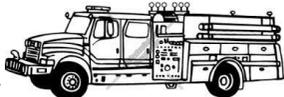


The Fire in Notre Dame Cathedral in 2019.

Father Jean-Marc Fournier, chaplain to the Paris Fire Brigade.....turned his attention to saving the Blessed Sacrament. They found the keys to the tabernacle and as Fr. Fournier says ‘they retrieved Jesus’. ‘And with the Blessed Sacrament, I blessed the Cathedral. It was an act of faith. **I asked Jesus – Who I believe is truly present in the hosts – to fight the flames and to preserve the building dedicated to His Mother (Our Lady of Paris). The benediction (blessing) coincided with the beginning of the fire in the north tower – and also with its extinction (being put out)! This was surely Providence (God’s watchful care) ... The two bell towers were saved.**”



He repeated that he asked Jesus, whom ‘I really believe to be in these hosts’ to ‘fight the flames’. Fr. Fournier’s actions are an act of faith, a living witness to his belief in Holy Communion. His courage, his bravery and his belief in the presence of Jesus in Holy Communion, means that, **For him, saving the Holy Communion was the same as saving a person from the flames.** That’s the catholic faith, the belief we are celebrating – Jesus gives us himself in Holy Communion.

Prayer before Holy Communion

Lord Jesus,
come to me.
Lord Jesus,
give me your love.
Lord Jesus,
come to me
and give me yourself.
Lord Jesus,
friend of children,
come to me.
Lord Jesus,
you are my Lord
and my God.
Praise to you,
Lord Jesus Christ.

Prayer after Holy Communion

Lord Jesus, I love and adore you.
You’re a special friend to me.
Welcome Lord Jesus,
O welcome, thank you for coming to me.
Thank you Lord Jesus,
O thank you, for giving yourself to me.
Make me strong to show your love,
Wherever I may be.
Be near me, Lord Jesus, I ask you to stay,
Close by me forever and love me, I pray.
Bless all of us children,
in your loving care
and bring us to heaven,
to live with you there.
I’m ready now, Lord Jesus,
to show how much I care.
I’m ready now to give your love,
at home and everywhere. Amen

St. Mary’s Parish Dungarvan

June 2022



Holy Communion/The Body of Christ/ The Bread of Life/ The Eucharist/Corpus Christi/Corp Christ.

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

‘Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.’ Roman Missal.

‘When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now.’

St. Teresa of Calcutta (1910 – 1997).

A True Story – Mother Teresa visits her native Albania.

There is a story told of one of Mother Teresa’s visits to her native Albania which was then a communist country. In the office of the communist dictator, she heard him say deliberately: ‘Jesus will never return to Albania while I am in charge.’ Mother Teresa was laughing to herself all the time. She was carrying Jesus in a pyx (which is a small container used for bringing Holy Communion to the sick and housebound). The pyx was pinned to her sari by a cheap safety pin. **She believed that Jesus had returned to Albania under the appearance of bread.**

One day St. Teresa of Avila heard someone say: ‘If only I had lived at the time of Jesus...If only I had seen Jesus...If only I had talked with Jesus...’ To this she responded: ‘But do we not have Jesus in the Eucharist, the living, true and real Jesus present before us? Why look for more?’

St. Teresa of Avila (1515 – 1582).

The Eucharist – Treasure Beyond Measure.

‘The Eucharist is a treasure whose value cannot be measured, it is the Bread of Life, it is Jesus who makes himself food, support and strength for our daily path and open road to eternal life; it is the greatest gift that Jesus has left us.’

Pope Benedict XVI (1927 -).

Cardinal Nguyen Van Thuan of Vietnam (1929 – 2002)

The Story of his Devotion to the Eucharist.

In the life of Cardinal Van Thuan of Vietnam we have witnessed an extraordinary love of the Eucharist. He was arrested by the communist government of Vietnam in 1975. He spent the next 13 years in prison, 9 of them in solitary confinement. A booklet entitled '5 loaves and 2 fish' tells his story, and especially his story of how he managed to celebrate Mass as often as he could.

The question he was most often asked after his release was how did he get bread and wine for Mass? He was allowed a few basic items, and he asked for medicine for a bad stomach. Those whom he asked, knew that he was asking for wine, and so they sent a small bottle of wine marked 'stomach medicine' as well as some hosts sealed in a flashlight to protect them from the dampness.

He says 'I will never be able to express my immense joy; every day, with 3 drops of wine, and 1 drop of water in the palm of my hand, I celebrated Mass. We made small containers from cigarette packages in which we kept the Blessed Sacrament. Jesus in the Eucharist was always with me in my shirt pocket.' He also managed to give Holy Communion to other Catholics in the prison.



'Jesus in the Blessed Sacrament is the Living Heart of each of our parishes.'

Pope Paul VI (1897 – 1978).

To be in his presence.'

'How good it is to stand before a crucifix, or on our knees before the Blessed Sacrament, and simply to be in his presence.'

Pope Francis, The Joy of the Gospel (2013). Paragraph 264

The Eucharist....is not a prize for the perfect but a powerful medicine and nourishment for the weak.'

Pope Francis, The Joy of the Gospel. Paragraph 47.



'It is Truly the Body of Christ, the Bread of Life.'

'Before the Eucharistic Prayer of the Mass to the question: 'What is that? The believer answers: 'It is bread.'

After the Eucharistic Prayer, to the same question, the believer answers: 'It is truly the Body of Christ, the Bread of Life.'

(From one Bread One Body by the Bishops of Ireland, England, Scotland and Wales 1998)



Pope Francis gives Holy Communion for the First Time to children in Bulgaria (2019)

In early May 2019, on a visit to Bulgaria, Pope Francis gave Holy Communion for the first time to 245 boys and girls from all over Bulgaria. He said to them: "First Communion is, above all, a celebration. We celebrate Jesus, who wants to remain always by our side. He will always be with us."

Then, before giving them Holy Communion, he spoke again and told them: "Now you will receive Jesus. Don't think of anything else; just think of Jesus. Receive him in silence. Make silence in your heart. Remember this is the first time you receive him."

Holy Communion – 'It is Jesus, the Living Jesus'.

It is Jesus, it is Jesus Who has saved me, it is Jesus Who comes to give me the strength to live. It is Jesus, the living Jesus. But we must not get used to this: each time as if it were the first Communion.

Pope Francis, Corpus Christi 2019.

'Of course, you are not worthy, but you need him.'

'We know that Jesus is there in the tabernacle: let us open our hearts to him, let us rejoice in his sacred presence. This is the best prayer. And he would urge them: 'Come to communion, my brothers, and sisters, come to Jesus. Come to live from him in order to live with him. Of course, you are not worthy, but you need him.'

St. Jean Vianney: The Cure of Ars. (1786 – 1859)