

# PASTORAL LETTER ON THE MOST BLESSED SACRAMENT

To the Parishioners of  
St. Michael's and  
St. Joseph's Parishes  
in Fall River, MA



## “*Venite Adoremus*” *Come Let Us Adore Him*

### *What is Eucharistic Adoration?*

Adoration is an act of devotion in which we place ourselves before the True Presence of our Lord in the Eucharist, to worship and adore Him. It is an extension of the Mass in which we foster a greater love for Christ who gave Himself to us in the Eucharist.

"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration."

Mother Teresa



## *Eucharistic Adoration*

### *And The Renewal of our Catholic Parishes*

*The Eucharist is the heart of the Church. Where Eucharistic life flourishes, there the life of the Church will blossom”*

Pope Saint John Paul II

“*Adeste Fideles*” is one of the most beautiful and traditional Catholic Christmas hymns, and one that fills my heart with such joy as Mass begins and we celebrate the birth of Lord Jesus Christ.

The refrain of that song is the title I have chosen for this pastoral letter to the good people of both St. Joseph’s and St. Michael’s Parishes in Fall River, MA.

“*O Come Let us Adore Him*” is the invitation given to all humanity at the announcement of the birth of the Son of God, our Savior, Jesus Christ. It is also the invitation to continue to adore the same Christ in the Most Blessed Sacrament, the Most Holy Eucharist.

**“God dwells in our midst, in the Blessed Sacrament”**

**St. Maximilian Kolbe**

As the angels announced the great joy to the shepherds in Bethlehem, so too, do I announce that on the first Monday of Advent, Nov. 30, our daily Mass chapel at St. Michael’s will be opened as a Eucharistic Adoration chapel so that anyone can come and pray at any time. I pray that this is an occasion for spiritual renewal in our parish.

After months of praying and discerning, I believe now is the time for this important next step in the revitalization and renewal of our parishes, and it is my hope that every parishioner will take the opportunity to encounter our Lord in this most beautiful way – adoring our Lord in the Eucharist.

*“Their eyes were opened and they recognized Him in the breaking of the Bread.”*



On Easter Sunday Night, two of our Lord’s disciples were heading home on the road to Emmaus, filled with grief and disappointment at the death of Jesus. As they were walking along, Jesus appeared to them, but they didn’t recognize Him. It wasn’t until they were at table together that evening that they recognized Him in the “Breaking of the Bread,” the term used for the Eucharist in the early Church. One could naturally ask, how did they not recognize Him as they were walking and talking with Him? How is that possible?

One could also ask why it was that they only recognized Him when He blessed and broke bread that evening? I would suggest that there are probably many of us who fail to recognize the presence of Christ in our lives, but there is something very profound, something undeniable when we are before our Lord in the Eucharist that deeply touches our hearts. It is Him! HE is truly and really present there.

Our Lord wants us to recognize Him in the Eucharist as well. He wants our hearts to burn within us as we spend time with Him in prayer, in particular in Eucharistic Adoration, where we kneel before Him in quiet meditation and reflection, allowing our Lord to open our eyes and speak to our hearts. Come, adore Him! Be with Him.



## *How to Pray in Adoration*

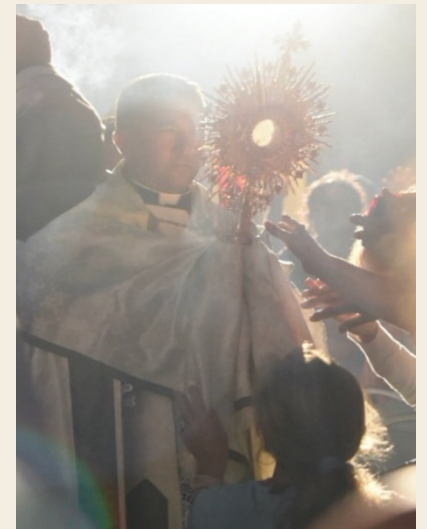
Coming to adore our Lord in the Blessed Sacrament is one of the most powerful ways to pray. It is an opportunity for intimate conversation with Jesus, much like His first disciples who sat at His feet along the shore of the Sea of Galilee, like the beloved disciple John who rested his head on our Lord’s chest at the Last Supper. It is a personal encounter with Him who loves us and desires to speak to us as friends, to speak directly to our hearts, to heal our brokenness and to strengthen our faith. Simply said, adoration is a personal conversation with Jesus Christ in the silence of our hearts. Practically speaking, it is important to maintain a spirit of silence in the adoration chapel for our own prayer and also so as not to disturb others.

*“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*

### **Some Ways to Pray in Adoration**

- Silently Listen
- Read the Bible
- Pray the Rosary
- Spiritual Reading
- Liturgy of the Hours
- Pray for others
- Novenas
- Examine your conscience





## “The Church draws her life from the Eucharist” - Pope Saint John Paul II

*“It is Jesus that you seek when you dream of happiness; he is waiting for you when nothing else you find satisfies you; he is the beauty to which you are so attracted; it is he who provokes you with that thirst for fullness that will not let you settle for compromise; it is he who urges you to shed the masks of a false life; who stirs in you the desire to do something great with your lives.”*

(From a homily by Pope John Paul II)

In his final encyclical letter of his life, the great Pope Saint John Paul II, wrote, *Ecclesia de Eucharistia*, in which he sought to “rekindle Eucharistic amazement” among the faithful. He explained that, “to contemplate Christ involves being able to recognize Him wherever He manifests Himself, but above all in the living Sacrament of His Body and Blood. The Church draws her life from Christ in the Eucharist. By Him she is fed and by Him she is enlightened.” In the beautiful letter, our beloved late Holy Father draws our attention to the reality that the Eucharist is both the “Source and the Summit of Christian life.” He reminds us that in the Eucharist, our Lord fulfills His promise to always be with us. In the Eucharist, Jesus Christ is truly present to us, it is His Real Presence, not a sign or a symbol, but really Him!

I would like to speak now personally about the impact that Pope Saint John Paul II has had on my life and on my priesthood. Not only his teachings and writings, but by his personal witness of holiness, his deep prayer and his love and devotion to our Lord in the Eucharist. I was blessed to be a student in Rome the last years of his life, and although elderly and infirm, the reverence with which he celebrated Holy Mass and knelt in profound adoration are images that I will never forget. I invite you to look through the pictures of him saying Mass or kneeling in prayer before our Lord in the Eucharist. It is abundantly clear that he is in deep conversation with the Lord whom he knew and loved deeply and desired for each of us to have a share in the relationship with our Lord. I pray that through the intercession of John Paul the Great, that each of you would profoundly experience our Lord in Adoration.



**When you approach the tabernacle, remember that He has been waiting for you for twenty centuries.”**

**St. Josemaria Escriva**

### WHY SHOULD I GO TO ADORATION?

All of us have busy lives, all of us have things pulling us in many directions, all of us wish we had more time, so why make the sacrifice to spend time in Eucharistic Adoration? Because all of us desire happiness, all of us are looking for deeper meaning in our lives, all of us are thirsting for fulfillment and many of us have spent lots of time and effort looking for it and have been left empty, hopeless and looking for more. Only in Jesus Christ do we find the happiness, fulfillment and inner peace that we are all seeking. He is also thirsting for us and He is waiting for us in Eucharistic Adoration.

# *Do this in memory of me!*

“I am the bread of life, he who comes to me shall not hunger and he who believes in me shall never thirst... If anyone eats of this bread he will live forever and the bread which I shall give for the life of the world is my flesh. (John 6:35,51)



## **Prayer for the Grace to become a True Disciple of Jesus Christ**

O Lord Jesus Christ, give me the grace to become your true disciple. Let me see ever more clearly that faith in you is not simply a conviction of my mind – but a call to live my life for you and with you. Your Presence is all around me, in the sacraments – and most especially in the Eucharist. Send your Holy Spirit to tear aside the veil of material appearances so I may grow ever more aware of your presence. I welcome you into my heart. Let me seek and find you, recognize and serve you in all who suffer. Give me the grace to bring your presence to others in all I do. In my effort to live the Gospel holiness you ask of me as a disciple, may I be inspired by that infinite love that inspired you to give yourself to us fully down through the ages in the most holy Eucharist. Amen

My dear parishioners, I pray that you accept the invitation to make use of our new Eucharistic Adoration Chapel and make visits to our Lord often. I promise you that it will change your life! I encourage everyone to make at least one visit a week, even if only for a few minutes. Spend time thanking the Lord for what you have, humbly asking for what you need. Speak to Him about what is going on in your life; bring to Him your prayers for family and friends, ask Him for the strength to be a better Catholic. Sit with Him and allow His Real Presence in the Eucharist to transform your life. Venite Adoremus! Come, Let us adore Him, Christ the Lord!

Father Jay Mello  
Pastor

The Solemnity of Christ the King

## **Bring Your Children to Eucharistic Adoration!**

Jesus said, “*Let the children come to me, do not prevent them, for the kingdom of God belongs to them-* (Matthew 18)

Some may cringe at the thought of bringing their child to a quiet chapel, thinking that their child would never be able to sit quietly in a chapel and might be a distraction to others, however, I repeat the words of our Lord, “*Let the children come to me!*” I believe it is necessary for children to learn to pray and be in a sacred place from the earliest ages so that they might be comfortable in the Church and familiar with the devotions and acts of piety of our parish. Let no one discourage parents from bringing their young children to church or to Eucharistic adoration, for the laughs, the cries and the mumblings of children are among the most beautiful sounds of prayer that can be heard.