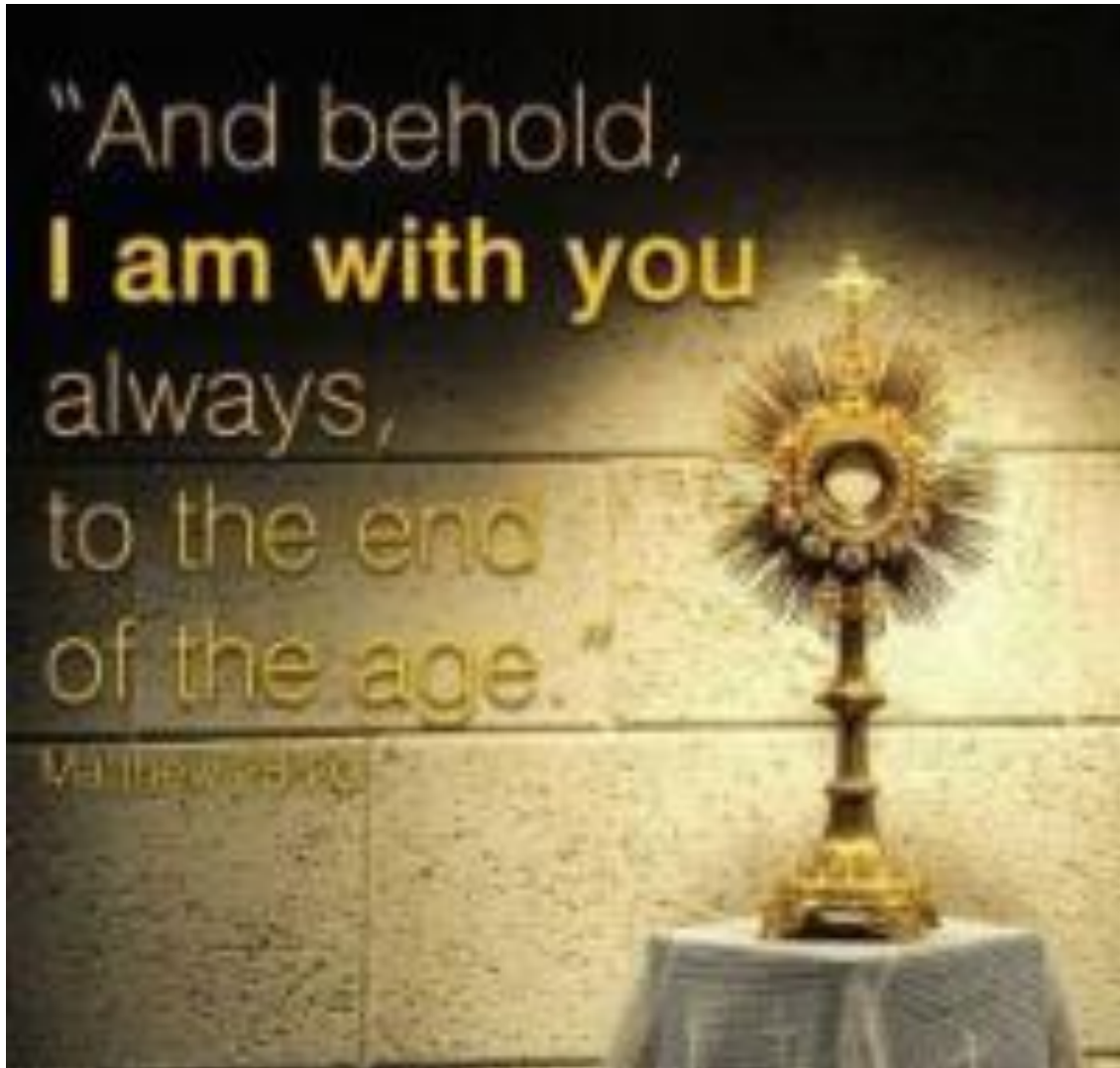


FROM FATHER JOHN: “Jesus said to them, ‘Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats* my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.’”
(John 6:53 – 59)



Why is it important to let our Lord Jesus into our lives? To put it simply, it's important because if we don't, bad things happen to us, all sorts of bad things. The worst bad thing that happens to us is that we miss experiencing God's great love for us.

A building is built on a foundation and within the building are all the things of infrastructure (plumbing, electrical wiring, lights, etc.) that make the building work. God, the Father, the Son and the Holy Spirit, are the foundations of our lives. The love that God shares with us, God's

love that we share with one another and the love we return to God is the infrastructure that makes our lives work.

One of the bad things that happens when we don't let our Lord Jesus into our lives is that we end up creating a particular type of world to live in. It's a small world and it's filled with anger and bitterness and pain and pride and resentment and prejudice and jealousy and greed and dog-eat-dog aggressiveness and danger and violence and tyranny rather than love and joy and happiness and fulfillment and peace.

A great way to let the Lord into our lives is through the reception of Holy Eucharist. Another great way to let the Lord into our lives is through Adoration of our Lord Jesus Christ in the Blessed Sacrament.

The Bishops of the United States have called for a National Eucharistic Revival. As part of the Revival, the Diocese of Joliet is sponsoring a 40-Hours Devotion to the Eucharist at the Cathedral of St. Raymond's in Joliet this Wednesday, Thursday and Friday.

DIOCESAN FORTY HOURS DEVOTION

Join with our Diocesan Church on February 8, Mass @ 6:30 am, Feb. 9 , Mass @ 8 am, Feb. 10, Mass @ 8 am, (Communal Prayer Service Times 11 am, 2 pm, 5pm, 8 pm after which the Blessed Sacrament will be exposed) to celebrate a time of spiritual devotion before the Blessed Sacrament during this National Eucharistic Revival.

Come to the Cathedral of St. Raymond Nonnatus in Joliet. Each day will begin with morning Mass and conclude with an evening Prayer Service. Throughout the days there will be silent adoration of the Blessed Sacrament as well as communal Prayer Services led by various cultural and parish entities.

We encourage all people – parish groups, families, neighbors - to come and reflect in prayer on the wondrous gift of the Eucharist that has been given to us. And to join our hearts in prayer for the needs of our Church and the needs of all people.

May God in his goodness bless our Diocese!

Questions? Contact Sister Sharon Stola at the Office of Divine Worship 815-221-6230 or [sstola@dioceseofjoliet.org](mailto:ssola@dioceseofjoliet.org)

We also have Eucharistic Adoration here at St. Ann's every Wednesday from 8:30 am until 10:30 am. We will also have Adoration and Confession in the Church on Tuesday evenings during Lent from 6:00 pm to 7:00 pm.

May God bless you and all those who love the Lord.