



THE RAY

The newsletter of Our Lady of Grace Catholic Spirituality Center

June 2023

Vol. 13 Issue 2

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



Greetings from Our Lady of Grace Catholic Spirituality Center.

As we begin the second year of the National Eucharistic Revival called for by the United States Conference of Catholic Bishops, it is my joy and blessing to devote this issue to the Most Blessed Sacrament and the spiritual benefits of Eucharistic Adoration.

Over the years we have been gifted with several first and second-class relics of various saints and blessed along with the greatest treasure of all, a relic of the True Cross of Our Lord and Savior Jesus Christ. Included for your prayerful consideration are beautiful reflections on the Most Holy Eucharist from the writings of the saints and blessed whose relics are in our custody along with corresponding photographs of our reliquaries.

Given his special role as patron of the first year of the National Eucharistic Revival, I have also included some reflections on the Holy Eucharist from and a photograph of Blessed Carlo Acutis. Born in 1991, he died at the age of fifteen and is the first millennial to be beatified in the Church. It's worth noting that a wonderful book about him and his spirituality written by his mother, Antonia Salzano Acutis, entitled My Son Carlo was recently translated into English and published by Our Sunday Visitor. It is readily available for purchase and would provide great spiritual reading this summer.

The work of the Center continues to be richly blessed. We are so grateful for your referrals and generous support. Together in mission with you, we are helping young adults discover God's plan for them through careful discernment. And many others continue to benefit from spiritual direction as they sincerely seek the holiness to which we are all called. Navigating the complex circumstances of life today can be very challenging. We're here to help strengthen and encourage people on their journey to heaven no matter where they find themselves in the here and now. Thank you especially for your prayerful support of our sacred mission. Let's continuously adopt as our own the simple and holy approach of Blessed Carlo who reflected, "To always be close to Jesus, that is my life plan."

May your entire summer be infused with a deep desire to know, to love and to serve Jesus. And "May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved

with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen."¹

¹ "The Divine Praises," optional conclusion.



Blessed Carlo Acutis (1991-2006)¹

As a Catechist, Blessed Carlo "created a kit for becoming a saint"² that he shared with the children. He wrote:

I want to tell you a few of my very special secrets which will help you quickly reach sainthood. Always remember that you, too, can become a saint! First, you have to want it with your whole heart, and if you do not have the desire yet, you must ask the Lord for it with insistence.

Try to go to Mass every day and take Holy Communion. If you can, try to spend a few minutes in Eucharistic Adoration before the tabernacle where Jesus is truly present. In this way, you'll see how your level of holiness increases.

Remember to recite the Holy Rosary every day. Read a passage from Holy Scripture every day.

If you can, confess every week, even for venial sins.

Make promises often to God and the Virgin Mary to help others.

Ask your guardian angel, who must become your best friend, for help.³

¹Image from carloacutis.com/en/association/chiecarloacutis#prettyPhoto/gallery/
2/arloacutis.com/en/

²My Son Carlo by Antonia Salzano Acutis, Published in English in 2023 by Our Sunday Visitor, p.139.

³Ibid.

Saint Pius X

In 1910, Saint Pius X (*Quam Singularis*) decreed that children, upon reaching the age of reason [about seven years old], be allowed to receive the Holy Eucharist. Prior to this, in the early 20th century, reception of Holy Communion was reserved for older children and adults.

"Holy Communion is the shortest and safest way to heaven. There are others: innocence, but that is for little children; penance, but we are afraid of it; generous endurance for the trials of life, but when they come we weep and ask to be spared. The surest, easiest, shortest way is the Eucharist."¹

¹A Dictionary of Quotes from the Saints by Paul Thigpen Servant Publications, Ann Arbor, MI 2001, p.79.



Saint Maria Goretti (1890 – 1902) Martyred at the age of 11 in defense of Christian purity.

“The Holy Eucharist is the perfect expression of the love of Jesus Christ for man.”¹

“He loves, He hopes, He waits. Our Lord prefers to wait Himself for the sinner for years rather than keep us waiting an instant.”²



Blessed Maria Assunta Pallotta (1878 – 1905) Born in Italy, she died of typhus in China at the age of 27 where she had been missioned at the time of her Final Profession of Vows as a Franciscan Missionary of Mary.

In 1904 she wrote to her parents, “I ask the grace to make known to the world purity of intention—which consists in doing everything for the love of God, even in the most ordinary actions.”³

Dedicated to daily adoration of the Most Blessed Sacrament, her last two words before death were spoken in Chinese—“Shen-Ti, Shen-Ti”.⁴ (Eucharist, Eucharist).



Saint Ignatius of Loyola (1491-1556) Founder of the Society of Jesus—The Jesuits.

“In 1540, a few weeks before the Institute of the Society of Jesus was formally approved by Paul III, he [Saint Ignatius of Loyola] wrote to the citizens of his native town of Azpeitia, exhorting them to a greater devotion to the Blessed Sacrament. ‘I beg and entreat you,’ he said, ‘by the love of God and by the respect which we owe Him, to apply yourselves to serve Our Lord Jesus Christ with all the fidelity of which you are capable, and to venerate His Divine Majesty with the deepest respect, above all in the Sacrament of the Eucharist, in which He is hidden in all the greatness of His divine and human natures, wherein He is present as entirely, as powerfully and as infinitely as He is in heaven.’”⁵



Saint Ignatius of Antioch (Bishop and Martyr [d. 107])

The following is an excerpt from a letter he wrote to the Romans while being forcibly brought to Rome where he would face death by being thrown to the wild animals.

“I am writing to all the churches to let it be known that I will gladly die for God if only you do not stand in my way. I plead with you: show me no untimely kindness. Let me be food for the wild beasts, for they are my way to God. I am God’s wheat and shall be ground by their teeth so that I may become Christ’s pure bread. Pray to Christ for me that the animals will be the means of making me a sacrificial victim for God.”⁶



Saint Francis of Assisi (1181 or 1182 – 1226)

“O sublime humility! O humble sublimity! That the Lord of the whole universe, God and the Son of God, should humble himself like this and hide under the form of a little bread, for our salvation.” (Letter to the General Chapter)⁷



Saint Louise de Marillac (1591 -1660) Co-founder with Saint Vincent de Paul of the Daughters of Charity.

“The Son of God was not satisfied with taking a human body and living in the midst of us. But, wishing an inseparable union of the divine nature with human nature, He accomplished this by the admirable institution of the Most Holy Sacrament of the Altar.”⁸

¹<https://inspirationalcatholicssaintquotes.wordpress.com/tag/st-maria-goretti/>

²<https://young-catholics.com/1893/st-maria-goretti/>

³The Theme Song of Assunta, Compiled by one of her sisters, Franciscan Missionaries of Mary, St. Francis of Assisi Province, U.S.A., p. 110.

⁴<https://www.fmmusa.org/pdfs/405.pdf> Sharings Volume 35 Number4 April 2005, “Blessed Maria Assunta Pallotta” by Emmanuel Shen, fmm

⁵<https://www.catholicculture.org/culture/library/view.cfm?id=4443> from an article entitled “The Sacred Heart and the Eucharist” by John A. Hardon, S.J. The Catholic Faith PAGES 1 – 7 Ignatius Press, San Francisco, CA, May/June 2000.

⁶Taken from The Liturgy of the Hours Vol. 4, Office of Readings, October 17 p.1490.

⁷ <https://www.franciscanmedia.org/franciscan-spirit-blog/st-francis-lover-of-the-eucharist/>

⁸Spiritual Writings, A. 14, p. 784 as it appears in Vincentiana, July-September 2012 in an article entitled “Louise de Marillac and the Spirituality of the Daughters of Charity” by Sr. Antoinette Marie Hance, D.C.



Adoration

“Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.”¹

¹Catechism of the Catholic Church, paragraph 1380. Quote from John Paul II, *Dominicae cenae*, 3.

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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c/o Josh Gentine
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<https://snwbl.it/OurLadyofGrace>