

April 15, 2018

Established 1924

# Saint Therese Church

[www.StThereseChurchAlhambra.org](http://www.StThereseChurchAlhambra.org)

Special Edition

## The Holy Eucharist



### THE EUCHARIST: The Source and Summit of the Christian Life

The Catechism of the Catholic Church states that, "The Eucharist is 'the source and summit' of the Christian life. The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself. The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the People of God by which the Church is kept in being. It is the culmination both of God's action sanctifying the world in Christ and of the worship men offer to Christ and through Him to the Father in the Holy Spirit. Finally, by the Eucharistic celebration we unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all. In brief, the Eucharist is the sum and summary of our faith: Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking."

# The Open Tomb of Christ



By Fr. Philip Sullivan, O.C.D., Pastor

## “Is the Holy Eucharist Really Jesus' Body and Blood?”

Do you know what the word “holy” means? It comes from the Hebrew word, “Kiddushin,” which is the process of sanctification or dedication specifically for the Jewish betrothal process. In

a loose usage of the word, holy means to be “set apart,” as a bride is set apart from other women for her bridegroom. We refer to many people and things as holy based on this definition of being set apart. Catholic churches, too, are set apart and are holy places, not because of their beauty but because of what Catholic churches contain, the Eucharist:

### THE BODY, BLOOD, SOUL, AND DIVINITY OF OUR LORD AND SAVIOR, JESUS CHRIST.

Faithful Catholics come to this holy place every week to celebrate and recall the Betrothal event of Calvary, which began with a Supper and ended with the consummating and sacrificial love of Jesus, the Bridegroom, once and for all on the Cross. The holy hour we spend at Mass is time we set apart from all other time so that we may become what we receive, the Eucharist. We then become set apart and unite our worship with the Eternal Banquet which Christ promises to those who “eat His Flesh and drink His Blood” (John 6:53). In order to hear what God is communicating to us in the intimate reception of Holy Communion, like a bridegroom whispering sentiments of love to his bride, we have to allow for silence.

Do you come to Mass to fulfill an obligation? Hopefully not! We do not celebrate Mass to fulfill an obligation but rather to have an encounter with the Resurrected Christ—as did Mary Magdalene, Peter, Thomas, the men on the road to Emmaus, and many others. We can be sure that all, with the exception of the Blessed Virgin Mary, had sinful lives prior to experiencing the mysterious presence of Jesus in His Glorious Resurrection. Hopefully, we attend Mass with the same burning desire as Mary Magdalene had when she ran to the Open Tomb of Christ, or when Peter and John raced each other to the Open Tomb of Christ! Running to Mass on Sundays and Holy Days is not just an obligation; rather, we run to Mass, the Open Tomb of Christ, because it is our duty and our salvation to experience the Resurrected Christ in His Flesh and Blood, the Eucharist:

Does it surprise you that so few of Our Lord’s disciples actually went to the Open Tomb of Christ? Would it surprise you to know that roughly 30% of the 69.5 million Roman Catholics living in the United States believe in the True Presence of Jesus in the Holy Eucharist? We are FAILING to live out what Christ expects from His disciples when we do not attend Mass on Sundays and Holy Days. However, 70% of doubters seems consistent with the majority who walked away from Our Lord during the “Bread of Life Discourse” (John 6:22-59), the few who stood at the Cross of our Lord’s Crucifixion (Matthew 27:32), and the few who ran to the Open Tomb of Christ (John 20:1-18). While 2,000 years have passed and many claim to be Christian, it seems too few Catholics have the burning desire to run to Mass (the Open Tomb of Christ) to experience the Resurrection in the Eucharist. It would seem that 70% of our Lord’s “friends” are too busy or too bored to follow His instruction: “Do this in remembrance of Me” (1 Corinthians 11:24; Luke 22:19). His words spoken to the Apostles should shake us to the core: “Will you leave also?” (John 6:67).

Mass is the holy event which requires us to check our degrees at the door, to turn off the world, and to humbly and sincerely surrender to God’s Love. We must realize that the Eucharist elevates us beyond what is popular reasoning and beyond our own limited ability to comprehend the Presence of Jesus in the Eucharist. In order to receive the physical presence of Our Lord in the Eucharist, we must first run to the Open Tomb of Christ every Sunday—or every day if you can!—and then humbly pray the words of St. Thomas, the Doubting Apostle, “My Lord and my God!” (John 20:28).

God’s unselfish Love is victorious! Death has NO power over this Love. This Love is communicated at every Mass in the whispering words of the Bridegroom at Consecration: “This is My Body”. . . “This is My Blood” (Luke 22:15-20). It is offered in the joyful Resurrection of Jesus the Bridegroom and must be humbly received by His faithful Bride, the Church. Thus, Jesus Christ in the Eucharist sets us apart, allowing us to become what we consume, to become holy because “the Lord God is holy” (Leviticus 19:1). What is your response? Are you one of the 30% who run to the Open Tomb of Christ every Sunday to encounter the Resurrected Lord in the Eucharist? Or are you part of the 70% who are perhaps too busy or too bored?

**“For He has risen, just as He said. Come and see where the Lord was placed” (Matthew 28:6).**

# 30 Years of Eucharistic Adoration!

January 2018 marked the 30th Anniversary of the St. Therese Perpetual Eucharistic Adoration Chapel. We were the first church in the Archdiocese to offer one, and are still one of the few to have one.

**History of Adoration at St. Therese Church:** For three days in early December 1987, St. Therese Church held a Solemn Annual Exposition of the Blessed Sacrament. Fr. Raymond Duboise had spoken at all our Masses the preceding weekend to urge all of our parishioners and visitors to commit to praying before Jesus in the Blessed Sacrament in preparation for establishing a Perpetual Eucharistic Adoration Chapel here.

Fr. David Costello, OCD, the pastor at that time, enlisted the help of some parishioners (Chuck Johnson, Bobbie Field, Joanne Hill, and Teresa Flagstad—all of whom are now deceased) to serve as the first Eucharistic Adorers Committee. They organized and coordinated the program by getting sign-ups and by creating a schedule. **On January 24, 1988, less than two months from that Annual Exposition, St. Therese Church formally began the centuries-old practice of adoring Jesus in the Blessed Sacrament in its own Perpetual Adoration Chapel.**

Its first location was in a space on the east side of the church altar. Within a few years, in the early 1990's, the Chapel was moved to the former Baptistry, on the west side of the main vestibule of the church. In December of 2012, the Carmelite Friars moved out of the former rectory and into the former convent on Vega, allowing all the rectory's bedrooms and common rooms to be used as offices or conference or counseling rooms. After much discernment and discussion, our Pastor, Fr. Philip Sullivan, knowing there was now space in the rectory, made a decision to restore the Baptistry to its original purpose and create an Adoration Chapel in the space formerly used as the priests' dining room. The current Chapel's vestibule was formerly the bedroom of Fr. Jerome Lantry (1920

so the chapel is dedicated to him. It has now been over three years since the chapel was moved—on the 2nd of February 2015, the Feast of Jesus' Presentation (because of that, it is now called "The Presentation Chapel").

When the Perpetual Eucharistic Adoration Chapel was founded at St. Therese, one of its primary purposes was to pray for vocations to the Church, and in particular to the L.A. Archdiocese and our own Carmelite Community. The prayers of our adorers have been very successful, shown by the fact that, since 1988, St. Therese Church has been the site of the ordinations of thirteen Discalced Carmelite Fathers. Eleven other Carmelite friars have been ordained in other locations.

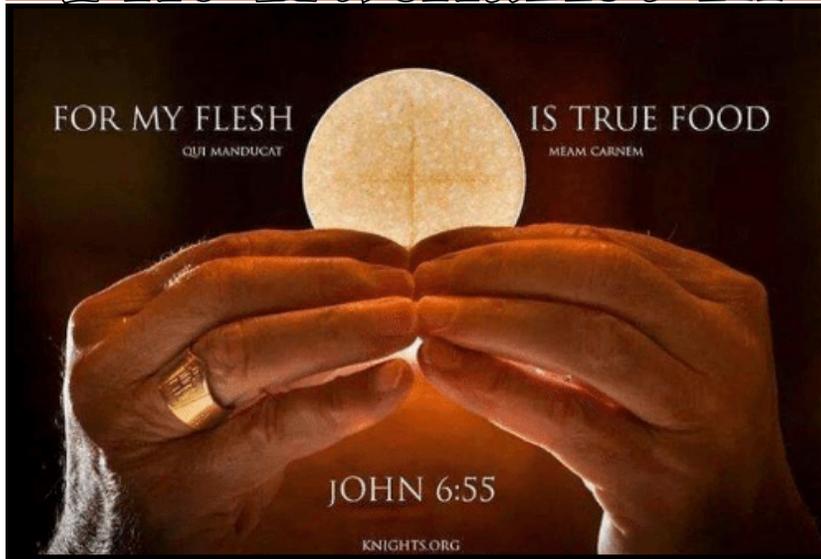
Many people come to the Chapel to pray during the day—and we are very happy for that. However, **we need people to commit to coming on a regular day each week between the hours of 11:00 p.m. and 5:00 a.m. It is during these hours that Jesus in the Blessed Sacrament is often alone.**

**TURN THE SWITCH OFF OR ON!** If you happen to be the only one in the chapel when you need to leave, please turn **OFF** the switch in the back of the room (to the left of the entrance). This will make the glass in front of the monstrance turn opaque. In the same way, if you enter the chapel when no one is there, please turn **ON** the switch so that the glass will clear.



# The Eucharist in the Scriptures

By Ruben Beltran



**“Where in Scripture does Jesus speak of His Body and Blood as food?”** The Eucharist is a sacrament in which is contained, by the marvelous conversion of the whole substance of bread into the Body of Jesus Christ, and that of wine into His precious Blood, truly, really, and substantially, the Body, the Blood, the Soul, and the Divinity of the same Lord Jesus Christ, under the **appearance** of bread and wine as our spiritual food. The Catechism of the Catholic Church teaches in paragraph 1324: “The Eucharist is ‘the source and summit of the Christian life.’ The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented

toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.”

**But where in the Bible does Jesus explicitly say that He will give us His flesh to eat?** We are all familiar with the institution narratives in the Gospels, specifically Luke’s Gospel, because we hear it every week at Mass. It is the first place most Catholics will turn to show that Jesus Instituted the Eucharist: “And He took bread, and when He had given thanks, He broke it and gave it to them, saying, ‘This is my body which is given for you. Do this in remembrance of me’” (Luke 22:19). However, the Sixth Chapter of the Gospel of John (one which **every** Catholic should read and be familiar with) gives us the “Bread of Life Discourse”. This Chapter is one of the most important sermons Jesus ever preached but also one of the most disastrous from a human perspective. Beginning in verse 35, we see Jesus calling Himself the “Bread of Life,” and saying that we must eat His flesh and drink His blood—something which is forbidden in the book of Leviticus (17:10). The Jews who are listening are scandalized by this and begin to murmur.

What is interesting is that Jesus, knowing that those listening to Him are disturbed by His words, **never** backpedals. Instead, Jesus *intensifies* what He says. In the original Greek (John 6:49, 50, 51, 53), Jesus made use of a more common verb for eating, (Gk. Esthio). However, beginning in verse 54, after the Jews dispute among themselves, Jesus changes the word to (Gk. Trogo), which means to “chew” or “gnaw” like an animal. In John 6:60 we read, “Many of His disciples, when they heard it, said, ‘This is a hard saying; who can listen to it?’ But Jesus, knowing in Himself that His disciples murmured at it, said to them, ‘Do you take offense at this? Then what if you were to see the Son of Man ascending where He was before? **It is the spirit that gives life, the flesh is of no avail; the words that I have spoken to you are spirit and life.**” Here Jesus explains how this will all take place: “It is the Spirit that gives life,” so they must wait until the Spirit is given, the Spirit that raises the Body of Christ from the dead. It will be the Holy Spirit that makes Christ’s flesh and blood holy, glorious, and powerful, as food for our souls and bodies.

In verse 66, many of Christ’s disciples leave. **Jesus never tries to stop them;** in fact, Jesus turns to the Apostles and asks if they, too, wish to leave. In every other instance, when the disciples find something hard to understand, Jesus is quick to explain what He was trying to say, but here we find Jesus allowing words to remain “scandalous”—even for the Twelve. If Jesus was speaking figuratively, He would have taken the time to make that clear to His disciples, but He doesn’t.

Jesus said what He meant, and meant what He said:  
**“My flesh is food indeed, and my blood is drink indeed.”**

# Receiving Holy Communion

By Ruben Beltran

**"How Do We Properly Receive Our Lord in Holy Communion?"** It is crucial for every Catholic to know that our Lord Jesus Christ is truly, really, and substantially present in the Eucharist. Therefore, it is important for Catholics to know how to properly receive our Lord in Holy Communion. Let's begin with a person's spiritual state. The Catechism of the Catholic Church states in paragraph 1385: "To respond to this invitation, we must prepare ourselves for so great and so holy a moment. St. Paul urges us to examine our conscience: 'Whoever, therefore, eats the bread or drinks the cup of the Lord unworthily is guilty of profaning the Body and Blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the Body eats and drinks judgment upon himself.' " Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before receiving Communion.

Let us now consider appropriate ways to physically receive our Lord. The U.S. Bishops determined that the faithful should bow before receiving Holy Communion as an act of reverence—preferably at the time the person immediately in front is receiving. The norm in the United States is that Holy Communion is to be received standing. However, Cardinal Robert Sarah, prefect of the Vatican Congregation for Divine Worship, wrote: **"Receiving Holy Communion on the tongue while kneeling is much more suited to the sacrament itself. I hope there can be a rediscovery and promotion of the beauty and pastoral value of this matter. In my opinion and judgment, this is an important question on which the Church today must reflect."**

Therefore, if individual persons wish to receive Communion while kneeling, it is perfectly licit for them to do so. In fact, the Congregation for Divine Worship and the Discipline of the Sacraments states: "Hence, any baptized Catholic who is not prevented by law must be admitted to Holy Communion. Therefore, it is not licit to deny Holy Communion to any of Christ's faithful solely on the grounds, for example, that the person wishes to receive the Eucharist kneeling or standing." Furthermore, to the question of whether it is more appropriate to receive on the tongue or in the hand, the Congregation for Divine Worship and the Discipline of the Sacraments goes on to say:



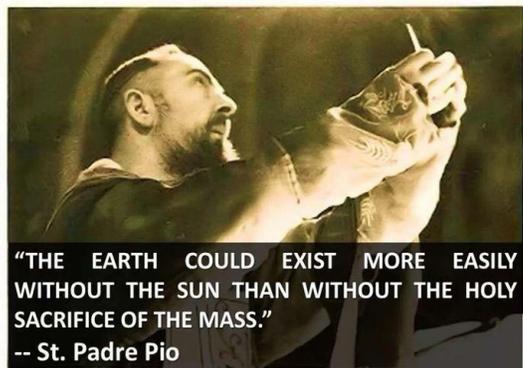
**"Although each of the faithful always has the right to receive Holy Communion on the tongue, at his choice, if any communicant should wish to receive the Sacrament in the hand, in areas where the Bishops' Conference with the recognition of the Apostolic See has given permission, the sacred host is to be administered to him or her. However, special care should be taken to ensure that the host is consumed by the communicant in the presence of the minister, so that no one goes away carrying the Eucharistic species in his hand. If there is a risk of profanation, then Holy Communion should not be given in the hand to the faithful."**

Receiving in the hand is outside of the norm within the Roman Rite, but is allowed in most countries. It is notable, however, that both Pope St. John Paul II and St. Mother Teresa both received exclusively on the tongue. Also, Communion should be received individually and **not** as a couple or group. The Priest and, when necessity calls for it, the extraordinary ministers, are the only ones allowed to distribute Holy Communion. For those who wish to receive in the hand, it would be wise to keep the words of St. Cyril of Jerusalem in mind: "Make your left hand like a throne to support your right hand in order to receive the Celestial King. Treat the consecrated Host with great care, ensuring that pieces do not fall on the ground, just as we would not let pieces of gold fall to the ground."

## INFORMATION FOR THE EXTRAORDINARY MINISTERS OF HOLY COMMUNION

To help expedite the reception of Holy Communion, when there are no more communicants at your assigned station, please move to the communion rail (a couple of feet to the side of each of the friars or deacons) to continue distributing to those coming up the center aisle. Thank you for your reverent assistance at Mass!

# Quotes About the Eucharist



"There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us." St. John Vianney (the Curé of Ars)

"Holy Communion is the shortest and safest way to heaven." - St. Pius X (Pope)

"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

"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come to the Eucharist, come to Adoration." -St. Teresa of Kolkuta (Mother Teresa)

"Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us." -St. Alphonsus Liguori

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others." St. John Paul II (Pope)

"In this world I cannot see the Most High Son of God with my own eyes, except for seeing Him in His Most Holy Body and Blood." -St. Francis of Assisi

"Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored it." -St. Augustine

"The Bread that we need each day to grow in eternal life, makes of our will a docile instrument of the Divine Will; sets the Kingdom of God within us; gives us pure lips, and a pure heart with which to glorify His holy name." -St. Teresa Benedicta, OCD (Edith Stein)

"Every morning during meditation, I prepare myself for the whole day's struggle. Holy Communion assures me that I will win the victory; and so it is. I fear the day when I do not receive Holy Communion. This bread of the Strong gives me all the strength I need to carry on my mission and the courage to do whatever the Lord asks of me." St. Faustina

"When you approach the tabernacle, remember that He has been waiting for you for twenty centuries." -St. Josemaria Escriva

"Do you realize that Jesus is there in the tabernacle expressly for you--for you alone? He burns with the desire to come into your heart..." -St. Therese of Lisieux

"When you have received Him, stir up your heart to do Him homage; speak to Him about your spiritual life, gazing upon Him in your soul where He is present for your happiness; welcome Him as warmly as possible, and behave outwardly in such a way that your actions may give proof to all of His Presence." -St. Francis de Sales

"Receive Communion often, very often...there you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing..." -St. Therese of Lisieux

"Jesus in the Blessed Sacrament is the Living Heart of each of our parishes." -Bl. Pope Paul VI

"As a man must be born before he can begin to lead his physical life, so he must be born to lead a Divine Life. That birth occurs in the Sacrament of Baptism. To survive, he must be nourished by Divine Life; that is done in the Sacrament of the Holy Eucharist." - Ven. Fulton J. Sheen

"Out of the darkness of my life, I put before you the one great thing to love on earth: the Blessed Sacrament. There you will find romance, glory, honor, fidelity, and love." — J.R.R. Tolkien (The Lord of the Rings)

"Why did Our Blessed Lord use bread and wine as the elements of this Memorial? First of all, because no two substances in nature better symbolize unity than bread and wine. As bread is made from a multiplicity of grains of wheat, and wine is made from a multiplicity of grapes, so the many who believe are one in Christ. Second, no two substances in nature have to suffer more to become what they are than bread and wine. Wheat has to pass through the rigors of winter, be ground beneath the Calvary of a mill, and then subjected to purging fire before it can become bread. Grapes in their turn must be subjected to the Gethsemane of a wine press and have their life crushed from them to become wine. Thus, do they symbolize the Passion and Sufferings of Christ." — Ven. Fulton J. Sheen (Life of Christ)

# Mass Intentions

For the Week of 4/14/18 TO 4/21/18

**Saturday:**

5:00 p.m.: Beatriz de Castro, RIP

**Sunday:**

\*7:30 am: Elenita Macalintag, RIP  
7:30 am Ellena Wong/Alexander, Lauren Cheah, INT  
9:00 a.m.: Parishioners

11:00 a.m.: Therese Hong Nguyen, RIP

1:00 p.m. (Latin): Randolph Lowe, RIP

5:00 p.m.: Adelaida Hernandez, INT

**Monday:**

6:00 a.m.: Engracia P. Vales, INT

\*7:30 a.m.: Tina Mary Morris, INT

8:00 a.m.: Jay Shower, RIP

**Tuesday:**

6:00 a.m.: Asayama Family, INT

\*7:30 a.m.: Thanksgiving to St. Joseph

8:00 a.m.: Mitchell Rimlinger, RIP

**Wednesday:**

6:00 a.m.: Fr. Mark Warnstedt, INT

\*7:30 a.m.: Sr. Joan Williams, OCD, RIP

8:00 a.m.: Jimmy Luk, RIP

**Thursday:**

6:00 a.m.: Msgr. Norm Priebe, INT

\*7:30 a.m.: Tina Mary Morris, INT

8:00 a.m.: Fran Meyer, RIP

**Friday:**

6:00 a.m.: Fr. Raymond Medina, INT

\*7:30 a.m.: Carlo & Olive Pasumbal's  
25th Wedd Anniv INT

8:00 a.m.: Fr. Chidi Ekpendu, INT

**Saturday:**

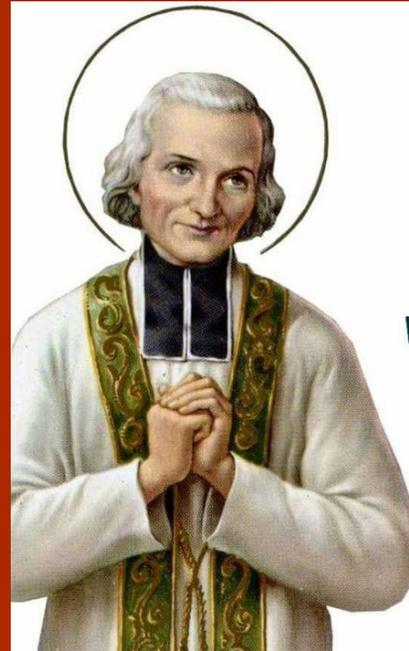
6:00 a.m.: Ninfa Manuguid, RIP

\*7:30 a.m.: Carmelite Community

8:00 a.m.: Virginia Jarin, INT

\*Held at the Carm Chapel, 215 East Alhambra Road  
Open to the public every day except Sundays/holidays.

*"Lord, I believe; help  
my unbelief!"*



**"EVERY  
CONSECRATED  
HOST IS MADE TO  
BURN ITSELF  
UP WITH  
'LOVE'  
IN A  
HUMAN HEART."**

*St. Jean Vianney*  
FB.COM/THECATHOLICROSE



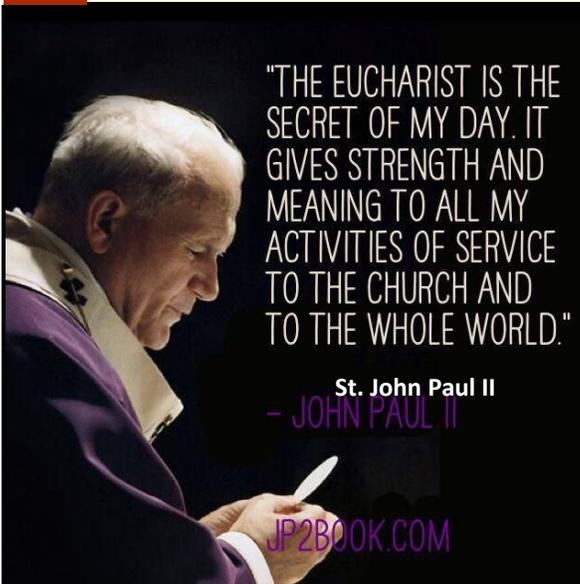
The Eucharist is essential for us; it is Christ who wishes to enter our lives and fill us with His grace.

-Pope Francis

If I can give you any advice, I beg you to get closer to the Eucharist and to Jesus... We must pray to Jesus to give us that tenderness of the Eucharist.

— Mother Teresa —

AZ QUOTES



**"THE EUCHARIST IS THE  
SECRET OF MY DAY. IT  
GIVES STRENGTH AND  
MEANING TO ALL MY  
ACTIVITIES OF SERVICE  
TO THE CHURCH AND  
TO THE WHOLE WORLD."**

St. John Paul II  
- JOHN PAUL II

JP2BOOK.COM



When you have received Holy Communion,  
close your bodily eyes so that  
you may open the eyes of your soul.  
Then look upon Jesus  
in the centre of your heart"

St. Teresa of Avila

www.sofranteresa.org



**THE  
BEST  
TIME  
YOU  
WILL  
SPEND  
ON  
EARTH.**

focus