it is important that she can offer pilgrims special moments where they can get closer to the real presence of Jesus in the tabernacle. This is the great treasure that we have as Catholics and thanks to this encounter many people receive the necessary blessings in their life. Sister Maria del Carmen asks, "If not in the parish, then where else will you encounter Him?"

A Personal Outlook

In order to grow in the love and understanding of Jesus in the Most Holy Sacrament, we are guided in our faith in the counsel of St Cyril: You do not ask if this is the truth, rather you welcome well with faith the words of God because He is the Truth, He does not lie" (CCC 1381). Sister Faustina says that by meditating on the presence of God in the Eucharist one realizes his own littleness and that [God] desires so much to stay with us that He made Himself little. He wants to give this truth to us that it should move us to visit Jesus frequently and that every time we desire this our love for God grows. Finally, Sister Maria del Carmen affirms that "in the measure that we desire God, we love our neighbor."

To make our form of prayer effective is to look within us if we are growing in the love of our neighbor and if our actions testify to our spiritual life.

The next time we visit the Holy Sacrament, together we join Saint Thomas Aquinas in saying:

Godhead here in hiding, whom I do adore
Masked by these bare shadows, shapes and nothing more,
See, Lord, at thy service low lies here a heart
Lost, all lost in wonder at the God thou art.

Seeing, touching, tasting are in thee deceived;
How says trusty hearing? that shall be believed;
What God's Son has told me, take for truth I do;
Truth himself speaks truly or there's nothing true. (CCC 1381).

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