

EUCCHARISTIC PRESENCE BULLETIN



"Come to me, all you who labor and are burdened, and I will give you rest." (Mt 11:28)

Archdiocese of Newark

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EUCCHARISTIC LOVE COMMUNITY

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Servant's Prayer

Not to us, Lord, not to us but to your name give glory because of your mercy and faithfulness. In the joy and comfort of your love we live in peace with faith and hope in your grace. You guide and lead us to the path of holiness through the light of Christ and the truth of the Holy Spirit. As members of the body of Christ, we humbly submit our lives to your holy will

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Directions

- 1) *Do spiritual and corporal works of mercy.*
- 2) *Persevere in prayer.*

VISION

With technological advancement to propagate the faith, the Eucharistic Love Community adheres to the evangelization effort of the Roman Catholic Church. Its global presence shall become the cornerstone of the individual calling of all servants. All for God's glory!

MISSION

As zealous friends of the Lord, the Eucharistic Love Community promotes and shares God's healing presence through the Holy Eucharist with strong Marian Devotion.

THE ROSARY AS A TOOL FOR MEDITATION

by Elizabeth M. Kelly

Source: www.loyolapress.com

The rosary is a powerful spiritual tool for meditation. While meditation grows in popularity as a means to better mental, physical, and spiritual health, many people, including many Catholics, overlook the rosary as a meditative tool. It is sometimes seen as too simple and therefore as superficial. The rosary is simple, but the gentle repetition of its prayers makes it an excellent means to moving into deeper meditation. It gives us an opportunity to open ourselves to God's word, to refine our interior gaze by turning our minds to the life of Christ.

By focusing on the lives of Christ and Mary through meditation on the mysteries, we learn about ourselves in relation to God. Mary herself is an excellent model for the daily practice of meditation. She received the word of God through Gabriel. She pondered God's word in her heart. She took in the events around her, capturing them internally and carrying them within her like a treasure. This is the essence of meditation—receiving God's word and making it our treasure.

And our choice. As Richard Foster notes, "in meditative prayer God is always addressing our will. Christ confronts us and asks us to



choose. Having heard his voice . . . we are called to life-transforming obedience." Meditation gives us the option to be transformed. We must choose it.

You may have objections. "I'm not a monk living in seclusion. I don't know a thing about meditation. How can someone like me

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Spiritual Journey

Growing spirituality is knowing the great difference between successfulness and fruitfulness. Success comes from strength, control, and respectability. A successful person has the energy to create something, to keep control over its development, and to make it available in large quantities.

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THE ROSARY...

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meditate?" But meditation is for all believers, not just for monks like Thomas Merton. As Merton himself reminds us, "We must not imagine the early monks applying themselves to a very intellectual and analytical 'meditation' of the Bible. Meditation for them consisted in making the words of the Bible their own by memorizing them and repeating them, with deep and simple concentration." We don't have to make meditation complicated to make it meaningful. The rosary contains the necessary elements for simple meditation. Praying it with "deep and simple concentration," recalling the events of the mysteries and pausing to think about them for a moment, can draw us into a deeper relationship with God—the goal of meditation.

Indeed, many people use the rosary in precisely this way.

Francesco, a college student preparing for the priesthood, uses the rosary in a variety of ways, but particularly as a means to meditate. Rosary devotion was passed down in his family from his mother, and her simple meditations gave him greater insight into his faith and his relationship with God.

"As a kid, I would always turn to the rosary as something to pray," he said. "It was a very Catholic thing to do that we did in our house all the time. It's very simple, but when you pray it, you feel close to God."

It was from this simple, childlike relationship with the rosary that Francesco's meditations matured.

"Every time I visit the meditations they get deeper and deeper and deeper," he said. "You grow in the meditations."

Francesco's own meditations are not necessarily cerebral or complicated, but they are rich and deeply felt.

"The agony in the garden is a very powerful meditation, where you experience how the agony must have been almost more agonizing than the Crucifixion itself. The anticipation made the Crucifixion more agonizing because Christ had a choice to make. It helps you with the different choices you have to make. The rosary is a very, very deep prayer. It's complex because the situation is beyond words, the things God does for us are beyond words."

Francesco grew up with a passionate love for the rosary, and he seems to have a gift for meditation. That is not the case with everyone. It is not the case with me. Meditation did not come easily for me, nor does it still. I think that my experience of struggling with rosary meditation is perhaps the more common experience. I have had to learn about meditation and have had to practice it diligently.

How to Meditate

Thomas Merton wrote that "meditation is really very simple and there is not much need of elaborate techniques to teach us how to go about it." Nevertheless, Merton wrote prolifically on the subject. We can begin to understand meditation by learning about the basic principles that govern it.

The first principle is that meditation is learned through practice. Like Francesco, many people who practice rosary meditation begin very simply and gradually develop a more sophisticated meditation. The meditator learns to hear an interior voice, the voice of God. The church calls meditation a "quest." It is an experience of prayer that reaches beyond the experience itself to something deeper. In the Catechism, the church teaches that "Christian prayer should go further: to the knowledge of the love of the Lord Jesus, to union with him." This takes time, and it demands that the one who is

praying focus on God's love for us, a love he demonstrates through union with Christ.

Solitude and a routine can greatly assist meditation. Find a quiet, private room where you can light a candle or play soft music. Many people find it helpful to set aside a specific time each day for meditation. Enter your meditation dates into your calendar or put a note on the refrigerator: "Meditation for ten minutes at 3:00 p.m." Fight the urge to feel guilty about taking time for something as "useless" or as "silly" as meditation might feel at first. Start simply. I suggest that you begin any meditation with a prayer to the Holy Spirit asking for guidance and for freedom from distractions.

Once you've selected your posture and created an environment that is fit for meditation, close your eyes and take a few deep, slow breaths. Try to relax your body; become aware of your breathing. Then begin the rosary. As distractions or problems come to mind, simply acknowledge them and move on. If you are plagued by thoughts of problems or of people, invite them to "have a seat" while you pray. They can sit there while you continue to meditate. Don't struggle to rid your mind of all distractions or to force every troubling thought out of your head. Acknowledge these distractions and bring them to God.

Gently focus on each mystery as you reach it in the course of praying the rosary. You might find it helpful to read some devotional material about the mystery. You might also listen to music, write, or practice exercises of the imagination.

Because the traditional mysteries are so visually oriented, I will sometimes begin my meditation by painting the scene in my imagination. For example, I might think about what kind of a brush and what colors I would use for the nativity of Jesus. I would think about painting the picture, about how I would depict the gentleness

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and incline our ear to your living word.

Jesus, present and alive in the Sacrament of Love, you said to your apostles; the kingdom of heaven is at hand. Cure the sick, raise the dead, cleanse the lepers, drive out demons and strengthen the weak. Without cost you have received; without cost you are to give.

You are my hands, my heart, my
voice and my feet.

Go forth and become fishers of men.

Offer your time, talent and treasure to those in need.

Spread my word and proclaim my
Eucharistic Kingdom.

Abide in my love and remain
in my word so you will have
eternal life ...

Here we are O Lord, ready to do
your will. Amen.



Prayer Requests

"Come to me, all you who labor and are burdened and I will give you rest." (Matt 11:28)

Lord, we lift up to you all prayer intentions of our brothers and sisters who need your healing love and presence, especially those petitions we received through

<http://EucharisticLove.org>

<http://2000HailMarys.org>

and individual forms submitted during our community services.

Eucharistic Prayers

Merciful Father, You have spoken of Your love for us. Your infinite love for us caused You to give Your Son, the most beloved of all goodness, Your unique One, to the world, lost through original sin.

Lord Jesus, God of mercy and love,
You always want mercy and does
not condemn anyone. You are
merciful and can understand well
our miseries, our difficulties and
our sins.

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**Dear Lord, we
thank you for all
the blessings you
showered upon us
and all
answered prayers.**

HEALING THROUGH THE HOLY EUCHARIST

COMMUNITY CALENDAR

ACTIVITY	WHEN	VENUE
Healing Service with Eucharistic Celebration	Every First Monday of the month 8:00 PM	St. Anthony
Healing Service with Eucharistic Adoration	All other Mondays with no Holy Hour 8:00 PM	St. Anthony
2000 Hail Mary's with Eucharistic Celebration	Frequently Scheduled (Pls check eucharisticlove.org)	St. Mary
Holy Hour of Eucharistic Adoration	Every second Monday of the month 8:00 PM Every Monday before last Saturday 8:00 PM	St. Anthony
Catholicism Study Group	Every second Saturday of the month 11:00 AM	To be announced

[HTTP://EUCHARISTICLOVE.ORG](http://EucharisticLove.org)

[HTTP://2000HailMarys.org](http://2000HailMarys.org)

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