
"Let the holiness of God shine forth" (cf. Mt 5, 16)

item 322

Come, let us adore him!

St Vincent Pallotti and the Eucharist

"I intend to be always in a profound adoration of the Holy Trinity, adoring Jesus in the Blessed Sacrament, reserved in all the places" (St Vincent Pallotti)

For more than two years I, together with my sister Marta, have been frequenting the church of SS Salvatore in Onda, in Rome, for Holy Mass and adoration of the Blessed Sacrament. In this holy place I find a lot of interior peace and joy. The Pallottine Family welcomes us very graciously and we remain very grateful to every Pallottine.



Some time ago – when it would have been my mother’s 100th birthday should she have still been alive! – we both wanted to do something good in memory of her. While conversing with the Rector General, Fr Jacob Nampudakam, whom we met accidentally in the church, God inspired us with an idea to print a prayer card with a photo of the Blessed Sacrament placed on the altar of St Vincent Pallotti. Our intention was to show the importance of adoration of the Blessed Sacrament all over the world. By placing the Eucharistic Lord on the altar of a great saint, we will also be inspired to follow his example of holiness and prayer. Soon we got a prayer of St Vincent on the Holy Eucharist and got it translated into seven different languages. The prayer cards were printed with the prayer of Pallotti on them in seven different languages and they are now being sent out to various parts of the Pallottine world.

Why is the adoration of the Most Holy Sacrament so important today and always? We live in a very fragmented world at the moment, both within and outside us. People are becoming strangers to their own selves. In the frantic schedule of everyday life there is no time for the other. There is no space for silence and attentive listening to the promptings of the Holy Spirit in such a distracted situation. Many of the wars and acts of violence engulfing the world today have their origin in the brokenness of the human person, deep within himself or herself.

On 1 January 2015, Pope Francis, praying on the occasion of the World day of Peace, said that prayer was the root of peace. He commented:

“Peace is always possible ... We have to seek it... Peace is always possible and our prayer is at the root of peace”.

Therefore we need to pray, we need to return to the Lord to plead for peace in our hearts, in our families, in the world. The millions of people suffering all over the world today cannot be forgotten; the children, the women, the soldiers, the persecuted Christians – they need to find hope and solace through the spirit of reconciliation, forgiveness and dialogue. We need to pray for a more just and peaceful world! Only God is the source of such a lasting peace.

There are many more reasons for becoming a praying and adoring people of God. If we follow the example of the saints, this is the surest way to live our Christian discipleship. A million words may not accomplish much if we do not remain united to the Lord. I am reminded of the prayer of Jesus at Gethsemane:

“And He went a little beyond them, and fell on His face and prayed, saying, ‘My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.’ And He came to the disciples and found them sleeping, and said to Peter, ‘So, you men could not keep watch with Me for one hour? Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak” (Mt 26, 39-40).

Yes, on our own, we are weak, but with the Lord, we will be indeed strong. May the Eucharistic Lord be adored all over the world!

So let us pray daily with St Vincent:

*"Jesus Sacrifice and Sacrament in the Eucharist;
Jesus our God and our King in the Eucharist;
Jesus our Shepherd and Father in the Eucharist;
Jesus our Master and Saviour in the Eucharist;
Jesus our Doctor and Remedy in the Eucharist;
Jesus our Guide and Companion in the Eucharist;
Jesus our Refuge and Hope in the Eucharist;
Jesus our Model and End in the Eucharist;
The Goodness and Love of Jesus in the Eucharist;
The Poverty and Humility of Jesus in the Eucharist;
Jesus Infinitely Loving and Lovable in the Eucharist"*



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item 323

corporal and spiritual works of mercy in St Vincent

The passage of the gospel on the Last Judgement is something that has touched me profoundly for its simplicity and clarity. The just and the unjust will be judged based on their attitudes and actions during their life-time in response to the following human conditions, as described in these words of the Lord:

"Then the King will say to those on His right, 'Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry, and you gave Me

something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in; naked, and you clothed Me; I was sick, and you visited Me; I was in prison, and you came to Me” (Mt 26, 34-36).

These questions are neither philosophical nor theological; there is no ideology or political correctness involved here. Fraternal charity seems to be core issue, the love of God manifested concretely through our love and service towards our fellow human beings, especially the most needy and the marginalised. Those who are hungry need food, not pious exhortations or reprimands; the thirsty can only be quenched with a drink of water and not with only ideas or good wishes. The demands are very down to earth.

It is in this context that we understand this well-known and touching prayer of St Vincent Pallotti:

“I would like to become food to feed the hungry, clothing to cover the naked, drink to quench the thirsty, a soothing potion for the stomachs of the weak, a soft bed for the repose of the tired limbs of the weary, medicine and health for the sick, light for the blind, life to raise the dead, so that if they could return to live on this earth they might do great things, which they would certainly do for the glory of my God, of my Father, of my Creator, of my Good, of my All”.

The entire life of this great Roman saint, in fact, was an authentic testimony to and concrete realisation of his longing to be all things to all human beings, always for the infinite glory of God.

In a world torn apart by relentless wars and violence we need, above all, the spirit of divine mercy and forgiveness and hence let us hope and pray that this coming Jubilee Year will be a time of grace for the entire world. We will live profitably throughout this year if we constantly meditate on the above mentioned words of the Lord regarding the Last Judgement. It is even made more concrete by the traditional teaching of the Church on the spiritual and corporal acts of mercy which are ways to show charity towards others:

corporal works of mercy

- * **feed the hungry**
- * **give drink to the thirsty**
- * **clothe the naked**
- * **shelter the homeless**

- * **visit the sick**
- * **visit the imprisoned**
- * **bury the dead**

spiritual works of mercy

- * **admonish the sinner**
- * **instruct the ignorant**
- * **counsel the doubtful**
- * **comfort the sorrowful**

- * **bear wrongs patiently**
- * **forgive all injuries**
- * **pray for the living and the dead**

Pope Francis on Saturday afternoon, 11 April 2015, proceeded with the presentation of the official *Bull of Indiction* of the Extraordinary Jubilee of Mercy, set to begin on 8 December 2015. The bull is the fundamental document for the Holy Year that outlines the overall spirit and intentions for the Jubilee, as well as the spiritual fruits that are hoped for. The 28-page bull, titled “Misericordiae Vultus” or “The Face of Mercy” opens with the declaration, “Jesus is the face of the Father’s mercy. These words might well sum up the mystery of the Christian faith.”

As the entire Church prepares herself for this season of grace, it would be good to recall that the spiritual and corporal acts of mercy provide us with an excellent and concrete way to live the forthcoming Holy Year of Mercy. It is so important that such a spiritual event does not remain only at the level of conferences and many good desires but it must boil down to the actual living of Christian discipleship with all its concrete demands.



I conclude with this spiritual song of St Vincent Pallotti on the infinite mercy of God:

“Therefore, my God, permit me to call the light that daily shines upon me, ‘the light of your infinite mercy’; the night that is given to me for rest, let me call, ‘the night of your infinite mercy’; the food and drink which is never lacking, ‘the food and drink of your infinite mercy’; everything created and preserved by you, and given me to use for my temporal needs, ‘the gift of your infinite mercy’; even the air I breathe, the earth I walk upon, shall be called, ‘the air and earth of your infinite mercy’!”

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on #168