



*The
Immaculate
Heart of Mary*



Leading us to
the Blessed
Sacrament

June 22, 2025



How Mary Leads us to the Blessed Sacrament

Good evening and welcome to the 4th Night of our Novena to the Immaculate Heart of Mary. This evening's topic is How Mary Leads us to the Blessed Sacrament.

Let us begin with a prayer- Hail Mary

Our Lady of the Blessed Sacrament, pray for us

How fitting for our topic to be “How Mary leads us to the Blessed Sacrament” on this Corpus Christi Sunday. I want to highlight the word “us” in the above sentence. This “us” does not refer to a blob of people but individuals, you and me, and it is communal: my community and your family. Mary has already led us (you and me) to the Blessed Sacrament this evening just by coming to this talk in our Chapel!

As a child asks for help from their mother, so we ask Mary to help show us how to love her son in the Blessed Sacrament as she does. Tonight, I would like to highlight two ways Mary leads us to the Blessed Sacrament: first, her example of adoration, and second, her self-gift.

In the book *Our Lady of the Blessed Sacrament* by St. Peter Julian Eymard, he said, “Mary’s life can be summed up in one word: adoration.” (p.11) Mary’s whole life was one of adoration. The word adore means to worship from the Latin ad-directed to another and orare- to **speak** or to **pray**. The Catechism of the Catholic Church states, “To adore God is to acknowledge him as God, as the Creator and Savior, the Lord and Master of everything that exists, as infinite and merciful Love...” “To adore God is to praise and exalt him and to humble oneself, as Mary did in the Magnificat, confessing with gratitude that he has done great things and holy is his name. (2097) Mary loved God at every moment of her life, not thinking how she could please herself but how she could please God, and that is what brought love to her adoration. She learned the scriptures, went the synagogue with Jesus and Joseph. She made meal and brought in water from the well, and all of this



Sisters of the Immaculate Heart of Mary of Wichita

3550 North 167th Street West Colwich, KS 67030
(316) 722-9316 | www.sistersihmofwichita.org

flowed from her worship. Mary was God-centered (first) which then led her to be others centered as her worship flowed out through her actions. Mary's acts of love led her closer to God and united her more closely to Him.

Mary leads us to the Eucharist because she is inseparable from it. St. John Paul II document, *Ecclesia de Eucharistia* states, "Mary is present, with the Church and as the Mother of the Church, at each of our celebrations of the Eucharist. If the Church and the Eucharist are inseparably united, the same ought to be said of Mary and the Eucharist."... "Mary can guide us toward this Most Holy Sacrament, because she herself has a profound relationship with It." (53) We can learn from Our Lady's relationship with her Son. Jesus gave us His mom to be our example. John Paul continues, "Mary is a woman of the Eucharist in her whole life. The Church which looks to Mary as a model and is also called to imitate her in her relationship with this most holy mystery" (53). She is our model and guide to show us how to love and adore her Son. Mary always perfectly said yes to God. She spent many quiet moments just in his presence resting with him. Her love led her to adoration. Even when it was hard, she said yes, for example by fleeing immediately with Joseph and Jesus when Joseph received a message from God in a dream that he needed to take Mary and Jesus and go to Egypt to keep Jesus safe from the sword of Herod.(Mt 2:13-15) Even in this suffering she adored Jesus and kept him close to her heart as she held him in her arms and wept for the Innocent children that would be killed.

This year I had the opportunity to help with several Fiat Ministries events in our diocese. Fiat Ministries is an organization that seeks to promote religious life. One way they do this is by their Mother/ Daughter events, bringing mothers and their daughters, ages Kindergarten to 8th grade, to encounter sisters from various religious communities. These events are designed to foster enthusiasm for religious vocations in young girls.(Fiat Ministries) There is lunch, a craft, and a fun activity, and the afternoon closes with 30 minutes of adoration. The girls and their moms or other influential women in the girls' lives join the Sisters in adoring Our Lord in the Blessed Sacrament. I was struck by how the girls observed their mothers in adoration and imitated their example. One mother was folding her hands, praying quietly, and looking at Our Lord in the monstrance. After looking at her mother, the daughter did the same thing. Another mother was sitting with her eyes closed praying; so was her daughter. It was beautiful to see the daughters looking to their mothers and imitating them. So, we, like these daughters, can look to Mary to show us how to love and adore her son, and we can imitate her example. She shows us with her exterior posture through reverence and interior disposition of humility as referenced in her Magnificat. "My soul proclaims the greatness of the Lord My Spirit rejoices in God my Savior." (Lk 1:46-55)

In our diocese, we are abundantly blessed to have 90 parish churches and 50 adoration chapels. Not all of them are perpetual but most of them are. We learn

from Mary's example how to gaze lovingly upon her Son to be present to Him and to love Him. Her love for Christ did not peak in His infancy but continued to grow daily as she pondered Him in her heart. In adoration, we get to be with the Lord in his real presence. We get to listen and speak to him. He waits for us, for our love. Blessed Carlo Acutis once said, "The Lord is the only person that we don't have to ask if he's available. I can always confide something in him. I can also complain or question Him in silent moments and tell Him the things that I don't understand. Then I find within me some words He sends me; some passage from the Gospel that cloaks me in security and confidence." – (PDF) Mary was the first person to know and experience His availability, ask Him questions, and hear his answers in His word or through the daily events of her life. She looked the Scriptures to see God's love and his promise fulfilled by her son. She also found more about her son by studying, pondering, and praying with the word.

Let us not take this gift of adoration for granted. In *Visits to the Blessed Sacrament* by St. Alphonsus Liguori, he says, "For those who are in love, there is no greater pleasure than to be in one another's company." p49 (Liguori) We spend time with those we love. We want to be with them and be present to them. This was Mary's life. Mary spent time with Jesus. She shared her heart and her life with him, and she invites us to do the same. Nothing is too great or too small to tell our Lord because **he cares about us, as individuals, you and me**. He wants to know what bothers you, what weights on your heart, what little thing makes you smile. Soon you may even have inside jokes with Jesus. He spoke and you came into being. He has created you as part of his plan, with a specific purpose in mind. The fact that you and I are here is a sign of God's love for us, for all of us because He cares, He wants us to have an authentic relationship with him, for us to hold nothing back from Him. He does not want us to be surface-level bobber Christians, affected by every wind of the world and not able to go deeper than the surface. We are called, invited to deep-sea divers that know the pearl of great price that lies in the stillness at the bottom of the Ocean (of our soul).

St. Alphonsus says, "If men always had recourse to the Blessed Sacrament to find there a remedy for all their troubles, they certainly would not be as unhappy as they are." p.47 (Liguori) Mary shows us how to go to Our Lord with our troubles, as she did at the wedding at Cana. We can talk to Jesus as Our Lady did in confident trust and adoration. She presented the need to the Lord and did not tell him how to fix it, nor did she try to fix it herself. She went to Jesus first. Then she waited to know how she could cooperate with His plan. By telling the servers "do whatever he tells you", we see her confidence in her Son whom she knew would provide in the best way. The enemy wants us to try to be like God *without God*. God wants us to try to be like him *with Him*. The enemy tells us we have to do it all by ourselves. God says trust me with "it", I will make something beautiful with it/out of it. Let us

give our cares and worries to Jesus and confidently cooperate even when we don't know what the end result will be. Trusting is central to a relationship (with God). We have to practice and make acts of trust to grow in trust. For example, God, I trust that you will give me the grace to give this talk. God, I trust that you will take care of this situation ___ I place it in your hands. The more we trust God the more intimate (deeper) our relationship will be.

One's adoration will look different at different stages of one's life. Returning to St. Peter Julian Eymard, he tells us to "Notice the nature of Mary's adoration. She adored Our Lord according to the different states of his life; Jesus' state determined the character of her adoration- her adoration did not stay in a set grove.... At Bethlehem Mary was the first to adore Our Lord in the manger. Mary continued to adore Our Lord: in his hidden life at Nazareth; afterwards in his apostolic life, and finally, on Calvary when her adoration became intense suffering." (Eymard p12) Mary's adoration grew and developed as she became Jesus' mother and as he matured and got older. I have yet to meet a mother that loves her son the same as when he was born. They love their son even more now because they have grown deeper in relationship and share things with each other. Love is not stagnant. Your prayer life changes and it can grow and deepen as you have more life experience.

We have explored the theme of adoration and how Mary's relationship with Jesus continued to grow and develop corresponding to the present moment. Now we will explore her gift of self. As Sr. Mary Jane Frances brought out last night in her talk about Mary's Humility, Mary never assumed that she would be the Mother of God yet when she was asked she only wanted to assent to God's will and gave her fiat. Once she knew her cousin Elizabeth was with child at an elderly age she went "in haste" to help her, her love moved her to help another person. Her love for God flowed out into love of neighbor, the gift of her time and resources to her cousin Elizabeth. We know Elizabeth was humbled to have Mary in her home to help her: "And how does this happen to me, that the mother of my Lord should come to me?" (Lk 1:43-45) Our gift of self is also shown in love for others. Our love for God should flow out to our neighbor. Because authentic love is a gift of self for the other.

The Gospel for today's Mass shows us an example of what God can do when we offer Him what we have. In the miracle of the feeding of the 5,000, "five loaves and two fish are all we have." (Lk 9:13) But this small offering is given to the Lord. "He said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets." (Lk 9:16-17) You are probably very familiar with this story but have you ever thought about what happened? Five loaves and 2 fish would not be an adequate meal for more than a few people. But the Lord fed 5,000 people with that small amount, and there were so many

leftovers that each apostle had a whole basket full. Only God could take a situation where only a few people would receive a little food to 5,000 being satisfied and having an abundance left over. WOW, this was an amazing miracle! We give the Lord the little we have, we make our self-gift, we offer our meager five loaves and two fish, and He multiplies it abundantly. But actually, we experience this every Sunday. During the Mass at the offertory, we bring bread and wine and He transforms it into his body and blood. In reference to this reality a priest of our diocese said, "If He can do that with bread and wine, how much more will He do with us when we give ourselves to him?" (Fr. May) Mary shows us how to make a gift of ourselves because she gave her 5 loves and two fish daily to the Lord, what she had she gave back to Him. She was daily transformed by God and it flowed out in her daily acts of love. She cared for Jesus and Joseph. She did simply all the responsibilities asked of her as a wife and mother in the moment. *Ecclesia de Eucharistia* says, "Gazing upon Mary, we come to know *the transforming power present in the Eucharist*. In her we see the world renewed in love." (*Ecclesia de Eucharistia* 62) Her proximity to the Lord transformed her, bringing her ever-greater holiness. The same can happen with us. Our adoration is supposed to change us and strengthen us to lay down our lives for others, making a self-gift as Jesus did for us. This can manifest itself in small or big ways: offering a smile to your cranky coworkers, letting the lady at the store go ahead of you, being patient with your child or relative who takes your care for them for granted. The possibilities of our call to renew the world in love are endless.

Adoration can be a form of our stewardship as we give our time to the Lord. Time is one thing we can't buy and don't seem to have enough of. Time is one thing I wish I had just a little more of, especially in preparation for this talk. Time is God's gift to us. It can be hard to know where to spend our time. In the First reading for today's Mass, Abraham offered the priest Melchizedek one tenth of **everything** (Gen 14:20) in thanksgiving for winning a battle against the pagan king. That everything, for you, could include your time. God has put the spark of love into your soul but we can offer our time to Him to help fan the flame. Some questions for reflection: Might God be asking me to give him more of my time? Is he calling me to go to Mass more frequently, to be intentional in calling to mind his presence throughout my day, to check my phone less often and to say a prayer for those on my heart instead? Does He desire me to make a spiritual communion, uniting my heart to Him even when I can't receive Him sacramentally? Another way to give Him our time is through a holy hour. If you do not have a holy hour, are there open hours at your parish Our Lord is asking you to consider? If you already have a holy hour, I would encourage you to see how you can make the most out of your holy hour by being with the Lord intentionally. **Ask Him what He wants you to do in your holy hour.** He may just want you to be with him and receive His love by looking at Him and sharing your heart with Him. He may also be inviting you to deeper prayer and

knowledge of himself. He may show you how he allowed an event in your life to bring you closer to him. He may give you a deeper self-knowledge by bringing a memory up and being able to reflect on it with Jesus. (You may need your deep-sea diving gear for that one). In our joys and sufferings Jesus wants to draw close to us. When we receive a consolation, a gift of his love, we can rest and receive it and thank him for it.

Our Lady did not just give a tenth of everything; she gave 100 percent, as corresponded to her vocation. The Lord is not asking us to give exactly **what** Mary did but to give **how** Mary did, to give from the heart. I don't think Melchizedek measured Abraham's offering to the milligram to make sure it was 1/10 of everything, but he was **so generous** because of the gratitude in his heart to the Lord. It was the intention and love behind the gift.

When we adore Jesus in the Blessed Sacrament, it prepares us to more worthily receive Him in the Eucharist. The Church tell us that, "The Eucharist is the source and summit of Christian Life" (*Lumen Gentium* 11). The Eucharist is the source and Summit of **her** life. "For Mary, receiving the Eucharist must have somehow meant welcoming once more into her womb that heart which had beat in unison with hers and reliving what she had experienced at the foot of the Cross". (Ecclesia de Eucharistia 56) Our Lady received Our Lord in the Blessed Sacrament with deep reverence because her adoration prepared her for communion with God. Mary leads us to receive her son in the Blessed Sacrament so we can become what we eat, we can be conformed more closely to her son and experience that same communion, guiding us to make the Eucharist the source and summit of our life as well.

Mary leads us to her son in the Blessed Sacrament through her example of adoration and how her love for Him developed according to her state in life. She leads us to adore her son in churches, adoration chapels, in our neighbor and in our day-to-day activities. She leads us to the Blessed Sacrament by showing us how to give of ourselves like she did. She gave 100 percent of her day and invites us to offer Him our day as well. Can we give Him the time He desires from us? We make time for important things. Do we make time for Jesus? How is the Lord calling you to give your time to Him according to your state in life? We would not miss an appointment at work; do you treasure your prayer time equally? Mary, show me how to adore and receive Jesus in the Blessed Sacrament like you did and offer my gift of self to Him as I receive his gift of self to me.

Glory be...

Mary Mother of the Blessed Sacrament, pray for us.

Just as Mary has led you here, for this talk, she also wants to lead you back here after refreshments for a holy hour with the opportunity for confessions. If you are not able to stay for the holy hour we still invite you to come to say the novena prayer at the beginning. Thank you for joining us this evening on Corpus Christi Sunday.

Works cited

- Benedict XVI, Pope. "Deus Caritas Est (December 25, 2005) | BENEDICT XVI." *Www.vatican.va*, 2005, www.vatican.va/content/benedict-xvi/en/encyclicals/documents/hf_ben-xvi_enc_20051225_deus-caritas-est.html.
- Catholic Church. *Catechism of the Catholic Church*. Liguori, Mo, Liguori Publications, 1994.
- "Carlo Acutis Quotes - Catholics for Hire." *Catholics for Hire*, 20 Nov. 2023, catholicsforhire.com/carlo-acutis-quotes/.
- Eymard , Peter Julian . *Our Lady of the Most Blessed Sacrament: Readings for the Month of May*. Vol. 7, Caribbean, Emmanuel Publications, 1 Jan. 1992, pp. 11–13.
- Johannes Paulus, Pave. *Ecclesia de Eucharistia*. Kbh., Ansgarstiftelsen, 2004.
- Liguori, Alphonsus. *Visits to the Most Blessed Sacrament and the Blessed Virgin Mary*. Liguori Classic, 1994.
- "Mother/Daughter - Fiat Ministries." *Fiatministries.org*, 2019, fiatministries.org/mother-daughter/. Accessed 24 June 2025.
- New American Bible*. Winona, Minn., Saint Mary's Press, 2012.
- "The Solemnity of the Most Holy Body and Blood of Christ." USCCB, 22 June 2025, bible.usccb.org/bible/readings/062225.cfm.