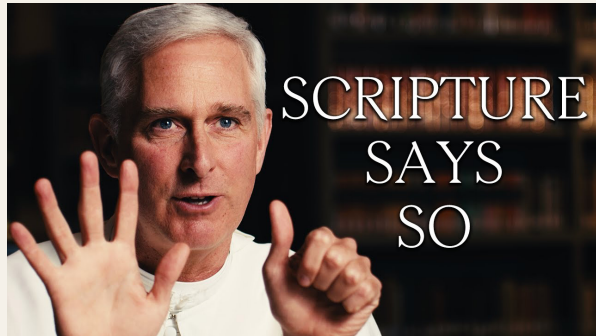


In the Media



In this video, “Here’s Why We Must Believe in the Eucharist” two Norbertine priests discuss the Scriptural roots of belief in the Real Presence of Jesus in the Eucharist and how this belief ought to change the way we live our lives.



Sign up for a Holy Hour at St. Clement



Adoration Newsletter

February 2025



“For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes again.”

-1 Corinthians 11:26

**Saint Clement
Eucharistic Shrine**



Reflection

As a child, I avoided it like the plague. As an adult, I dodged it with a will. But as a continued adult — it seems to stick with you, for some reason — it's started to ambush me. Kierkegaard wrote, "Of all ridiculous things the most ridiculous seems to me, to be busy — to be a man who is brisk about his food and his work." Busyness and rushing — Thomas Merton remarked, "...ruins both saints and artists." So it's this faux-efficiency, this idea that I ought always to be "brisk" and always be efficient. But what am I being brisk towards and what am I rushing into and why is there no break?

In this New Year, I've had so many friends and acquaintances tell me that time itself seems blurred, running away with them, unmarked by moments that stick in their memory. My youngest brother, 20, told me around the end of last year he couldn't track where things fit in a timeline from around 2019 till now. My grandmother reported the same. But what they also both reported when I probed was a slow but distinct straining away of silence and moments of pause. "Everything just bunches up, like, on itself, again and again."

Regardless of how time feels to us, our souls are marked for presence and eternity. We work not to work, but to make space for the time between when we get to *be*. But the paradox is that in this act of simply being, we are most active. "Love is never idle; it is in continuous movement" (John of the Cross).

This is probably why my brother left Adoration recently with me saying he felt like he'd just "raced the best runner in the LA marathon." God is never idle; God is the movement in our hearts. Without that movement, no amount of briskness or rushing gets me anywhere.

What if just an hour a week in 2025, we spent an hour without a brisk thought, without a rushing attitude, without a productive proclivity in our entire selves? God can be our "continuous movement." There is nothing more vital in this era than pause. Nothing more vital in the history of time than Adoration of the God who loves. Nothing as vital as to simply "Come and see."

FROM THE SAINTS: Blessed Carlo Acutis



"Virtue is acquired primarily through an intense sacramental life, and the Eucharist is undoubtedly the culmination of charity. Through this sacrament the Lord makes us complete persons, created in his image."

Blessed Carlo Acutis will be canonized the "First Millennial Saint" during the Jubilee of Teenagers in Rome April 25-27 of this year. Carlo lived a short life - he was born in 1991, grew up in Milan, and died from leukemia in 2006. During his life he developed a deep devotion to the Eucharist, asking to receive Holy Communion at age 6 and becoming a daily communicant thereafter. He referred to the Eucharist as his "Highway to Heaven" and created a website documenting Eucharistic miracles and Marian apparitions. His love of the Eucharist fueled his love of neighbor through spontaneous acts of charity.

**Watch an interview with
Blessed Carlo Acutis'
mother here**



Prayer

I thank You, Lord, Almighty Father, Everlasting God, for having been pleased, through no merit of mine, but of Your great mercy alone, to feed me, a sinner, and Your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ.

I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation. Let this Holy Communion be to me an armor of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires. May it increase love and patience, humility and obedience, and all virtues. May it be a firm defense against the evil designs of all my visible and invisible enemies, a perfect quieting of all the desires of soul and body. May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me.

I pray that You bring me, a sinner, to the indescribable Feast where You, with Your Son and the Holy Spirit, are to Your saints true light, full blessedness, everlasting joy, and perfect happiness. Through the same Christ our Lord. Amen.

-St. Thomas Aquinas
(Prayer for after Holy Communion)