

In this world I cannot see the most high Son of God with my own eyes, except for his most holy Body and Blood.

St. Francis of Assisi

Through the Eyes of Faith

"When you look at the crucifix,
you understand how much Jesus
loved you then. When you look at
the sacred Host, you understand
how much Jesus loves you now."

— St. Teresa of Calcutta

"Do you realize that Jesus is there
in the tabernacle expressly for you
- for you alone? He burns with
desire to come into your heart."

— St Therese of Lisieux

"If we really loved the good God,
we would make it our joy and
happiness to come and spend a
few moments to adore Him, and
ask Him for the grace of
forgiveness; and we would regard
those moments as the happiest of
our lives." — St. John Vianney.

"God is as really present in the
consecrated Host as He is in the
glory of heaven." — St Paschal
Baylon.

"The greatest love story of all time
is contained in a tiny white Host."
— Archbishop Fulton Sheen

"Lord God, if I truly appreciated
the majestic humility of the
Eucharist...it would change my
life forever." — Mother Angelica



For information on Adoration, please contact Fr. Mirek:
(845) 331-0846 or visit our webpage at:

<https://www.immaculateconceptionkingston.com/adoration-chapel-1>

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Peace and Joy to all. This is the first installment of a Eucharistic greeting card if you will. It is a thank you, and an invitation as well as a challenge to all faithful Catholics. Hopefully it will inspire you to more fully appreciate Jesus' gift of the Holy Eucharist and inspire a deeper understanding of the mystery of Jesus' institution of the Blessed Sacrament. It can also be a useful guide to adoring and worshiping Jesus, our Eucharistic Savior.

I am one of many "adorers" at the Divine Mercy Perpetual Adoration Chapel located at Immaculate Conception Church in Kingston, NY. I live in Rhinebeck but come to the Chapel because this is one of only a few perpetual adoration chapels in the entire State. It is truly a blessing to be this close to the chapel and be able to visit Jesus in the Blessed Sacrament so conveniently. I am inspired to visit Jesus in the chapel for several reasons. One is to speak to Jesus face to face. St. Teresa of Avila said "In the Sacrament of the Altar You (Jesus) are always ready to give audience to all. Whoever wishes can always find You there and may speak with You face to face." One of my adoration resource books is "The Manual

for Eucharistic Adoration" written by the Poor Clares of Perpetual Adoration (the same order as Mother Angelica and the sisters at EWTN) They suggest one way to spend your time with our Lord uses the acronym ARTS, which stands for adoration, reparation, thanksgiving and supplication (petition). In the next installment, we can discuss these in some depth.

An interesting meditation that I had while reading the encyclical "On the Eucharist" by Pope St. John Paul II is the relationship of our Blessed Mother to the Eucharist. He wrote "In the Eucharistic mystery we are asked to believe that the same Jesus Christ, Son of God and Son of Mary, becomes present in his full humanity and divinity under the signs of bread and wine. (#55) Mary ..made her own, the *sacrificial dimension of the Eucharist. The body given up for and made present under sacramental signs was {to Mary} the same body which she had conceived in her womb!* (56) I pray that this letter will touch you to make the presence of Lord in the Eucharist more "real" and may your time spent with our Lord in the Blessed Sacrament bring you peace, consolation and joy. Pax et Bonum