



THE RAY

The newsletter of Our Lady of Grace Catholic Spirituality Center

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Our Lady of Grace Catholic Spirituality Center
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From the Desk of Mary...



Warm greetings from Our Lady of Grace Catholic Spirituality Center where the beautiful work of spiritual direction continues, and where we are honored to remember you in our daily prayers.

With the opening day of a three-year National Eucharistic Revival nearly upon us, I chose the Most Holy Eucharist as a fitting theme for this summer's newsletter. On the Feast of Corpus Christi, Sunday, June 19, 2022, the United States Conference of Catholic Bishops (USCCB) will launch a grassroots initiative dedicated to drawing American Catholics into a deeper relationship with Our Lord, really, truly and substantially present in the Most Blessed Sacrament. Their vision for this Revival as stated in their website is, "A movement of Catholics across the United States, healed, converted, formed, and unified by an encounter with Jesus in the Eucharist—and sent out in mission 'for the life of the world.'"¹

In dioceses and parishes throughout the country over the next three years, there will be opportunities to join in Eucharistic Processions and Adoration. Training materials and resources will also be available for parish small group spiritual formation. A number of highly gifted homilists have been commissioned as national preachers including Father John Burns and Father John LoCoco from the Archdiocese of Milwaukee. The Revival culminates in 2024 with a National Eucharistic Congress and missionary sending that will take place in Indianapolis.

The patron of the first year is Blessed Carlo Acutis, the first millennial to be beatified in the Roman Catholic Church. Blessed Carlo died of acute leukemia in 2006 at the tender age of fifteen. A joyful and talented adolescent deeply devoted to Our Eucharistic Lord, Blessed Carlo would often say, "The Eucharist is my highway to Heaven."² In April, Cardinal Timothy Dolan of New York, on behalf of the USCCB, accepted a first-class relic, the pericardium of Blessed Carlo, from the Archbishop of Assisi that will travel on pilgrimage throughout the country for the veneration of the faithful.

To help us reflect upon and deepen our own personal relationship with Jesus in the Most Blessed Sacrament, included in this issue is an article entitled, "Loving Jesus in the Most Holy Eucharist" by Monsignor Charles M. Mangan. In it, he poses several important questions for consideration. We thank him for sharing this piece with us and hope that it

touches your heart this summer.

Also included in this newsletter are two powerful Eucharistic prayers. The first is the much beloved centuries old devotional prayer, the "Anima Christi" (Soul of Christ). The other was taught by an angel who appeared to three shepherd children near Fatima, Portugal in 1916. The prayer carries with it a strong appeal for the conversion of sinners. It would only take a few minutes to pray these prayers daily for the success of our National Eucharistic Revival and for deep healing for our nation and our world.

I've saved the best news at the Center for last. On April 9, 2022, Our Lady of Grace Catholic Spirituality Center received a Relic of the True Cross as a gift from Mother of Good Counsel Parish in Milwaukee. We are deeply moved and profoundly grateful for this most precious treasure of the Church that will always have a special place of honor and veneration at the Center. Our most heartfelt thanks to Mother of Good Counsel for this priceless gift.

In closing, I wish you a summer filled with the warmth of the Son, the sun and those you love. Let's not forget the words of Blessed Carlo Acutis, "When we face the sun we get a tan... but when we stand before Jesus in the Eucharist we become saints."² Spread the word.

¹<https://www.usccb.org/resources/Revival%20Web%20Intro%20PDF%20FINAL.pdf>

²<https://dowym.com/voices/carlo-acutis-quotes/>

Congratulations to Father Luke Strand

Father Luke Strand assumes his new responsibilities on June 21, 2022 as the 20th Rector of Saint Francis de Sales Seminary in Milwaukee. A much beloved priest of the Archdiocese of Milwaukee, Father Luke brings a tremendous love of the priesthood and of all of God's people to his new appointment.

The Archdiocese has already benefitted greatly from his many years of dedicated and tireless service in the positions he has already held at the Seminary as Vice Rector, Director of Human Formation and Vocation Director.

Father Luke has been an enthusiastic supporter and great friend of the Center from our earliest days. For the past few years, he has celebrated Holy Mass quarterly at the Seminary for all our intentions at Our Lady of Grace. May God continue to bless him as he has blessed all of us through the years.



Loving Jesus in the Most Holy Eucharist

Monsignor Charles M. Mangan

Venerable Fulton John Sheen wrote years ago that while Jesus could have chosen to leave anything—financial security, a promise of earthly contentment, etc.—as a “last will and testament” to His Apostles during the Last Supper on the evening of Holy Thursday, He decided to leave behind the very best gift possible: Himself. And the world has never been the same.

The Most Holy Eucharist is the real, true and substantial Body, Blood, Soul and Divinity of the Son of God, Who is the Son of Mary. How fortunate we are to have the Most Blessed Sacrament near us.

The Solemnity of Corpus Christi highlights the Church’s sincerest, continual gratitude to God for this magnificent treasure that never grows old. The Church would not be the Church without the Most Blessed Sacrament. And the Holy Spirit inspires the Faithful to be aware that the Church adores the Father in Jesus Christ living in the Most Holy Eucharist through the power of the Holy Spirit.

What are our own attitudes towards the Bread of Life and the Chalice of Salvation? Here are only a few possible questions.

Do I know what the Most Holy Eucharist is? Can I explain this “Sacrament of Sacraments” to another?

Can I identify persons in my life who seem (or, if deceased, seemed) to be on “fire” for the Most Holy Eucharist? Who are my Eucharistic “heroes” and “heroines”?

How do I prepare myself to receive Holy Communion? Am I aware of the obligation to fast for one hour from food and drink (medicine and water may be taken) before receiving the Most Holy Eucharist?

Do I confess any and all previously unconfessed mortal sins to a priest within the Sacrament of Penance before going to Holy Communion?

Do I notice any difference in my thoughts and behavior after receiving Holy Communion?

Have the years of receiving the Body and the Blood of Christ made me less self-serving and more generous towards the outcast, lonely, poor, forgotten and dying?

If I were to stop availing myself of the Most Holy Eucharist, would I remain charitable and joyful? Can I exist without Jesus in the Most Blessed Sacrament?

Have I ever contemplated the link between the Eucharistic Jesus and the Mother of God?

Do I spend time in adoration of the Most Holy Eucharist, whether reserved in the Tabernacle or exposed in the Monstrance?

Our response to the Most Holy Eucharist is quite simple: adoration, love and conversion. How pleased the Risen Lord Jesus will be when His needy sons and daughters finally cooperate and allow His Body and Blood to bring about their genuine happiness in this life as well as in the next.

“O Sacrament most holy, O Sacrament divine, All praise and all thanksgiving, be every moment Thine.”

Jesus, Living in the Most Blessed Sacrament, have mercy on us!



Miss Maryclare Stephens with Milwaukee Archbishop Jerome E. ListECKi at her Consecration as a bride of Christ in the Order of Virgins on March 25, 2022. We are so happy to have supported her at Our Lady of Grace in her vocational discernment. Congratulations, Maryclare!

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And bid me come to Thee. That with Thy saints I may Praise Thee, forever and ever. Amen.

The Angel’s Prayer at Fatima (3rd Visit—2nd Prayer)

Most Holy Trinity, Father, Son, and Holy Spirit, I adore you profoundly, and I offer You the most precious Body, Blood Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He Himself is offended. And, through the infinite merits of His most Sacred Heart, and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners.¹

¹Fatima in Lucia’s Own Words: Sister Lucia’s Memoirs, Postulation Centre, Fatima, Portugal, 9th ed. 1995. P. 63

As Always...

This newsletter is made possible through the generosity and skills of Miss Nicolette Bardele.

We are so grateful for any donation to the Center. All donations are tax-deductible and may be made payable to **Our Lady of Grace** and mailed to:

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