

Catenians visit 'Time and Tide' Museum, Great Yarmouth

Great Yarmouth, Norfolk: Last Saturday afternoon (13th January) a contingent of members and wives of Norwich Circle of the Catenian Association led by its President John Kenny, visited Great Yarmouth's famous 'Time and Tide' museum which is set in one of the UK's best preserved herring curing works and tells the story of Great Yarmouth from its Ice Age origins up to the present day.

The fascinating tour of the museum was preceded by an excellent lunch at the nearby Silver Darlings Cafe.

Do you have faith in your feet?

Norfolk: Student Cross is a Christian pilgrimage organised by and for students, young adults, and pilgrims of all ages, which began in 1948. Pilgrims experience Holy Week and the joy of the Resurrection as a living reality. It's a chance to celebrate Easter in a unique way.

Eleven different groups, known as Legs, walk from different parts of the country across Norfolk to Walsingham. Kind-hearted parishes provide food and accommodation along the way. Each Leg carries a large wooden cross as a witness to the people they pass.

The climax of the week is in Walsingham, a centre of pilgrimage for many centuries. This is where all the Legs meet up to celebrate the Easter liturgies together over the Easter weekend, including a vibrant Paschal Party after the Easter vigil on Saturday evening.

Facts and figures

- Student Cross first started walking from London to Walsingham in 1948. It was originally a male-only Catholic pilgrimage and pilgrims had to carry all of their belongings.

- Northern Leg started in 1949, leaving from Nottingham. Since then, Oxford (1962), Midland (1971), Essex (1972) and Kettering (1975) were also founded, walking for the full week.

- Ely Leg started in 1996. It walks for three days from Wednesday.

- Two family groups - Peg and Wells (2006) - meet up on the evening of Palm Sunday, for five days of short, all-age walks from one residential base.

- One leg for families with older children of secondary school age - Wensum (2012) walks shorter distances of no more than 10 miles per day over five days.

- Easter Leg walks one day only on Good Friday.

- Women officially started walking in 1966.

- Christians of other denominations started walking Student Cross in the 1960s. Although Student Cross is still predominantly Catholic, scores of fellow Christians have walked and continue to take part in the pilgrimage.

- The Archbishop of Liverpool, Rt Rev Malcolm McMahon, is one of the patrons of the Student Cross Association, which supports pilgrims.

Those interested in joining the 2018 pilgrimage can find out more and register at www.studentcross.org.uk

Missionaries of the Most Holy Eucharist

Fr Gary Holmes

The "Missionaries of the Most Holy Eucharist", is an association of priests founded by Bishop Dominique Rey, bishop of Fréjus-Toulon, and Fr Florian Racine on 17th July, 2007 in Paray-le-Monial, the shrine of the Most Sacred Heart, where Jesus revealed to Saint Margaret Mary his "thirst" to be loved in the Blessed Sacrament. The motherhouse is based in the town of Saint Maximin, France. Fr Florian is also the rector of the basilica which contains the relics of Saint Mary Magdalene.

Aim and work of the Missionaries

The Missionaries strive to bring about the Eucharistic Reign of Jesus in themselves and in the world. Their primary apostolate is the establishment of Eucharistic Shrines, perpetual adoration in parishes, and the formation of adorers so that they will be able to love Jesus and make him loved. The Missionaries pursue this goal through parish missions, preaching, conferences, retreats, congresses and publications. The Missionaries have also established a Eucharistic Retreat Centre in the United States offering silent and preached retreats to the laity, religious and clergy. It is located in the Seminary of the Immaculate Conception on Long Island, New York.

In his Apostolic Exhortation *Sacramentum Caritatis*, Benedict XVI confirmed the teaching of the Church on the centrality of Eucharistic adoration in ecclesial life, through a call for perpetual adoration, addressed to all pastors, bishops and priests, and to the people of God: "With the Synod Assembly, therefore, I heartily recommend to the Church's pastors and to the People of God the practice of Eucharistic adoration, both individually and in community. Great benefit would ensue from a suitable catechesis explaining the importance of this act of worship, which enables the faithful to experience the liturgical celebration more fully and more fruitfully. Wherever possible, it would be appropriate, especially in densely populated areas, to set aside specific churches or oratories for perpetual adoration" (*Sacramentum Caritatis*, n° 67).

Adoration for its own sake

The Lord is pouring out many wonderful blessings through Eucharistic Adoration. But before speaking about these blessings it is important to recall that the Lord is worthy to be adored for his own sake. He is the Alpha and the Omega. All comes from him, all subsists in him, and all must return to him. Adoration is, as Blessed Paul VI said, a sweet duty. When we respond to this sweet duty, indeed the first commandment to adore the Lord, he, in his great love, always pours forth his graces and blessings in abundance. The list of these graces and blessings is endless but we can mention some of them, first on the personal level, second at the level of the parish, and finally at the level of the Universal Church and the whole world.

At a personal level, there are abundant fruits in the lives of the adorers



themselves. In adoring Jesus, truly present in the Most Holy Eucharist, we come to experience the tenderness of God as we touch his Sacred Heart through faith. We come to truly know and love Jesus who says to us: "Learn from me, for I am meek and humble of heart". The Gospel tells us that before being sent out to preach, the disciples of Jesus were first simply called to "be" with him (Mk 3:14). To better evangelise, Jesus first evangelises us. The merciful love of Christ heals us, liberates us and raises us up. In adoration, like the Beloved Disciple who lay close to the Lord's Heart, we learn to be faithful. To listen to his Sacred Heart is to seek to do the will of God. By praying before acting we can receive both the knowledge of the will of God and the strength to accomplish it. We also receive the strength to overcome temptations as the Lord said, "pray so that you do not enter into temptation" (Mk 14:37).

In adoration, Jesus himself transforms us. Just as Christ on the Cross transformed hatred into love and death into life, in the Eucharist he works the same wonder in us: he changes sin into goodness, darkness into light, fear into trust. In adoration, we come to contemplate in a deep way the Lord's Eucharistic presence and this increases our desire to receive Christ in Holy Communion more regularly. Eucharistic Adoration also draws us closer to the Sacrament of Reconciliation where we are purified so that our contemplation may become all the more profound and our reception of Holy Communion more fruitful. There are many other personal benefits which come from adoration, such as graces of forgiveness and reconciliation, deeper personal conversion and the conversion of loved ones, answers to many prayers etc. Eucharistic Adoration is also of great spiritual benefit for those who may not be able to receive Holy Communion.

Mysterious transformation in the parish and wider society

In the parish, there can be seen an increase in Mass attendance, greater unity among parishioners, adorers become more involved in the life and activities of the parish. There is greater fruit in all activities of the parish, an increase in vocations, an increase in the reception of the Sacraments especially baptism, etc. Children's adoration has a profound effect, not only on the children, but also on their parents, many of whom have come back to the faith through this grace. As well as the benefits in the parish, there are also testimonies of the benefits in the surrounding areas (e.g. crime rate reduced, area renewed, family life improved, etc.). For example, just behind the church in Bath where perpetual adoration began three years ago, there was an area where drug addicts used to gather. Now some of these people have had their lives transformed by Jesus in the Blessed Sacrament and have also transformed the area into a beautiful garden with a grotto of Our Lady.

Through Eucharistic Adoration, Jesus not only evangelises us, but He evangelises the whole world. Pope Saint John Paul II said: "Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the Gospel...." (*Pope St John Paul II, Letter to Bishop Houssiau on the 750th Anniversary of the feast of Corpus Christi, 28th June, 1996*). "The Church and the world have a great need of Eucharistic worship. Jesus waits for us in this sacrament of love. May our adoration never cease" (*Pope St John Paul II, Apostolic Letter 'Dominicae Cenae' no. 3, 24th February, 1980*).

Growth of Adoration around the World

Many perpetual adoration chapels have been established in the United States, France, Italy, Spain, Ireland,

Mexico, Switzerland, Austria, the Philippines and lots of other countries. And now, in recent times, we can add the United Kingdom to the list. The first mission in England took place a few years ago in the parish of Saint John the Evangelist in Bath. The adoration has grown and now covers seven days and six nights per week. The graces that have come to the parish are numerous. Not only are the fruits in the parish itself great, but many of the missions have done since then have come directly as a result of the adoration chapel in Bath. These include missions in Bristol, Swindon, Reading, Nailsea, Yeovil, Isle of Wight, and Shaftesbury among others. Further requests for parish missions are arising from these chapels. The Eucharistic flame is always spreading...

What is happening now in the UK is very exciting. The Church here is experiencing a new Eucharistic springtime. There are so many requests for parish missions. We pray for the great success of the National Eucharistic Congress in Liverpool this September. We pray that our preparation, primarily through Eucharistic Adoration itself, will bear great fruit and that the Lord will set more and more hearts on fire with the flame of his Love. May we truly taste and see the goodness of the Lord, and like Saint John, the Beloved Disciple who rested on the Heart of Jesus at the Last Supper, be able to say: "What we have seen and heard we are telling you so that you too may be in union with us, as we are in union with the Father and with his Son Jesus Christ.... So that our joy may be complete" (1 Jn 1:3-4).

- **The Eucharistic Congress will take place in Liverpool 7th-9th September 2018**
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