



Newsletter of the  
**HOLY EUCHARIST APOSTOLATE**  
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**ADORATION OF THE EUCHARIST FOR THE SANCTIFICATION OF CATHOLIC CLERGY**

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**Could You Not Spend One Hour With Me? MT XXVI – 40**

## ***GUARDING THE SOUL***

### **Vigilance in Communicating**

*From the Imitation of Christ, Book IV*

*Thou oughtest often to have recourse to the fountain of grace, and of divine mercy, to the fountain of all goodness and all purity, that thou mayst be healed of thy passions and vices, and be made more strong and vigilant against all the temptations and deceits of the devil. The enemy, knowing the very great advantage and remedy which is in the Holy Communion, strives by all means and occasions, as much as he is able, to withdraw and hinder faithful and devout persons from it....*

*But thou oughtest not only to prepare thyself by devotion before Communion, but carefully also to keep thyself therein after receiving the Sacrament; neither is carefully guarding thyself afterwards less required than devoutly preparing thyself before; for a good guard afterwards is the best preparation for again obtaining greater grace.*

### **Attention to Detail**

*Deacon Bill Crane*

As Catholic Christians we need consistently to guard our faith and the faith of those we love. Especially this is true when we place a child in a school be it primary, secondary or “higher education.” *The Cardinal Newman Society* is a vigilant promoter and defender of true Catholic education and publishes *The Newman Guide* which “recommends faithful Catholic colleges and universities in the U.S. and abroad to help Catholic families choose the right college.” See [www.cardinalnewmansociety.org](http://www.cardinalnewmansociety.org) or call (703) 367-0333. In his novel *August 1914* Solzhenitsyn captured, in writing of a wealthy farmer’s daughter, what the outcome after four years can be if parents are not vigilant regarding their child’s education:

*These days nothing remained of her assiduous devotion to morning and evening prayer on her knees. When she prayed now, it was in a distracted and off-hand way and she went to church with the rest of the family only when she could not avoid it. In the congregation she stood looking bored and embarrassed, crossing herself awkwardly.*

*Tomchak suddenly woke up to the fact that he had forgotten to ask the headmistress one small question: with all these girls in her charge, did she believe in God? (1)*

## **A Recompense of Holiness: The Innocent Souls Reward**

*Wisdom 1:16—2:1a, 10-24*

“Let us oppress the needy just man;  
lest us neither spare the widow  
nor revere the old man for his hair grown  
white with time.  
But let our strength be our norm of justice;  
for weakness prove itself useless.  
Let us beset the just one, because he is  
obnoxious to us;  
he sets himself against our doings,  
Reproaches us for transgressions of the law  
and charges us with violations of our  
training.

“He professes to have knowledge of God  
and styles himself a child of the Lord.  
To us he is the censure of our thoughts;  
merely to see him is a hardship for us,  
Because his life is not like other men’s,  
and different are his ways.  
He judges us debased;  
he holds aloof from our paths as from things  
impure.  
He calls blest the destiny of the just  
and boasts that God is his Father.

“Let us see whether his words be true;

let us find out what will happen to him.  
For if the just one be the son of God, he will  
defend him  
and deliver him from the hand of his foes.  
With revilement and torture let us put him to  
the test  
that we may have proof of his gentleness  
and try his patience.  
Let us condemn him to a shameful death;  
for according to his own words, God will  
take care of him”

These were their thoughts, but they erred;  
for their wickedness blinded them  
And they knew not the hidden counsels of  
God;  
neither did they count on a recompense of  
holiness  
nor discern the innocent soul’s reward.  
For God formed man to be imperishable;  
the image of his own nature he made him.  
But by the envy of the devil, death entered  
the world,  
and they who are in his possession  
experience it.

### **PRAYER**

*From Imitation of Christ, Book III, Chapter 32*

O my God, I can indeed sin without Thee, but I cannot rise again without Thee, nor withdraw myself from anything that would seduce my mind and corrupt my unsteady heart. Succor, support, and strengthen me in the combats which I am obliged to sustain with myself in my endeavors to renounce all, that in all I may seek and find Thee. How it distress me to behold myself the slave of my passions, and the victim of my wayward humors! Break asunder, my chains, O Lord and grant that, detaching myself from all things else, I may adhere only to Thee. Amen.

## Christ Willed to Save Those Who Were Perishing

*From a homily written in the second century (2)*

Brethren, we ought to regard Jesus Christ as God and judge of the living and the dead. We should not hold our Savior in low esteem, for if we esteem him but little, we may hope to obtain but little from him. Moreover, people who hear these things and think them of small importance commit sin, and we ourselves do not realize what we have been called from, and who has called us, and to what place, and how much suffering Jesus Christ endured on our account.

How then shall we repay him? What fruit can we bear that would be worthy of what he has given us? For how many benefits are we not in his debt! He has enlightened our minds; he has called us sons as a father does; he saved us when we were about to perish. How then shall we praise him, how repay him for his gifts? Spiritually blind, we worshiped stones and piece of wood, gold and silver and bronze, things made by men, and our whole life was death. Darkness enfolded us, and nothing but gloom met our eyes. Then, by his will, we escaped from the cloud that enveloped us and recovered our sight. For he saw our many errors and the damnation that awaited us, and knowing that apart from him we had no hope of salvation, he pitied us, and in his mercy saved us. He called us when we were not his people and willed us to become his people.

*Rejoice, O barren woman who never bore a child; break into shouts of joy, you who never knew a mother's pangs; for the deserted wife shall have more children than she who has a husband.* When he says: *Rejoice O barren woman who never bore a child*, he is speaking of us, for our Church was barren until children were given her. When he says: *Break into shouts of joy, you who never knew a mother's pangs*, he means that we should not grow weary like women in labor, but tirelessly and in all simplicity offer our prayers to God. H declares that *the deserted wife shall have more children than she who has a husband*, because faith has now made our people who seemed to have been deserted by God more numerous than those who were thought to possess him.

Another text says: *I have come not to call the righteous, but sinners to repentance*, for it is those who are perishing who must be saved. It is a great and wonderful work to uphold those who are falling, rather than those who already stand firm. Christ willed to save people who were in danger of losing their souls, and he has been the salvation of many. When we were on the point of perishing, he came and called us. ...

....So do not be disturbed at the sight of wicked men possessing great wealth while the servants of God suffer want. We, my brothers and sisters, must have faith. Competing as we are in the arena of the living God, we are receiving the training in this present life that will make us worthy to be crowned in the life to come. No honest man becomes rich overnight; he has to wait for the reward of his labors. If God gave virtue an immediate recompense, we should straightway find ourselves engaging in commerce, instead of perfecting ourselves in his service. Although to all outward appearance we might be irreproachable, we should not be seeking God, but for our own advantage, and bringing down on our sinful souls the divine judgment that would soon make us feel the full weight of our chains.

## **The Rosary of the Holy Wounds** (3)

*On the crucifix and first three (small) beads say.*

**O** Jesus, Divine Redeemer, be merciful to us and to the whole world. Amen.

**Strong** God, holy God, immortal God, have mercy on us and the whole world. Amen.

**Grace** and mercy, O my Jesus, during present dangers; cover us with Your Precious Blood. Amen.

**Eternal** Father, grant us mercy through the Blood of Jesus Christ, Your only Son; grant us mercy, we beseech You. Amen. Amen. Amen.

The following prayers, composed by Our Lord are to be said using the rosary beads.

*On the large beads:*

V. Eternal Father, I offer You the Wounds of our Lord Jesus Christ.

R. To heal the wounds of our souls.

*On the small beads:*

V. My Jesus, pardon and mercy.

R. Through the merits of Your Holy Wounds.

History: This devotion to the Holy Wounds and the following promises were revealed by Our Lord to Sr. Mary Martha Chambon (1841-1907), of the Monastery of the Visitation of Chambéry, (France). The cause for her beatification was introduced in 1937. (She is in the process of canonization.)

### **Promises of Our Lord for Those Who Practice This Devotion**

1. At each word that you pronounce of the Chaplet to the Holy Wounds, I allow a drop of My Blood to fall upon the soul of a sinner.
2. Each time that you offer to My Father the merits of My divine Wounds, you win an immense fortune.
3. Souls that will have contemplated and honored My crown of thorns on earth, will be My crown of glory in Heaven!
4. I will grant all that is asked of Me through the invocation of My Holy Wounds. You will obtain everything, because it is through the merit of My Blood, which is of infinite price. With My Wounds and My Divine Heart, everything can be obtained.
5. From My Wounds proceed fruits of sanctity. As gold purified in the crucible becomes more beautiful, so you must put your soul and those of your companions into My Sacred Wounds; there they will become perfected as gold in the furnace. You can always purify yourself in My Wounds.
6. My Wounds will repair yours. My Wounds will cover all your faults. Those who honor them will have a true knowledge of Jesus Christ. In meditation on them, you will always find a new love. My Wounds will cover all your sins.
7. Plunge your actions into My Wounds and they will be of value. All your actions, even the least, soaked in My Blood, will acquire by this alone an infinite merit and will please My Heart.
8. In offering My Wounds for the conversion of sinners, even though the sinners are not converted, you will have the same merit before God as if they were.
9. When you have some trouble, something to suffer, quickly place it in My Wounds, and the pain will be alleviated.
10. This aspiration must often be repeated near the sick: "My Jesus, pardon and mercy through the merits of Your Holy Wounds!" This prayer will solace soul and body.
11. A sinner who will say the following prayer will obtain conversion: "Eternal Father, I offer You the Wounds of our Lord Jesus Christ to heal those of our souls."
12. There will be no death for the soul that expires in My Holy Wounds; they give true life.
13. This Chaplet is a counterpoise to My justice; it restrains My vengeance.
14. Those who pray with humility and who meditate on My Passion, will one day participate in the glory of My divine Wounds.
15. The more you will have contemplated My painful Wounds on this earth, the higher will be your contemplation of them glorious in Heaven.
16. The soul who during life has honored the Wounds of our Lord Jesus Christ and has offered them to the Eternal Father for the Souls in Purgatory, will be accompanied at the moment of death by the Holy Virgin and the angels; and Our Lord on the Cross, all brilliant in glory, will receive her and crown her.
17. The invocations of the Holy Wounds will obtain an incessant victory for the Church.

## **To Clergy: Practice What You Preach**

*Saint Charles Borromeo, bishop, 1538-1584*

I admit that we are all weak, but if we want help, the Lord God has given us the means to find it easily. One priest may wish to lead a good, holy life, as he knows he should. He may wish to be chaste and to reflect heavenly virtues in the way he lives. Yet he does not resolve to use the means, such as penance, prayer, the avoidance of evil discussions, and harmful and dangerous friendships. Another priest complains that as soon as he comes into church to pray the office or to celebrate Mass, a thousand thoughts fill his mind and distract him from God. But what was he doing in the sacristy before he came out for the office or the Mass? How did he prepare? What means did he use to collect his thoughts and to remain recollected?

Would you like me to teach how to grow from virtue to virtue and how, if you are already recollected at prayer, you can be even more attentive next time, and so give God more pleasing worship? Listen, and I will tell you. If a tiny spark of God's love already burns within you, do not expose it to the wind, for it may get blown out. Keep the stove tightly shut so that it will not lose its heat and grow cold. In other words, avoid distractions as well as you can. Stay quiet with God. Do not spend your time in useless chatter.

If teaching and preaching is your job, then study diligently and apply yourself to whatever is necessary for doing the job well. Be sure that you first preach by the way you live. If you do not, people will notice that you say one thing, but live otherwise, and your words will bring only cynical laughter and a derisive shake of the head.

Are you in charge of a parish? If so, do not neglect the parish of your own soul, do not give yourself to others so completely that you have nothing left for yourself. You have to be mindful of your people without becoming forgetful of yourself.

My brothers you must realize that for us churchmen nothing is more necessary than meditation. We must meditate before, during and after everything we do. The prophet says: I will pray, and then I will understand. When you administer the sacraments, meditate on what you are doing. When you celebrate Mass, reflect on the sacrifice you are offering. When you pray the office, think about the words you are saying and the Lord to whom you are speaking. When you take care of your people, meditate on the Lord's blood that has washed them clean. In this way, *all that you do becomes a work of love.*

This is the way we can easily overcome the countless difficulties we have to face day after day, which, after all, are part of our work: in meditation we find the strength to Bring Christ to birth in ourselves and in other men.

## **The General's Spiritual Weapon**

Marshal Foch, Supreme Commander of Allied Forces in WW I, was never without his Rosary on or off the battlefield. He came by this devotion in a distinguished way: His mother was a friend and frequent prayer companion of no less a person than St. Bernadette of Lourdes. Of the Rosary he wrote: "I think that I did not miss a single day in reciting it including the most terrible times of battle when I had no rest night or day. How often did I see her [Our Lady's] manifest intercession in the decision in choosing a precise tactic. Take then the advice of an old soldier seasoned by experience: Do not neglect the recitation of the Rosary for any purpose."

## **Ambulance Confessional for Year of Mercy**

The Diocese of Lafayette has unveiled a new and offbeat method for Catholics to confess their sins. It's all part of the upcoming "Year of Mercy" declared by Pope Francis.

An ambulance recently donated to the diocese will now serve as a mobile confessional. Bishop Michael Jarrell said he hopes this will be a way for more Catholics to confess their sins. "I think many people miss opportunities for the Sacrament of Reconciliation because of busy schedules so here we're trying to remove that obstacle," the bishop told KLFY's Jazmin Thibodeaux.

Bishop Jarrell blessed the mobile confessional in front of students and members of the Diocese.

The Bishop said this is aimed at fulfilling a call from Pope Francis, "The Holy Father asked us to concentrate on the sacrament of reconciliation and that's the purpose of this spiritual care unit to bring people into deeper communion with Christ."

Father Michael Champagne said priests often hear confessions outside of the church and this is just an easier way to continue their mission, "This way we can have it set up and make it present where people are at gatherings like Downtown Alive perhaps, or tailgating, early tailgating."

Champagne said this is definitely a first, not only for Acadiana but possibly the country. Inside the converted ambulance priests will have a supply of holy cards, rosaries, and even holy water.

Stephen Melancon is a sophomore at John Paul the Great Academy. He described it as a confessional on wheels, "To have this so available, it gives us no excuse not to go to confession."

Jasmine Thibodeaux on KLFY.com, 11/12/15  
(KLFY News Channel 10, Lafayette, La)

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***Who hath a stronger conflict than he who striveth to overcome himself?***

Thomas a Kempis

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## **Pillars**

***But Lot's wife looked back, and she was turned into a pillar of salt.***

Genesis 19:26

***Then Pilate took Jesus and scourged him.***

John 19:1

"Scourging was one of the most severe punishments permitted under law. The criminal was draped over a pillar or other form of support, his naked back exposed to the lash or *flagellum*. Scourging was generally used as a preliminary to crucifixion to weaken the criminal and thereby hasten his death."

*Navarre Bible Commentary, The Gospel of St. John*

***I will make the victor a pillar in the temple of my God and he shall never leave it.***

Revelation 3:12

### **The Real Effects**

Let us always remember that He does not demand from us as a disposition for communion that which is the effect of communion, and that, provided we approach Him with a real desire of being converted, evinced by a good confession, and by a firm hope that Jesus Christ will confirm us by His presence in His Grace and love, we may with confidence frequently receive the Holy Communion, that we may obtain courage to conquer ourselves, fidelity in our exercise of piety, and perseverance in the grace and love of God, which are the real effects of frequent and worthy communion.

*Bishop Richard Challoner (4)*

***Beloved, I beseech you as aliens and exiles to abstain  
from the passions of the flesh that wage war  
against your soul.***

***Maintain good conduct among the Gentiles,  
so that in case they speak against you as wrongdoers,  
they may see your good deeds and glorify God  
on the day of visitation.***

*1 Peter, 2:11-12*

### **The Design of the Church**

*Pope Pius XI, from Ecclesiam Dei*

In designing his Church God worked with such skill that in the fullness of time it would resemble a single great family embracing all men. It can be identified, as we know, by certain distinctive characteristics, notably its universality and unity.

Christ the Lord passed on to his apostles the task he had received from the Father: *I have been given all authority in heaven and on earth. Go, therefore, and make disciples of all nations.* He wanted the apostles as a body to be intimately bound together, first by the inner tie of the same faith and love *which flows into our hearts through the Holy Spirit*, and second, by the external tie of authority exercised by one apostle over the others. For this he assigned the primacy to Peter, the source and visible basis of their unity for all time. So that the unity and agreement among them would endure, God wisely stamped them, one might say, with the mark of holiness and martyrdom.

### **MATTHEW 16:18**

***And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it.***

*Douay-Rheims Bible*

## JESUS, THE ALTAR AND CHILDREN

### **“Is that Jesus?”** (5)

During Adoration of the Blessed Sacrament recently at St. Anthony’s Church in Ely, Minnesota, two-year-old Brooklee Scharber, asked her mother, “Mommy, is that Jesus? I want to check Him out.”

Brooklee had been asking a lot of questions about what Father William Skarich was doing at the tabernacle and with the monstrance.

While all were singing “O Salutaris,” Father Skarich and Deacon Donald Klick were kneeling in front of the altar with the incense. Brooklee walked out of the pew and stood behind Deacon Klick and watched.

After they left the sanctuary, she came back to the pew and asked if that was Jesus, and after being told it was, went up to the altar.

She was going to try to climb the altar but was stopped in time. Then she and her mother, Stephane Scharber, knelt in front of the altar and prayed the “Hail Mary.”

### **“I can listen to him better from here.”** (6)

One day, Peter Julian—then only five years of age—left his home unnoticed. After searching for a long time, his sister found him in church behind the main altar, kneeling on the small stepladder which served to expose the Blessed Sacrament, his head resting against the tabernacle.

“What are you doing there, my child?” she asked in a reproachful tone.

“Saying my prayers,” the boy simply answered.

“But why climb so high?”

“Because I can listen to Him better from here.”

### **“Just as I am.”** (7)

I became an altar boy when I was about eight, serving Mass in St. Mary’s Cathedral, Peoria, Illinois. Early one morning, I was serving the great Bishop John L. Spalding. This particular morning, I dropped the wine cruet on the marble floor. There is no atomic explosion that can equal in intensity of decibels the noise and explosive force of a wine cruet falling on a marble floor of a cathedral in the presence of a bishop. I was frightened to death. What would the Bishop say? When Mass was over, Bishop Spalding called me and put his arms around me saying: “young man, where are you going to school when you get big?” To an eight-year-old boy “big” was high school. I said “Spalding Institute,” which was the high school named after him. (One has to admit it was a rather diplomatic answer, but I was not so conscious then of its diplomacy.) He tried again: “I said ‘when you get big.’ Did you ever hear of Louvain?” I answered “No, Your Grace.” “Very well, you go home and tell your mother that I said when you get big you are to go to Louvain, and someday you will be just as I am.”

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1. Alexander Solzhenitsyn, *August 1914*, page 53, New York, 1974, Bantam Books.
  2. *The Liturgy of the Hours, IV*, Office of Readings, 32<sup>nd</sup> Sunday, New York, 1975, Catholic Book Publishing Corp.
  3. Joan Carroll Cruz, *Prayers and Heavenly Promises* pages 50-52, Rockford, IL, 1990, TAN Books and Publishers.
  4. Thomas a Kempis, *Imitation of Christ*, page 413, Rockford, IL, 1989, TAN Books and Publishers.
  5. From: *The Parish Visitor*, p. 17, Fall 2015, Vol. 91, No.3: from *The Northern Cross*, Diocese of Duluth, MN.
  6. Rev. Albert Tesniere, S.S.S., *Saint Peter Julian Eymard, The Priest of the Eucharist*, p.12, NY, NY, 1962, Eymard League.
  7. Fulton J. Sheen, *Treasure in Clay*, pp10-12, Garden City, NY, 1982, Image Books.