



Episode 3: With Us Always

"Why do you stand here looking into the sky?"

{ Acts 1:11 }

"I am with you always."

{ Matthew 28:20 }

NEW INTERNATIONAL VERSION

Like me, you may have been to Mass today for the last time for a while. If you're already practicing a stricter sense of isolation, you may already feel a sense of separation from our Eucharistic Lord.

As I left Church this morning, I thought of the Ascension. Maybe we're getting a little sense of what it was like to look up to the skies as the Lord departed and think, "What now?" We know what to expect, as they might have because, before that, the Lord said to them, "I am with you always."

The sense of the Lord ever-present with us, is tied to His real presence in the blessed sacrament. Now we will find new ways to experience the presence of the Lord, in the power of the Spirit, in our fellowship as the body of Christ and in new innovative ways to pray, journey and worship together. We trust He is with us, but for now we hold to the truth that He is present in the Eucharist and, although we will only be able to adore from afar, we will adore still.

I leave you with the prayer we will often pray now of the Spiritual Sacrament:

My Jesus I believe that You are present in the most Holy Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Soul of my Saviour,
sanctify my breast, body of Christ,
be thou my saving guest,
blood of my Saviour,
bathe me in thy tide,
wash me with water flowing from thy side.

Strength and protection
may thy Passion be,
O blessed Jesus,
hear and answer me;
deep in thy wounds, Lord,
hide and shelter me,
so shall I never, never part from thee.

Guard and defend me
from the foe malign,
in death's dread moments
make me only thine;
call me and bid me
come to thee on high
where I may praise thee
with thy saints for ay.

Soul of My Saviour

Based on the original Latin text Anima Christi

Translated by J. Hegarty

Where can you see God present in your life right now?
How can you remind yourself of this?