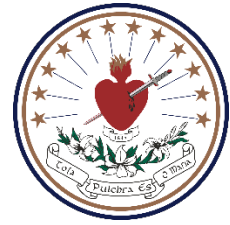


MISSION MOMENT

VMA Academy Board Meeting

December 2023



Last December I started to share about St. Alphonsus, one of our IHM patrons. His spirituality focuses on the Cross, the Crib, the Eucharist and Mary. In this year of Eucharistic revival, I thought it was pertinent to share a little about St. Alphonsus and his devotion to the Eucharist!

The Sisters, Servants of the Immaculate Heart of Mary have great devotion to Jesus present in the Blessed Sacrament as a core part of our spirituality. We inherited this spirituality from St. Alphonsus Liguori whose spiritual daughters we are, thus, our daily prayer includes time spent before the Blessed Sacrament and frequent visits to the Blessed Sacrament, as influenced by our Alphonsian spirituality.

In our Community Prayer book, Heritage Prayer, we read: “In the Eucharistic prayers of Alphonsus...he looked upon Jesus as Son of God, filled with divine longing for his people on earth, and continually reaching down from heaven to draw them lovingly to himself. For Alphonsus, the real presence of Jesus in the Eucharist became the source and center of nourishment and strength whereby the close relationship to Jesus fostered by visits to the Blessed Sacrament develops the energy his disciples need for preaching the Gospel to the poor and most abandoned.”

St. Alphonsus shared many reflections on his devotion to the Blessed Sacrament. Here are just a few of his thoughts...

“In a quarter of an hour’s prayer, spent in the presence of the Blessed Sacrament, you will perhaps gain more than in all the other spiritual exercises of the day.”

“Good friends find pleasure in one another’s company. Let us know pleasure in the company of our best Friend, a Friend who can do everything for us, a Friend who loves us beyond measure. Here in the Blessed Sacrament, we can talk to Him straight from the heart.”

“Oh, how sweet a joy it is to remain with faith and tender devotion before the Eucharist, and converse familiarly with Jesus Christ, who is there for the express purpose of listening to and graciously hearing those who pray to him.”

St. Alphonsus was a prolific spiritual writer whose works are still considered spiritual classics. His first published book in 1745 was “Visits to the Blessed Sacrament” which is still in print today. This little book contains prayers and meditations before the Blessed Sacrament for each day of the month, as well as a prayer of Spiritual Communion.

(present the books)

I would like to end with a Spiritual Communion:

My Jesus, we believe you are really present in the Blessed Sacrament. We love you more than anything in the world and we hunger to be nourished by You. But since we cannot receive you in Communion at this moment, please come spiritually into our souls. We unite ourselves to You now as we do when we actually receive You. Never let us drift away from You. We ask all this in Your name. Amen!