



Fraternity of Fatherhood

A Spiritual Fraternity for All Men

Volume II

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The Holy Eucharist and Adoration

Mike Allison

Every Sunday as Catholics, we profess these words:

"I believe in one God, the Father Almighty, maker of heaven and earth, of all things visible and invisible"

What do we mean all things visible and invisible?

We say we believe it – what do we believe?

We believe in the mysteries of our faith – the visible signs of our faith. For example, One Holy Catholic and Apostolic Church, the sacraments, the goodness of God manifested by the love of His people, our family, our children, the wonders of nature, beautiful art and music.

What about the invisible?

Well, the unseen, the invisible, certainly includes the spiritual warfare and epic battle for souls. The evil one prowling the world seeking to devour a soul that is in the snares and traps of mortal sin and attempting to turn us away from our Father in heaven.

"For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. " Eph. 6:12

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ADVENT

Hope: The Promise of a Savior

"BURN THE CANDLE OF DEVOTION FOR HIM ALWAYS. I PRAY THAT HIS BLESSINGS AND GRACES GIVE YOU THE STRENGTH TO BE EVER-WATCHFUL WITH YOUR LAMP ALWAYS LIT IN ADORATION OF HIM. "



"PLEASE BE CAREFUL NOT TO ALLOW THIS LIGHT IN YOUR HEART TO DIE OUT. KEEP THE EMBER OF THIS LIGHT BURING BRIGHTLY BY PRAYING THE ROSARY, VISITING THE BLESSED SACRAMENT, AND MAKING SMALL ACTS OF FAITH, HOPE AND LOVE." Fr. Santan Pinto SOLT

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There is also the invisible and constant companionship and protection of our guardian angels, each uniquely assigned to every human being ever created.

During this period in the Church dedicated to Eucharistic Revival, let's explore the greatest unseen mystery and gift given to us by God...

The Holy Eucharist.

God, the creator of heaven and earth, in all His power and glory cannot be contained in the universe. The very universe that He created, yet He makes Himself known to us and perpetually manifests His "unseen" glory in His humility and littleness. All of Jesus, by His will becomes a simple, humble Presence to us under the appearance of a piece of bread.

The Littleness of God in His Glory

- God, entering into the world that He created in the innocence, meekness and littleness of a new born babe. The Creator becomes the creature without losing anything of His divinity.
- Jesus taking on Himself the sins of the world and reconciling us to the Father by dying on the cross - rising from the dead - ascending into heaven and then promising

He will be with us ALWAYS until the end of time.

How does He do this? How is He with us always?

The Holy Mass.

At every Mass every day. From the first Mass on Holy Thursday, to every Mass offered today and until the end of time, He comes to us, really Him, alive, a real person, in the smallness of a piece of bread, a host, and we adore Him, we consume Him and He dwells with us always.

Jesus, in Eucharistic Adoration, is an extension of the Holy Mass so that we may be with Him and Him to be with us. We adore Him and (continued on page 3)



Where is our LOVE, our GRATITUDE, our ADORATION?

The faithful "should not omit making visits during the day to the Most Holy Sacrament, as a proof of GRATITUDE, a pledge of love, and a debt of the adoration due to Christ the Lord who is present in it."

Pope Paul VI from *Mysterium Fidei*



Continued...The Holy Eucharist and Adoration

and receive the graces He has prepared for us to assist us in our lives. His glory is veiled in the appearance of the sacred Host.

Why this veiled presence of our Lord?

If the Lord in all His power and glory cannot be contained in all of the universe how could He be contained in the limits of our human senses?

How could we approach Him and look upon Him as He is? So that we may approach Him, in His mercy, He presents Himself in a simple, humble manner. He allows us see to Him through the eyes of faith and trust.

He gives us eyes of Faith

Wind is unseen, but we certainly see and feel its effects. We don't see the rays of the sun, but we do see the beauty and growth of a plant exposed to its rays.

In adoration of the Blessed Sacrament, we expose ourselves to the rays of God's grace so that our lives may flourish in Him and live as the person He created us to be according to His plan.

By being in the presence of Jesus, we then extend His presence to those He puts in our life. Our family, our spouse, our friendships and in service to the poor and the lonely.

What does Jesus do in the host?

"He adores His heavenly Father. He thanks Him for all the benefits and blessings, makes reparation for our sins and prays for us and the whole world. Because He loves us, He is thinking of each one of us in particular. He is there hour by hour, preparing for us the graces which we need. He looks for us, He is waiting for us, ready to welcome us." St. Peter Julian Eymard

So just as when two of Jesus disciples were following Him after John the Baptist pointed Him out saying "behold, the Lamb of God." The disciples asked Jesus, "**Teacher- Where are you staying?**"

He said, "**Come and see**"

Notice the Lord did not send them on their own to find it or simply give them directions. He wants to walk with us, show us to the dwelling of His Sacred Heart, which is our dwelling place too.

He wants to take us there and be our companion on the journey. He wants to be WITH us.

So if you have never been to the chapel of adoration and might not be sure what to do... "**Come and see**" ... **Jesus will show you.**



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Continued...The Holy Eucharist and Adoration

Eucharistic Adoration

I highly recommend this great opportunity to be so close to Jesus.

"In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic Adoration is simply the natural consequence of the Eucharistic celebration, which is itself the church's supreme act of adoration. Receiving the Eucharist means during him whom we receive. Only this way do we become one with him and are given as it were a foretaste of the beauty of the heavenly liturgy. The active adoration outside mass prolongs and intensifies all that takes place during the liturgical celebration itself."

Pope Benedict XVI

During this Advent, I would like to encourage to find a Church near you and make an intentional effort to spend time with Jesus in Eucharistic Adoration.

He waits for us and welcomes us.

Blessed Advent to you and yours.

Gratitude Is Key

Brendan McVicker

As I look back over the last few decades or so, I am so thankful for the gift that I received from Fr. Pinto. His teachings, his love, his guidance. I just don't know where I would be in my spiritual life if it wasn't for this gift. Often I look back and ponder certain words, teachings or even just a phrase that Father said that just grabbed me, went to my core and has never left. One of those such words/phases is Gratitude "Gratitude is Key!" How often do we really give gratitude for all the gifts we have received? Gratitude for all our blessings, our friends, our family, our wife, our husband, our children, our jobs, the mountains, the sunset, all the good in our lives.

I think of the bible story where Jesus healed the ten lepers and told them to go show themselves to the priests. And on the way the ten were made clean but only one returned to the Lord to give gratitude. Wow, 10% returned to give thanks. Then I think that is probably "par for the course" in my life. Maybe if I am honest with myself, maybe 10% of the time do I step back and really give the Lord my gratitude for all the blessings that I have received. Giving Gratitude is so important to our spiritual growth. Because to be truly grateful is to have humility in our hearts. And to have humility means we are going in the right direction. In humility we realize our littleness, that we are not the center of everything, that we see outside of our own selves. And humility leads us to the other part on Fr. Pinto's teaching on Gratitude that I ponder often. We also need to allow others to have the opportunity to give thanks, to give gratitude to us. It takes humility to allow someone the opportunity to say "thank you" to you and for you to receive it graciously.

As the focus of this newsletter this month is on Adoration and Gratitude, I want to challenge you and myself. Maybe we can all just find 5 minutes, outside of Mass time, this Christmas season to just stop by a church, kneel in front of the Blessed Sacrament and tell Jesus "Thank you". Grateful to God for all the gifts received, all the blessings in our lives.... 5 minutes.

A Merry Christmas to you all!

Eucharist is Quintessential Expression of Gratitude The Friar

It seems well known that the word Eucharist comes from Greek. In Luke 22:17, we read this: "Then He took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." And again in verse 19, "Then he took a cup, gave thanks, and said, "Take this and share it among yourselves". It is important to note the phrases "said the blessing" and "gave thanks" use the same word in Greek. (εὐχαριστήσας – eucharistēsās)

The important question to think about to whom the thanks is given or meant for in these verses. With the use of the word, and the context in which we find it, it is easy to see that saying the blessing, and giving thanks are both actions directed by Jesus and the disciples towards God the Father.

This word became associated with the action of Jesus in the Mass because it represented the expression of Thanksgiving of the Son for the Father, and it was the way in which we could express our thanksgiving made in and through Christ. We can only give thanks because of the gifts and graces God give us to do so.

As the Second Vatican Council teaches us, the Eucharist is the source and summit of Christian life. And so if we want to enter into the ways that prayer is a gift from God, it only makes sense to consider what the Church teaches is the best way to receive this gift. And, as the gift of Jesus, the Son of God, is such a perfect gift, it can only inspire gratitude and thanksgiving.

So I am going to propose that the best way to experience prayer as a gift from God is in the Eucharist. We experience this gift in many ways. Of course, we experience the Eucharist most especially in the Mass. It is at Mass the actions of the priest in the person of Christ that Jesus becomes truly present, body and blood, soul and divinity. For a Christian most looking to experience prayer as a gift, Mass must be a regular part of every Sunday, and perhaps even more often.



It can also be beneficial to think about going to a celebration of Adoration of the Blessed Sacrament. You could consider this like an extension of the Mass. While the Mass is the most important expression of the Eucharist, Adoration can be seen as a way in which we can focus more on the Eucharistic gift of Jesus himself to us.

So today, why not take a little time to find a place of Adoration, or go to Mass, to experience the real presence of Jesus in the Eucharist.

It is Right and Just

Laura Camarata

If you have ever learned a second language, you know that some concepts do not translate perfectly. I have always loved discovering those words and phrases in Spanish that more precisely convey meaning than their corresponding English. The feeling is akin to becoming privy to a small but special secret—only these are the secrets you want to share with others, hoping they provide a similar sense of excitement and insight.

For me, certain lines of the Mass said in Spanish prompt this discovery. I only started learning Spanish in high school, but it didn't take me long to fall in love with the language. Through various extended immersions, I have had my fair share of exposure to the Mass in Spanish. And while there was indeed a learning curve, I did eventually move from mumbling unintelligibly to confidently joining my voice with others in our response as a unified congregation.

In the very beginning of the Eucharistic Prayer, a dialogue occurs between the priest and the congregation. In English:

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

Not only is it something we should do, it is something we must do, as “our duty and our salvation.”

From here, there are several different versions of the prayer the priest may recite, the most common of which goes on to affirm, “It is truly right and just, our duty and our salvation . . . to give you thanks.”

This exchange evokes a slightly different meaning in Spanish. The congregation proclaims the last line of this prayer as, “Es justo y necesario.” It is just and necessary. I remember how striking I found this wording the first time I truly understood it. In English, “right” and “just” can be used synonymously. Although the two words together bring out deeper meaning than either would alone, the Spanish translation leads me to deeper reflection. Not only is it right and just to give our praise and thanks to God; it is necessary. Not only is it something we should do, it is something we must do, as “our duty and our salvation.”

Understanding this declaration as a necessity changes how I view the Eucharistic Prayer as a whole. While we thank God for the many gifts in our lives in this introductory dialogue, we also realize it is necessary to thank him for the gift of our lives as they are redeemed in his son Jesus Christ. In a particular way during this exchange, we are called to thank God in advance for the great miracle about to occur in the Eucharistic sacrifice.

Even when attending Mass in English now, I recall how a posture of humility and thanksgiving is just and necessary to truly enter into the sacrament of the Eucharist. Since the Liturgy of the Eucharist is so central to the Mass, its words help me see why going to Mass is essential to our faith. Going to Mass and receiving the Eucharist is right and just and necessary to living our faith. We don't go simply because we should; rather, we must attend Mass each Sunday if we desire to bring about right relationship in this world and the next. We must approach the Eucharistic sacrifice with humility if we wish to bring that humility into our encounters. We must receive Christ's self-gift in the Eucharist to be self-giving love in the world. Our weekly celebration is more than a momentary celebration of God's goodness—it enlivens communities throughout the week and the year to be strong in faith and to live the good news, thankful for the sacrificial mystery in which we have taken part.

We give God thanks and praise before receiving the Eucharist because it is right and just, but also, as the Spanish translation reminds us, because it is necessary. This necessity is echoed in the relationship between attending Mass and living out our Catholic faith. We go to Mass because it's right. We go to Mass because it's just. But we also go because it is necessary to live a Christian life, giving praise and thanks to God.

Fraternity of Fatherhood—Group locations & Area Coordinators

Fr. Pinto has encouraged us to grow and expand the Fraternity of Fatherhood all over the world. He has granted us his permission, his blessing and he guides us spiritually. It is with this confidence that we now move forward with humility, obedience and docile hearts. If you are interested in joining a Fraternity of Fatherhood group or if you would like to start a group in your city contact Dcn. Ray Emnace, Mike Allison, Stacey Hill or Brendan McVicker.

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7 Reasons to Participate in Adoration

It Deepens Our Experience Receiving Holy Communion.

It Gives Hope to Those Who Suffer.

It Helps Us to be Transformed by Jesus.

It Helps Us to Humble Ourselves.

It Brings Us Joy.

It Greatly Pleases Jesus.

It Strengthens Us.



POSTAGE

Fraternity of Fatherhood

**We entrust the Fatherhood Fraternity to the patronage
of St. Joseph.**



**St. Joseph ...Pray For Us.
Feast Day March 19th**



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