

ENCOURAGEMENT ENCOURAGEMENT

From The Host Apostolate - August 2011

This month saw young people across England looking for something – not just trainers or TVs – children as young as ten were on the streets living out the lessons learned in a culture where a person’s value is measured by the possessions they own.

Here is a warning from Blessed John Paul II who cared so much for young people, from 1984:

“Dear young people, you are under threat from the bad use of advertising techniques, which plays upon the natural tendency to avoid effort and promises the immediate satisfaction of every desire, while the consumerism that goes with it suggests that man should seek self-fulfilment especially in the enjoyment of material goods.”

Some of these ideas were visible in those who robbed and vandalised across the country.

Yet World Youth Day 2011 in Madrid this month

presents another idea to the world: that we were not made to simply satisfy ourselves but to know God and know ourselves.

When we discover that God is our loving Heavenly Father and

that we are accepted by Him just as we are, warts and all, we learn our true worth.

In adoration we discover how He treasures us as we receive His revitalizing and tender love, experiencing joy and peace as our discontented hearts are filled and satisfied setting us free from obsessions, addictions and materialism.

He understands everything about us our good and bad points, our weaknesses and flaws and still He loves us to death.

When we take the time to be still and silent in His presence we can truly engage with Him and begin to build an authentic relationship with God. In the silence we are able to reflect and ‘hear’ His words of love, guidance and encouragement and receive the strength, graces and consolations we need to carry on our pilgrimage through this life.

“...our discontented hearts are filled and satisfied...”

Last September 80,000 pilgrims stood in

silence in Hyde Park, London as Pope Benedict XVI presided at Eucharistic Adoration. He said the Church is witnessing a “springtime in Eucharistic Adoration”, let us renew our faith in Christ’s true presence in



the Eucharist and pray... we may bear fruit in an ever greater devotion to the Sacrament of Christ’s Body and Blood.

What does the Catechism of the Catholic Church say about Eucharistic Adoration?

1418 Because Christ himself is present in the sacrament of the altar, he is to be honoured with the worship of adoration. “To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord” (Paul VI, MF 66).

1419 Having passed from this world to the Father, Christ gives us in the Eucharist the pledge of glory with him. Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.

BE STILL And Know That I AM GOD

Find a quiet place to sit in the church, make sure you are comfortable, close your eyes take a deep breath and let yourself relax, let go of any tension in your body and clear your mind of distracting thoughts as best you can.

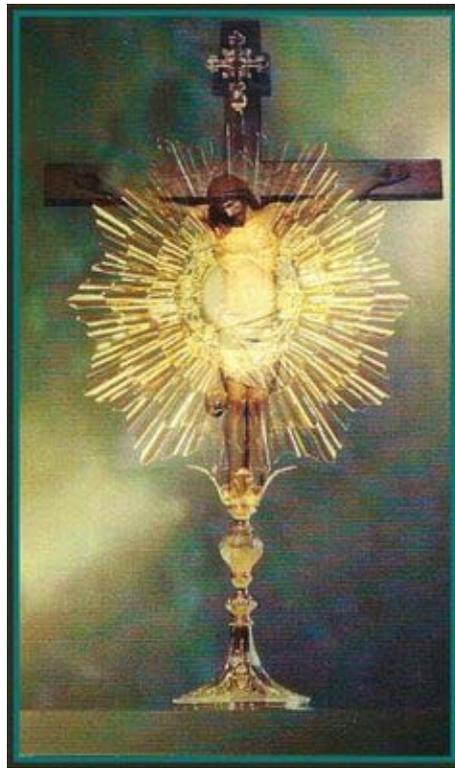
Decide on a length of time to sit with the Lord before you begin and make a commitment to stick to it. Some people come for 15 minutes others for a number of hours.

If you find yourself becoming agitated at any point ask the Holy Spirit to help you don't give up but bear with it, ride the internal storm and trust in the Lord. Just as He calmed the storm on Lake Galilee He will calm your soul and it will pass.

Begin by asking the Holy Spirit to prompt you and ask for His help to pray, give thanks, listen and adore the Lord.

Kneel or sit and slowly with sincerity and reverence in your heart begin with a few simple prayers you already know or bring some with you to pray. Pray in silence, try not to disturb or distract others who may be deep in adoration and contemplation.

Let your heart guide you. Some use the Psalms to help express love, praise and thanksgiving to God. Some pour out their troubled hearts and others ask for healing and forgiveness.



*In a world where
there is so much noise,
so much bewilderment,
there is a need for
silent adoration of Jesus
concealed in the host.
Be assiduous in the
prayer of adoration and
teach it to the faithful.
It is a source of comfort
and light, particularly to
those who are suffering.*

Pope Benedict XVI

When we open ourselves to the Holy Trinity in this way we receive many gifts whether it be peace, love, healing, courage, wisdom or transformation.

When you are ready settle down further into the silence. Cease reciting prayers unless you feel prompted and ask the Lord to shine His light upon you and guide you. Remain silent. Let your thoughts come and go, some thoughts might be distracting but just let them pass

and gently refocus your mind's eye on some aspect of Jesus' life. Perhaps you could imagine sitting with Him on the shores of lake Galilee. Ask Him questions that matter to you, talk to Him about your concerns. Listen to His whisper in your heart as he reveals hidden truths about this life. Listen to Him that you might perceive and understand. Gaze upon the meek and humble Jesus Exposed in the Blessed Sacrament or in the tabernacle. Close your eyes. Be aware of your heart and your breathing, stay very relaxed and still and mentally 'float'. Open your mind and raise your imagination and consciousness up to the Glory of Heaven. What do you see? Do you see the dazzling purity of the Holy One sitting beside the magnificent, Almighty Father on his throne. The Holy innocent Lamb looking deep into your eyes with tenderness and mercy, see the expression of love on the Father's face as He warmly gazes at you gesturing for you to come closer! True Love, True Mercy, True Justice!

God loves His children intensely even when we go astray, the only proper response to this generous merciful love is to repent, give thanks and adore Him.

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