

Keeping Watch

Eucharistic Adoration Ministry Newsletter

"Could you not keep watch for one hour?" (Mk 14:37)

September/October 2011

Note to Adorers

Next Adoration: Oct 21/22; Nov. 4/5; Nov 18/19

Monthly Intentions:

October - Respect for all Life

November - All Souls in Purgatory

Thank you all for your commitment to your hour!

Faith and Science do Mix

When I met the Poor Clare Sisters in Spokane, I had just started an internship to be certified as a medical technologist (in other words, lab tech.) The year-long internship consisted of rotations through the various departments in the hospital laboratory. In all the different departments there were bottles of distilled water on the counter tops, which were used frequently. One of my lab partners discovered that the distilled water helped to dissolve the blood stains on his lab coat before he washed it. Of course, it was simple. The distilled water caused the red blood cells to lyse (burst), so the stain broke up very quickly. I tucked that little piece of practical information away for future reference.

After completing my internship, I made up my mind to join the sisters and did so within a few months. A few years later I was assigned to the laundry. I was responsible for the laundry for the sisters, the sacristy, the kitchen and other areas of the monastery.

The sacristy laundry primarily consists of washing the items the priest used on the altar - the purificator, corporal, finger towel and alb, as well as the altar linens. The purificators and corporals are washed together as the purificator comes directly in contact with the precious blood and the corporal with the body of the Lord in the consecrated Hosts.

Before these items come to me in the laundry, they are rinsed in a special way and checked for stains. Sometimes, even after that, there are still stains that come through that look like wine stains. Normally, one would treat them like wine stains, but after the consecration, they are not wine stains anymore, but blood stains. I have tried treating them as wine stains but that is not effective. The stains only respond to distilled water like any other blood stain does.

Our Lord's blood is just like yours and mine in its basic composition.

(Taken from 201 Inspirational Stories of the Eucharist, written by Sister Colleen Byrne, OSC, Spokane, Washington)

Sacrament of Joy

When I was in high school, my spiritual director suggested frequent visits to the Blessed Sacrament. He said that even if I did not say prayers or talk to Our Lord, I could simply stare at the tabernacle and sit silently. This has been a significant reason for my great devotion to the Eucharist, which I like to refer to as the sacrament of joy! In time, my wife and children have joined me in visits to the Eucharist. As members of St. Mary's Parish in Spokane Valley, we are privileged to have the Blessed Sacrament Chapel open twenty-four hours a day.

When our daughters were still in school, we would drop in and visit Our Lord at least for a brief moment. My daughters later would stop at the chapel on their own. When our youngest daughter experienced life threatening consequences following brain surgery a few years ago, our two other daughters and some friends immediately visited the Blessed Sacrament chapel and prayed intensely, then drove all night to be with us at the hospital in Seattle. Thanks to God, prayers were answered and she made a marvelous recovery.

I believe Our Lord will bestow special blessings on anyone who takes even the briefest moment to say "Hi" to Him in the Blessed Sacrament. We are certain he has been extra generous to our family because of these visits to the Eucharist. (Taken from 201 Inspirational Stories of the Eucharist, written by Deacon Gonzalo "Chalo" Martinez, Spokane Valley, Washington)

Prayer of Longing for Christ

from a tenth century prayer to Christ

Come, true light.

Come, life eternal.

Come, hidden mystery.

Come, treasure without name.

Come, reality beyond all words.

Come, person beyond all understanding.

Come, rejoicing without end.

Come, light that knows no evening.

Come, raising up of the fallen.

Come, resurrection of the dead.

Eucharistic Day of Renewal

Mark your calendars for February 11, 2012. It will be an uplifting day of talks, Adoration and Mass.