



EUCCHARISTIC ADORATION - 18th April 2019

Introduction: 150th anniversary of ADMA Foundation

READER: with great emotion and devotion we celebrate today the 150th anniversary of the foundation of our Association.

It is a grace to live this time, it is a gift to cast a glance behind us and to recognise, united to the mystery of God, - after 150 years - a path of faith that crosses the generations, transmitting the lamp of faith in every historical moment, with specific actualisation.

Jesus and Mary invite us once again to look ahead, to grow in holiness, in prayer, to be leaven, salt and light of the world, continually renewing the spirit with which

Don Bosco founded us: giving thanks to Mary for her maternal presence and custody and growth of the faith of the people of God.

In this journey Mary Help of Christians precedes us and accompanies us, making us missionaries of peace and love. Today, April 18th, Holy Thursday, we renew our anchorage to the two columns of the Eucharist and of Mary, grasping its deepest bonds.

We propose a moment of Eucharistic adoration letting ourselves be enlightened by some reflections taken from the sixth chapter of the encyclical of John Paul II "ECCLESIA DE EUCCHARISTIA" on the Eucharist in its relationship with the Church and dedicated to Mary, defined as the Eucharistic Woman.

In this way we will understand even more the profound connection between Mary and Jesus in order to follow her journey and learn from her the most appropriate attitudes to stand before the Eucharist: amazement, gratitude, adoration, humility, joy.

BEGINNING OF THE MEDITATION

[Song of accompaniment to the exposition of the Blessed Sacrament]

Prayer and invocation

PRIEST: the Lord has called us. He wants us around because he loves us without reserve and comes to look for us wherever we find ourselves lost. And it does so also by using a guide, mother and model. While Jesus calls us to communion with him, the Virgin Mary leads us to him hastening our journey towards this communion. "Only by looking at Mary and following in his footsteps will we be able to celebrate and live the Eucharistic mystery" the treasure of the Church, the heart of the world, the pledge of the goal to which every man, even unconsciously, longs for. "(John P. II Ecclesia de Eucharistia)

Let us all pray in silence, carefully contemplating Jesus the Eucharist and at the same time observing the image of Mary his Mother so that we can feel enveloped and inspired by the One and the Other. We invoke Mary to obtain the Holy Spirit: to guide us to adore the Lord in Spirit and truth.

[Song of invocation to the Holy Spirit]

Silence and adoration

FIRST MEDITATION: Mysterium fidei!

READER: If the Eucharist is a mystery of faith which so greatly transcends our understanding as to call for sheer abandonment to the word of God, then there can be no one like Mary to act as our support and guide in acquiring this disposition. In repeating what Christ did at the Last Supper in obedience to his command: "Do this in memory of me!", we also accept Mary's invitation to obey him without hesitation: "Do whatever he tells you" (Jn 2:5). With the same maternal concern which she showed at the wedding feast of Cana, Mary seems to say to us: "Do not waver; trust in the words of my Son. If he was able to change water into wine, he

can also turn bread and wine into his body and blood, and through this mystery bestow on believers the living memorial of his passover, thus becoming the 'bread of life'".

Prayer

READER: Mary, Mother who leads us to Jesus, teach us to obey him. You know him well, help us to resemble him in everything. Deliver us from our sins and clothe us with your grace.

[A sung refrain suitable to the adoration]

Silence and adoration

SECOND MEDITATION: virginal womb for the Incarnation of God's Word.

READER: "Blessed is she who believed" (Lk 1:45). Mary also anticipated, in the mystery of the incarnation, the Church's Eucharistic faith. When, at the Visitation, she bore in her womb the Word made flesh, she became in some way a "tabernacle" – the first "tabernacle" in history – in which the Son of God, still invisible to our human gaze, allowed himself to be adored by Elizabeth, radiating his light as it were through the eyes and the voice of Mary. And is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?

Prayer

READER: Mary, let us contemplate you as the Ark of the Covenant, and consider that we too, when we make Communion well, are a living tabernacle! A fragile vase that contains a treasure! We ask you for forgiveness for all sins, and we ask you to make us closer to the Eucharistic mystery

[A sung refrain suitable to the adoration]

Silence and adoration

THIRD MEDITATION: United in the offering of sacrifice.

READER: Mary, throughout her life at Christ's side and not only on Calvary, made her own the sacrificial dimension of the Eucharist. When she brought the child Jesus to the Temple in Jerusalem "to present him to the Lord" (Lk 2:22), she heard the aged Simeon announce that the child would be a "sign of contradiction" and that a sword would also pierce her own heart (cf. Lk 2:34-35). The tragedy of her Son's crucifixion was thus foretold, and in some sense Mary's Stabat Mater at the foot of the Cross was foreshadowed. In her daily preparation for Calvary, Mary experienced a kind of "anticipated Eucharist" – one might say a "spiritual communion" – of desire and of oblation, which would culminate in her union with her Son in his passion, and then find expression after Easter by her partaking in the Eucharist which the Apostles celebrated as the memorial of that passion.

Prayer

READER: Mary, you offered us two essential attitudes to Eucharistic participation: love and the offering of sacrifice. Make us aware that when we make Communion we are intimately united to the sacrifice of Christ and receive as a gift the ability to love as He has loved us.

[A sung refrain suitable to the adoration]

Silence and adoration

FOURTH MEDITATION: Behold your mother!

READER: "Do this in remembrance of me" (Lk 22:19). In the "memorial" of Calvary all that Christ accomplished by his passion and his death is present. Consequently all that Christ did with regard to his Mother for our sake is also present. To her he gave the beloved disciple and, in him, each of us: "Behold, your Son!". To each of us he also says: "Behold your mother!" (cf. Jn 19: 26-27). Experiencing the memorial

of Christ's death in the Eucharist also means continually receiving this gift. It means accepting – like John – the one who is given to us anew as our Mother.

Prayer

READER: Mary, you are present, with the Church and as Mother of the Church, in every Eucharistic celebration. Accompany us and renew in us the desire and commitment to conform ourselves to Christ.

[A sung refrain suitable to the adoration]

Silence and adoration

FIFTH MEDITATION: Magnificat

READER: In the Eucharist the Church is completely united to Christ and his sacrifice, and makes her own the spirit of Mary. This truth can be understood more deeply by re-reading the Magnificat in a Eucharistic key. The Eucharist, like the Canticle of Mary, is first and foremost praise and thanksgiving. When Mary exclaims: "My soul magnifies the Lord and my spirit rejoices in God my Saviour", she already bears Jesus in her womb. She praises God "through" Jesus, but she also praises him "in" Jesus and "with" Jesus. This is itself the true "Eucharistic attitude".

The Magnificat expresses Mary's spirituality, and there is nothing greater than this spirituality for helping us to experience the mystery of the Eucharist.

Prayer

READER: the Eucharist is given to us so that our life, like that of Mary, is all a magnificat! When we make Communion we do not join only the sacrifice of Jesus, but also his joy, not only his Cross, but also his Easter. Let us ask Mary to give us the joy of God, the taste for the things of God, peace and the fervour of the heart in doing everything in view of Heaven.

[A sung refrain suitable to the adoration]

Silence and adoration

Concluding rite

PRIEST: let us listen to Mary Most Holy, in whom the Eucharistic Mystery appears, more than in any other, as a mystery of light. Looking at her we know the transforming power that the Eucharist possesses. In her we see the world renewed in love. Contemplating it in Heaven in soul and body, we see a glimpse of the "new heavens" and of the "new earth" that will open before our eyes with the second coming of Christ.

[Concluding song to Mary]

LET'S ENTRUST ADMA PROGRESS TO MARY

Lord, You left your Mother among us to accompany us,
to take care of us and protect us in our journey, in our heart, in our faith.
May she make us disciples as She was, and missionaries as She was.
May she teach us to go out on the streets.
May she teach us to come out of ourselves.
May she, with her meekness, with her peace, show us the path.
(Pope Francis)