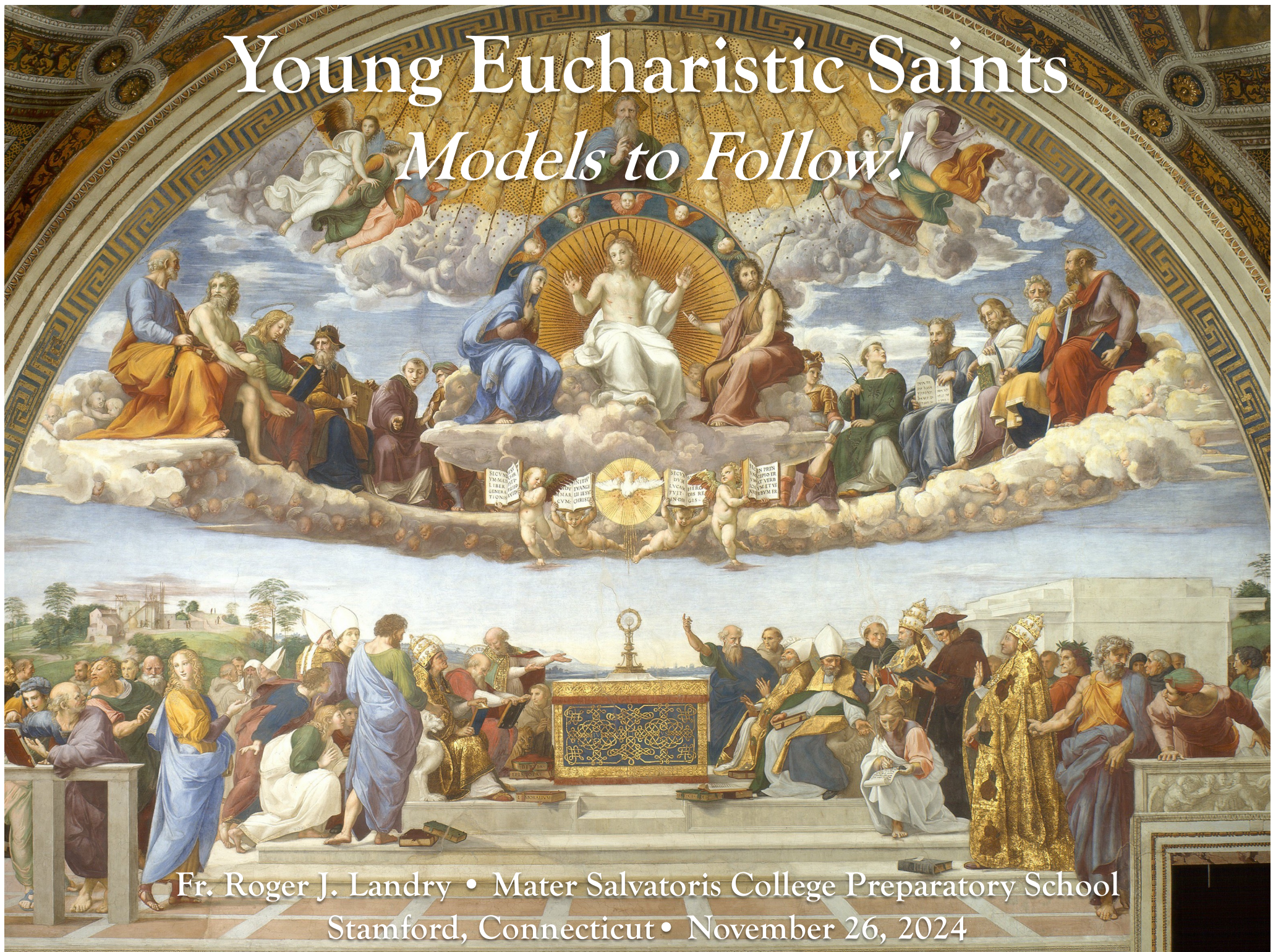
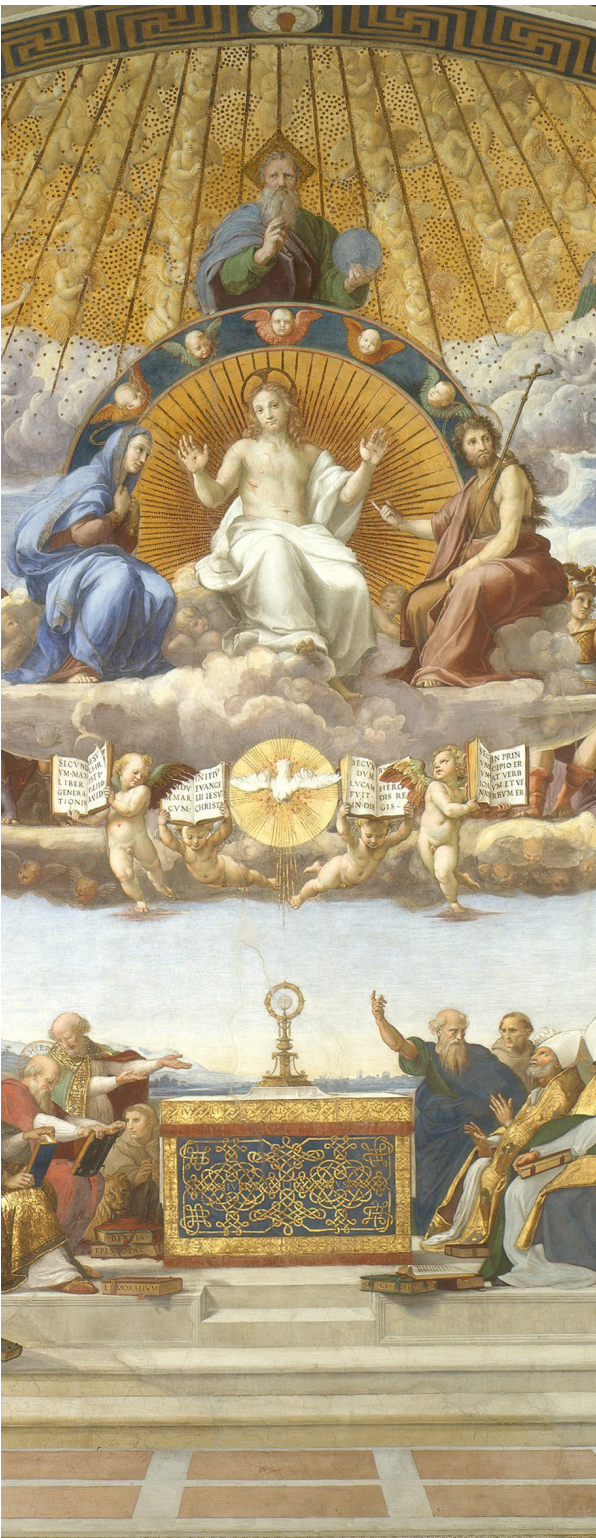


# Young Eucharistic Saints *Models to Follow!*



Fr. Roger J. Landry • Mater Salvatoris College Preparatory School  
Stamford, Connecticut • November 26, 2024





# The National Eucharistic Revival

- The National Eucharistic Revival is a 3+ year initiative to renew the Church in the United States.
- It has four phases: Dioceses, Parishes, the Country as a whole, and Individually.
- The National phase involved the National Eucharistic Pilgrimage, which came here to Mater Salvatoris and that I was privileged to help lead.
- The National Eucharistic Congress in Indianapolis, the first since 1941.
- Now the Missionary Phase of the Revival: Walk-With-One and inviting people back to faith.





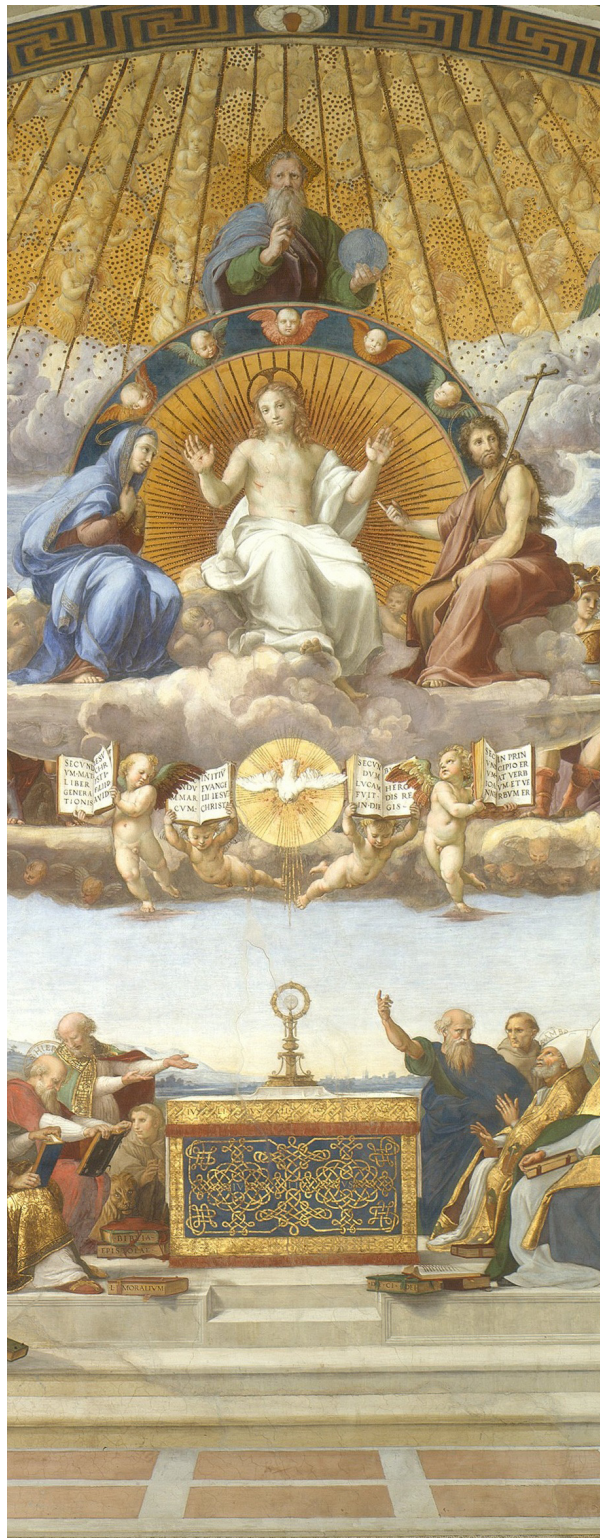
# Saint Elizabeth Ann Seton

- Patroness of the Eastern Route of the National Eucharistic Procession.
- In Italy, as an Anglican mourning the shocking death of her husband, she developed an insatiable longing for the Eucharistic Lord.
- She was mesmerized by Eucharistic processions. “How happy we would be if we believed what these dear souls believe: that they possess God in the Sacrament. ... I cannot stop the tears at the thought: My God how happy I would be ... if I could find you in the church as they do.”
- One day as a procession passed, she threw herself down on the floor and, looking at a picture of Mary, begged for faith in the Eucharist. She was given this faith and, afterward, as the founder of the Catholic school system in the United States, impart that faith to generations of children.
- We pray through her intercession for more Eucharistic converts and saints!



# The Importance of Eucharistic Saints

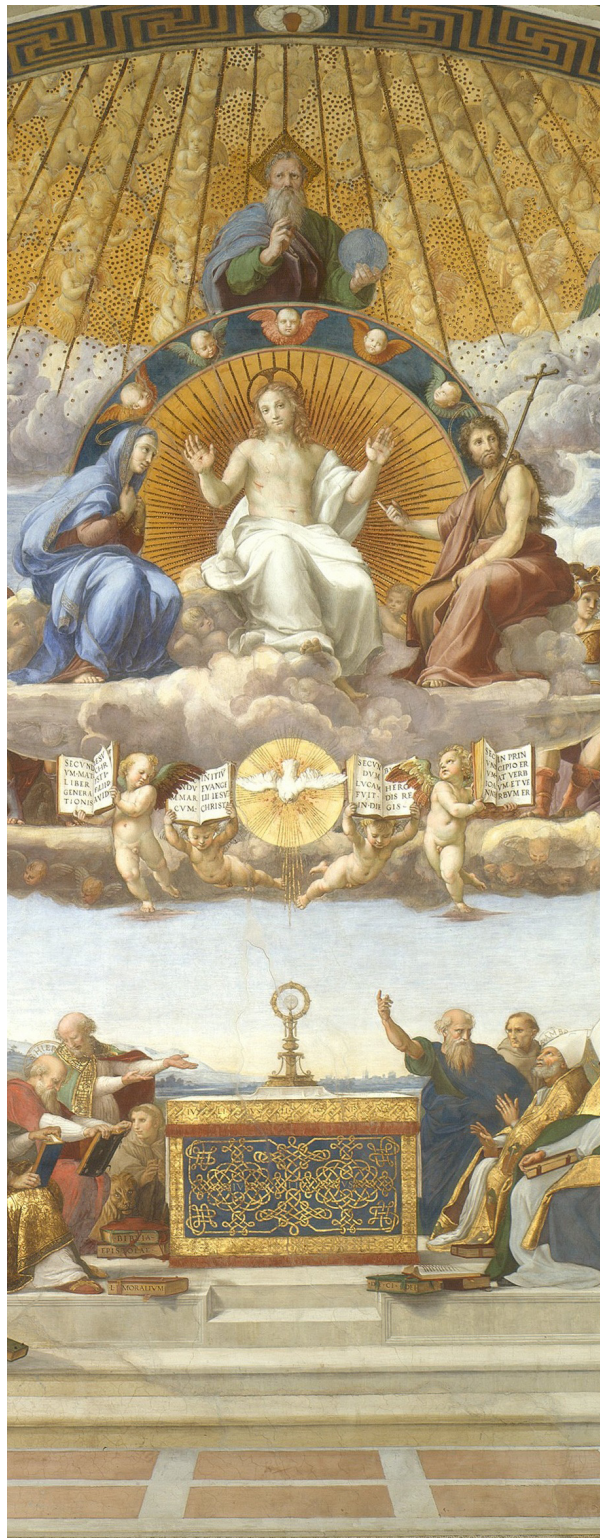
- The saints are the great teachers of the Christian life. We see in them the impact the Holy Eucharist is meant to have in our life. November is a month we think about and pray to the saints with greater devotion and gratitude.
- Pope Benedict XVI: “The Eucharist is at the root of every form of holiness, and each of us is called to the fullness of life in the Holy Spirit. How many saints have advanced along the way of perfection thanks to their eucharistic devotion! ... Holiness has always found its center in the Sacrament of the Eucharist” (*Sacramentum Caritatis* 94).
- The saints show us how to make Jesus – really, truly, and substantially present in the Holy Eucharist – the source, summit, root and center of our life.





# The Importance of Eucharistic Saints

- They teach us how to unite ourselves in Holy Communion with Him who is “Holy, Holy, Holy,” and how to allow that holiness to flourish in a Eucharistic life.
- Today we’re going to focus on 15 Eucharistic saints from whom we can learn, mainly young Eucharistic saints, and others whose Eucharistic life began when they were very young. They teach us teach us the various attributes of Eucharistic faith, amazement, gratitude, love, life, and zeal. We ask them to intercede for us that we may obtain their Eucharistic virtues.





# The Blessed Mother



- In his 2004 encyclical on the Eucharist, St. John Paul II called Mary a “woman of the Eucharist in her whole life.”
- She started very young, living her Eucharistic faith even before the institution of the Eucharist by offering her womb for the Incarnation of the Word of God. St. Teresa of Calcutta called that her “first Communion.” She anticipated what happens in every believer who receives the Lord’s Body and Blood. Her *Fiat* was like every believer’s *Amen*.
- She became the first “tabernacle” in history as she brought Jesus to Elizabeth and John.
- Her *Magnificat* shows the truly Eucharistic attitude of grateful jubilation.



# The Blessed Mother



- Her enraptured gaze as she contemplated the baby Jesus is a model of love for us as we receive the Eucharist.
- After Simeon's words, she daily prepared for Calvary and lived an "anticipated Eucharist" or "spiritual communion."
- Standing prayerfully at the foot of the Cross, She shows the way we are supposed to cooperate in the sacrificial dimension of the Eucharist.
- Mary was present in the Upper Room when the first generation of Christians dedicated themselves to the "breaking of Bread" and then with St. John the Apostle. Receiving the Eucharist meant receiving once more in her womb what she experienced in the Incarnation and at Calvary.





# St. Thomas Aquinas

- St. Thomas Aquinas (122–1274) is perhaps the most famous Eucharistic saint, putting the Church's faith into theological texts, prayers, poetry and hymns.
- We are celebrating a special Thomistic Triennium now:
  - 2023: The 700<sup>th</sup> anniversary of his canonization
  - 2024: The 750<sup>th</sup> anniversary of his death
  - 2025: The 800<sup>th</sup> anniversary of his birth
- His relics – his skull! – will be coming to New York City on December 14 at St. Vincent Ferrer!
- For the first celebration of Corpus Christi in 1264, the Angelic Doctor responded to Pope Urban IV's request to write the liturgical prayers. Besides the prayers and the breviary lessons, antiphons, etc. he ended up writing five Eucharist hymns catechizing us about the Eucharist through what we would prayerfully sing. In this way we see an illustration of *lex orandi lex credendi lex vivendi*, that the law of prayer is the law of faith is the law of life!





# St. Thomas Aquinas

- From his Eucharistic Hymns:
  - *Quantum potes, tantum aude* – dare to do all you can!
  - *Credo quidquid dixit Dei Filius; Nil hoc verbo Veritátis verius* – Source of Eucharistic faith.
  - *O res mirabilis: manducat Dominum pauper et servus humilis!* – O what an awesome reality, that a poor and humble servant eats the Lord.
  - *Jesu, quem velatum nunc aspicio, Oro, fiat illud quod tam sitio: Ut te revelata cernens facie, Visu sim beátus tuæ gloriæ* – From the Eucharist to the Beatific Vision!
  
- At the very end of his life, he had two mystical experiences that flowed from the depth of his Eucharistic Life:
  - “All that I have written appears to be as so much straw after the things that have been revealed to me.”
  - “*Non aliam nisi Tu, Domine!*”



# Saint Therese of Lisieux



- St. Therese's Eucharistic love began very young, in the Eucharistic piety of her parents, Saints Louis and Zelig Martin, who were daily Mass-goers and frequent recipients of Holy Communion. They would bring little Therese along with them to Mass each morning and her father would take her on afternoon walks, which would climax in a visit to the Blessed Sacrament in some Church or chapel.
- She rejoiced to participate in Eucharistic processions and to throw rose petals before Jesus' path. She would make 15-minute visits to the Blessed Sacrament during school recess and eagerly took part in Benediction.
- Children at the time were able to make their Holy Communion only in the year in which they were ten on January 1. Because St. Therese was born on January 2, she needed to wait until she was 11. But after years of spiritual communions and intense longing, her day finally came on May 8, 1884.



# Saint Therese of Lisieux



- She called it “the most wonderful day of my life, ... that first kiss of Jesus in my heart – it was truly a kiss of love. I knew that I was loved and said, ‘I love you, and I give myself to you forever.’” Thereafter, she would go to Mass daily and receive Holy Communion, like her father, even five days a week.
- It was a brutal shock after she entered Carmel at 15 that the superior, influenced by Jansenism, would only allow the nuns to receive on a few set days a year. Therese considered it the hardest cross of her religious life. She prayed through St. Joseph for a change. In 1890, Pope Leo XIII took such authority away from religious superiors and gave it to confessors; her confessor, however, intimidated by the superior, kept Holy Communion infrequent. The only respite came during the influenza pandemic of 1891-92, when the confessor gave Therese “the unspeakable consolation of receiving Holy Communion every day,” a privilege lost once the pandemic abated and the superior was out of the infirmary.



# Saint Therese of Lisieux



- For Therese, the question wasn't simply one of human desire, but of divine: "It is not to remain in a golden ciborium that [Jesus] comes to us each day from Heaven," she declared. "It's to find another Heaven, infinitely dearer to Him than the first: the Heaven of our soul, made to His image, the living temple of the adorable Trinity!"
- At 16, she wrote her cousin, Marie Guerin, who because of scrupulosity was refraining from receiving Jesus regularly: "Dear little sister, receive Communion often, very often. ... Jesus hasn't placed this attraction in your soul for nothing! ... It is impossible that a heart that rests only at the sight of the Tabernacle offends Jesus to the point of not being able to receive Him; what offends Him and what wounds His Heart is the lack of trust!"



# Saint Therese of Lisieux



- For her, Holy Communion was something for which there was no price too high to pay. In the throes of the tuberculosis that would end her life, she would still go down to the chapel, and forsake medication that was deemed to break the Eucharistic fast, on the days on which the nuns were permitted to receive. “There is no suffering too great to gain one Communion!”
- Therese told us how she would prepare for Holy Communion: “I picture my soul as a piece of land and beg the Blessed Virgin to remove from it any rubbish that would prevent it from being free; then I ask her to set up a huge tent worthy of heaven, adorning it with her own jewelry; finally, I invite all the angels and saints to come and conduct a magnificent concert there. It seems to me that when Jesus descends into my heart, he is happy to find Himself so well received and I, too, am happy.”





# Blessed Pier Giorgio Frassati

- Pier Giorgio was born April 6, 1901, the son of a prominent and rich politician.
- He received his first Holy Communion at 10. Two years later he became a daily communicant until the day before he died at age 24 of polio on July 4, 1925. He needed to ask his mom, who at first said no to daily communion, lest he become a priest, but after four days she relented and he was full of joy.
- His Eucharistic love impressed many people, how absorbed and prayerful he'd be, how intense were his thanksgivings.
- He spent a lot of time in adoration, especially during the night kneeling on the floor of Turin's Cathedral.
- One night, to get his friends to come to adoration with him, he proposed a bet while they were playing pool: if they beat him, he'd give them all the money he had in his pocket; if he beat them, they'd accompany him to adoration. He went undefeated. They spent all night with him.





# Blessed Pier Giorgio Frassati

- He attended Eucharistic Congresses and encouraged others to receive Holy Communion often.
- When he hiked with others, he would often arrange for priests to meet them along the way to celebrate Mass.
- He had a vigorous apostolate to the poor through the St. Vincent de Paul Society. Asked by a friend how he could stand going into such filthy parts of the city, Pier Giorgio responded: “Jesus comes to me every morning in Holy Communion, and I reciprocate in my very small way: by visiting His poor.”
- When he was 22, he said to young people : “I urge you with all the strength of my soul to approach the Eucharistic Table as often as possible. Feed on this Bread of the Angels from which you will draw the strength to fight inner struggles, the struggles against passions and against all adversities, because Jesus Christ has promised to those who feed themselves with the most Holy Eucharist, eternal life and the necessary graces to obtain it. And when you become totally consumed by this Eucharistic Fire, then, you will be able to thank with greater awareness the Lord God who has called you to be part of His flock and you will enjoy that peace which those who are happy according to the world have never tasted. Because true happiness, young people, does not consist in the pleasures of the world and in earthly things, but in peace of conscience.”





# Blessed Imelda Lambertini

## Eucharistic Viaticum

- There's a prayer in which we ask the Lord for the grace to receive Him in Holy Communion with the same love with which we received him in our first Communion, with which we hope to receive him at our last communion, and with which we would want to receive him if that were the only communion. The three parts of this beautiful prayer all came together on May 12, 1333 for an 11 year-old girl in Bologna, Italy.
- When Imelda Lambertini turned nine, she begged her parents to allow her to go to the school at the Dominican convent in her city. She endeared herself to everyone by her great piety, goodness and zeal. She fervently desired to be able to receive Jesus in Holy Communion like the sisters and several of the older students, but this was six centuries prior to St. Pius X's lowering the first Communion age to the "age of reason," or about the age of 8. Prior to that 20<sup>th</sup> century change, many young people received the Lord for the first time during their teenage years, in some places as late as 18.





# Blessed Imelda Lambertini

- Because she was not able to receive Jesus in holy Communion, she used to go to the chapel to adore him and she would make many “spiritual communions” throughout the day and especially when others were receiving him at Mass. She always asked those older and able to receive communion what the experience was like. She used to pepper them with the question, “Tell me, can anyone receive Jesus in his heart and not die?” That question would prove prophetic.
- On the vigil of the Ascension in 1333, she was praying in Church after Mass. The sisters were preparing to leave the church when some of them were startled to see a strange light, what appeared to be a small sacred host, hovering in the air above her head as she was kneeling before the tabernacle. They ran to get the pastor. Knowing of her burning desire to receive holy Communion and taking this as a sign from heaven that she was ready, the priest gave her Jesus in holy communion. To her enormous joy, she devoutly received her Long-Awaited for the first time ... and the last and only time.





## Blessed Imelda Lambertini

- Soon after receiving Holy Communion, she fell first into what seemed like an ecstasy of love. She had a most serene and angelic smile. With the Lord within the temple of her body, her soul ascended out of her body with Him to heaven. While all the sisters were praying in thanksgiving, they watched her slowly sink to the floor. They thought that she had simply fainted, but she had died out of love for Christ in the Eucharist, her face transfixed by a smile that has never worn off. Her body remains incorrupt seven centuries later and lies in a Church in Bologna.
- In 1826, Pope Leo XII declared her blessed and proclaimed her to be the patroness of first communicants.



# Blessed Carlo Acutis



- Blessed Carlo Acutis (1991-2016) is the first millennial to be raised to the altars. He is the second co-patron of the Eucharistic Revival. He will be canonized April 27, 2025.
- After receiving his first Communion at 7, he became thereafter a daily Mass goer until he died of acute promyelocytic leukemia at 15.
- At the age of 11, he learned computer programming to build websites to catalogue and promote Eucharistic miracles. He researched and wrote about them until they grew to a 196-part series. In 2005 it was exhibited in the Vatican during a conference on Eucharistic miracles during the Year of the Eucharist. It now continues to travel the world.
- “The Eucharist is my highway to heaven.”
- “The more often we receive the Eucharist, the more we become like Jesus”



# Blessed Carlo Acutis



- “I think that many people do not fully understand the value of the Mass, because if they recognized the enormous blessing we have in a Lord who gives himself as our food and drink in the Sacred Host, they would go to Mass every day to participate in the fruits of the sacrifice and let go of so many superfluous things.”
- When he would receive Holy Communion, he’d pray in thanksgiving: “Jesus, come right in! Make yourself at home!”
- In a “Holiness kit” he made for the students he taught in catechism, he wrote: “Try to go every day to Mass and to receive Holy Communion. ... If you can, stay a few minutes every day in Eucharistic adoration in front of the tabernacle where Jesus is really present, and you will see your level of holiness increase considerably.”





## St. Kateri Tekakwitha

- St. Kateri (1656-1680) was born in Auriesville, NY, ten years after the martyrdom of St. Isaac Jogues, of a Christian Algonquin mom and a Mohawk dad.
- When she was 19, she had a chance to talk to Jesuit Father Jacques de Lamberville, telling him she wanted to learn more about prayer and be baptized. “*Who can tell me what is most pleasing to God that I may do it?*,” she asked. After he tested her resolve, she was baptized the following Easter, and grew quickly in faith.
- Her Christian life was such a sign of contradiction to her fellow Mohawks that Father de Lamberville, to save her life, arranged for her escape to the Jesuit village of Caughnawaga, 200 miles north, just south of Montreal.
- There she made her first Holy Communion on Christmas 1677.

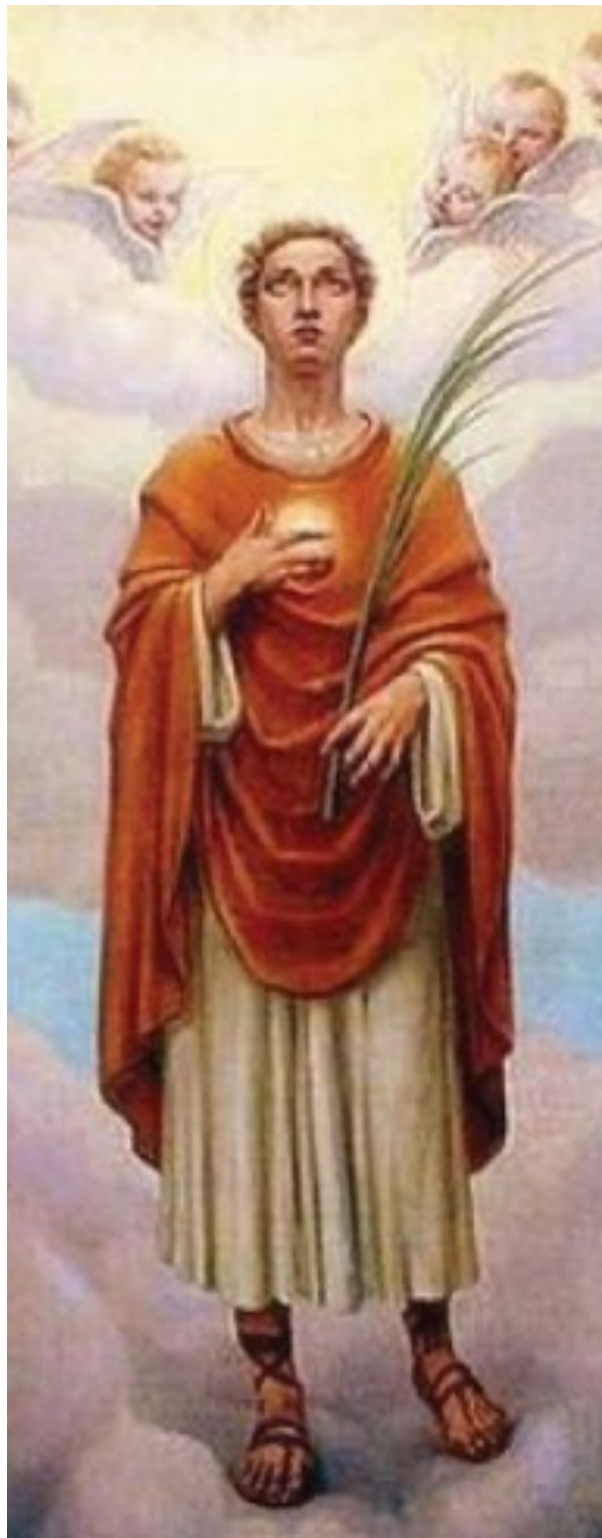




## St. Kateri Tekakwitha

- From that point forward she lived a thoroughly Eucharistic life, adoring Jesus outside the locked chapel – on her knees, despite snow, ice and freezing cold – for an hour until it opened at 5 am, attending Mass and adoring Jesus inside until it was time for work and acts of charity, and returning after work for several more hours of adoration.
- When she traveled outside the village for the hunting season, far from the chapel, she prayed in spiritual communion and adoration before a crucifix she would place in a tree.
- She died on the cusp of Holy Thursday in 1680, at the age of 24. Her final words were a summary of her brief but profound Eucharistic faith and life: “Jesus, I love you.”

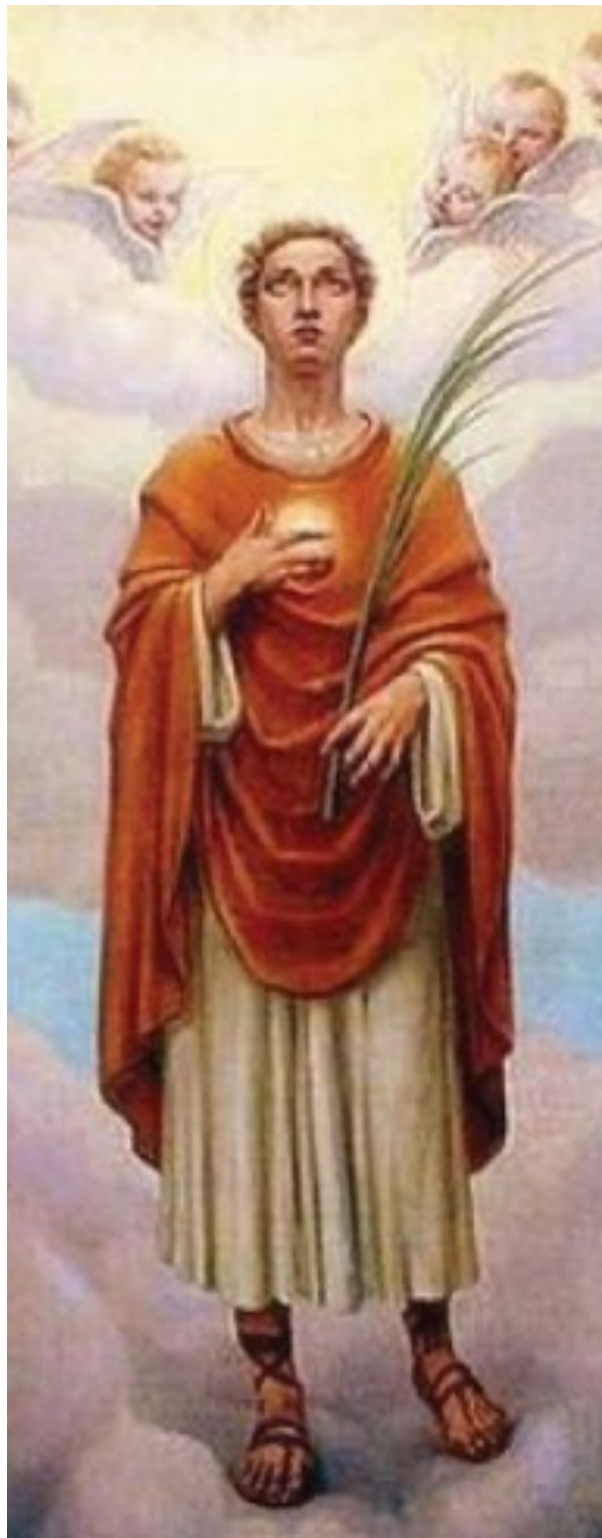




## Saint Tarcisius

- St. Tarcisius was an acolyte or altar boy during the ferocious anti-Christian persecution of the Roman emperor Valerian in 258. The Christians would meet each morning in a hidden part of the catacombs to celebrate Mass and then normally a deacon would take the Eucharist to those Christians condemned to die in prison. After the death of Pope St. Sixtus and seven of the deacons with him, there were no deacons left to transport the Eucharist as viaticum to the Christians on death row, so they entrusted the task to the young altar boy who knew the routine and had long shown a both fidelity and courage.





## Saint Tarcisus

- As he was heading up the Appian Way with the Blessed Sacrament concealed under his shirt, a group of pagan boys met him. They asked them to join their games but he politely declined. They noticed he was carrying something. They had some sense that he was a Christian and they guessed that he might be carrying the Christian "mysteries." So the small mob of boys started to gang up on him to get him to show them what he was transporting. Tarcisus knew the boys and had no doubt that they would treat the Eucharist sacrilegiously, so he refused to allow them to get their hands on the Eucharist, even as they beat, clubbed, kicked and stoned him until death.





## Saint Tarcisus

- The Roman Martyrology wrote, “When they turned over his body, the sacrilegious assailants could find no trace of Christ's Sacrament either in his hands or in his clothing. The Christians took up the body of the martyr and buried it with honor in the cemetery of Callistus.”
- A little over a century later, Pope St. Damasus wrote a poem about this “Boy martyr of the Eucharist,” saying that, like St. Stephen, he was willing to suffer a violent death at the hands of a mob rather than give up the sacred Body of the Lord to “raging dogs.”
- His life points to the reality that the Eucharist is not something but Someone. St. Tarcisus indicates the true value of Jesus in the Eucharist. Most times, thanks be to God, we will not be killed to receive or protect Jesus in the Eucharist, but St. Tarcisus shows all of us how we're called to live and even die for the one who died out of love for us.





## Saint Gemma Galgani

- Gemma was born in Camigliano, Italy in 1878. Her mother used to take her to Mass and passed on to her a great love for Jesus in the Eucharist. Around the time of her mother's death when Gemma was seven, she began to have intense experiences of prayer. Her father sent her to be educated at the convent of the Sisters of St. Zita in Lucca. Under the guidance of the sisters, she developed a great love for the passion of the Lord, for the Blessed Virgin Mary, and for Jesus in the Holy Eucharist.
- She begged her parish priest to allow her to make her first Communion, but he said she was too young. She said to him, the sisters and others, "Give me Jesus and you will see how good I will be: I will not sin again. I shall be quite changed!" Eventually her desire became all consuming and her wise pastor recognized that there was no alternative: "Otherwise, we will see her die of grief," he said.





# Saint Gemma Galgani

- During her retreat in preparation for first Communion, Fr. Raphael Cinetti, said, “He who eats of Jesus will live off his life.” She commented later, “These words filled me with consolation and I reasoned: when Jesus comes to me, I will no longer live of myself because Jesus will live in me. And I nearly died of the desire to be able to say these words soon, ‘Jesus lives in me.’ Sometimes I would spend whole nights meditating on these words, being consumed with desire.”
- On the feast of the Sacred Heart in 1887, when she was nine, she received the Love of her life for the first time. She said innocently to one of her friends, pointing to her breast, “I feel a fire burning here. Do you feel like that, too?”
- Lest she ever take Jesus in holy Communion for granted, she made two resolutions: “I will receive Confession and Communion each time as though it were my last,” and “I will visit Jesus in the Blessed Sacrament often.”





## Saint Gemma Galgani

- Her love for Jesus in the Eucharist only grew. She wrote to Jesus, “What would become of me if I did not dedicate all my affections to the Sacred Host? ... In order to make me deserve paradise in heaven, you give me Communion here on earth!” She would call the Eucharist “the school of paradise where one learns how to love.”
- She wrote to her spiritual director. “What precious moments are those at Holy Communion! Communion is a happiness, Father, that seems to me cannot be equaled even by the beatitude of the saints and angels. They admire the face of Jesus and are certain of not committing sin or of being lost; and I admire those two things, and I should like to be of their company, but I too have reason for exulting, for Jesus enters everyday into my heart. Jesus gives me all of Himself!”
- She received stigmata in 1899 and died of tuberculosis on Holy Saturday in 1903 at age 25.





## St. Peter Julian Eymard

- St. Peter Julian Eymard (1811-1868) is called the Apostle of the Eucharist.
- At 5, he went missing and his family found him in Church, on a small stool, with his ear to the tabernacle. He told his sister he wanted to hear Jesus better.
- A diocesan priest, then a Marist, and finally, in 1856, the founder of the Society of the Blessed Sacrament. Two years later, for religious women, he founded the Servants of the Blessed Sacrament. Both focused on Eucharist devotion, especially preparing children for First Communion and bringing non-practicing Catholics back.





## St. Peter Julian Eymard

- “The Eucharist is everything, because from the Eucharist, everything is.”
- “Receive Communion often, and Jesus will change you into himself.”
- “Mary found again in the adorable Host the adorable fruit of her womb... and began in the Cenacle her new maternity at the feet of Jesus in the Eucharist”
- “Be the apostle of the divine Eucharist, like a flame which enlightens and warms, like the Angel of his heart who will go to proclaim him to those who don't know him and will encourage those who love him and are suffering.”





## Saint Bernadette Soubirous

- Because she was illiterate and couldn't read her catechism, she still hadn't made her first Holy Communion by the time the Blessed Virgin started appearing to her when she was 14. The pastor quickly sought to remedy the situation.
- After she had made her first Holy Communion, Mademoiselle Estrade asked her, "What made you happier, Bernadette, first Holy Communion or the Apparitions?" Bernadette replied, "The two go together. They cannot be compared. I only know that I was very happy on both occasions."





## Saint Bernadette Soubirous

- St. Bernadette is famous today because God chose her to be the recipient of Mary's apparitions, but she was clearly indicating that the gift each of us receives in Holy Communion is at least *just as important*. She teaches us to treat the reception of Holy Communion each day as a gift as valuable as a rare apparition of the Blessed Mother that would make us famous 165 years after our death.
- Later in life, St. Bernadette wrote about how God had exalted her, not so much through the apparitions, but through the Eucharist. "I was nothing and of this nothing God made something great. In Holy Communion I am heart-to-heart with Jesus. How sublime is my destiny!"





## St. Dominic Savio

- Born in 1842 in Riva di Chieri in northern Italy, he became an altar boy at 5 with a great love for the Blessed Sacrament. He knew his catechism by heart at 7 and would sit for hours in the front pew of the Church adoring Jesus and longing to receive his first Holy Communion, imagining his heart was a little room he needed to make fit for Jesus' visit. On his first communion day, he made commitments to frequent Confession and Communion as often as the confessor would permit.
- At 12, hoping to be a priest, he met St. John Bosco, who was super impressed by his character and intelligence.
- One day Don Bosco found him in ecstasy in the corner of a chapel several hours after Mass had stopped, not knowing Mass was over.





## St. Dominic Savio

- He had a special intention for the Eucharist each day of the week. He accompanied the priest when he would take Viaticum and would kneel in the streets.
- At first he went to Confession and Communion every two weeks, then every week. Observing his spiritual progress, Don Bosco advised him to go to Communion three times a week and by the end of the year every day. To spend time in adoration before the Blessed Sacrament was his delight, and he made at least one visit to church a day, taking other boys with him.
- He died in 1857, one month short of his 15<sup>th</sup> birthday.



# Saint Catherine of Siena



- She had a mystical experience at 6 that filled her with a desire to give herself entirely to God. Her parents did not allow her to join a convent, but she became a Third Order Dominican.
- In her day it was highly unusual to receive the Eucharist daily. One had to have permission and most times it was denied. Fr. Raymond of Capua said that “Pope Gregory XI... to content this longing of hers published a Bull that granted her the right to have a priest at her disposal to absolve her and administer Communion to her and also to have a portable altar, so that she could hear Mass and receive Communion whenever and wherever she liked.”



# Saint Catherine of Siena



- Capua added: “For the seven-year period prior to her death, she took no food into her body other than the Eucharist. Her fasting did not affect her energy, however. She maintained a very active life during those seven years. As a matter of fact, most of her great accomplishments occurred during that period. Not only did her fasting not cause her to lose energy, but became a source of extraordinary strength, she becoming stronger in the afternoon, after having received our Lord in His Eucharist.”
- Capua: “One day, a Priest who did not believe in Catherine’s visions and her special relationship with the Eucharist gave her an unconsecrated host, under the guise it was Holy Communion,” and she immediately knew that it was not the Body and Blood of Christ.



# Saint Catherine of Siena



- She often received many graces from her reception, including ecstasies lasting several hours. Christ's blood was key for her. In one recurring vision, she fed at Christ's wounded side like a baby feeding at his mother's breast. It became one of her main messages: the Flesh we are given to eat, the Blood to drink, is the source, the center, the wellspring of our life, just as the mother's milk is the only sustenance for her child.
- It was Catherine's tremendous love of Jesus in the Eucharist that allowed her to go out to the poor and especially to the very ill and to minister to them. She cared for plague victims, for the abandoned in homes and hospitals, and for those for whom no one else would, washing their wounds and bandaging them, burying them with her own hands.



# Pope Saint Pius X



- St. Pius X promoted frequent communion, lowered the age of First Communion to the age when one could know the difference in faith between Jesus and bread and wine, and reformed the music at Mass so that people would be coming for God and not for a concert.
- “Holy Communion is the shortest and safest way to heaven. There are others: innocence, but that is for little children; penance, but we are afraid of it; generous endurance of the trials of life, but when they come we weep and ask to be freed. The surest, easiest, shortest way is the Eucharist.”
- “It is so easy to approach the holy table, and there we taste the joys of Paradise!”
- “The daily adoration or visit to the Blessed Sacrament is the fountainhead of all devotional works. ... Perpetual Adoration of the Most Blessed Sacrament is the devotion which surpasses all others.”
- "Devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace; it is the sweetest, because the Lord is Sweetness Itself."



# Blessed Alexandrina da Costa



- Alexandrina da Costa was born on March 30, 1904 in Balasar, Portugal. She received a good Christian education and used to do long hours of heavy farm work in the fields to help her family. When she was 12, she became sick with an infection and nearly died. This would become the first sign of her vocation as a “victim soul” united to the Eucharistic Christ as Priest-Victim.
- On Holy Saturday of 1918, when she was 14, as she, her older sister and another girl were sewing, three men entered their home and tried to attack them. Alexandrina jumped from a window, falling 13 feet to the ground. She was paralyzed. Until age 19, she was still able to 'drag herself' to church where, hunched over, she would remain in prayer, to the amazement of the parishioners. Her paralysis and pain worsened, however, and she needed to remain bedridden for the rest of her life.





## Blessed Alexandrina da Costa

- She asked the Blessed Mother for the grace of a miraculous healing, promising to become a missionary. Little by little, however, she grasped that suffering was her vocation. She embraced her Mission: "Our Lady has given me an even greater grace: first, abandonment [to God's will]; then, complete conformity to God's will; finally, the thirst for suffering."
- The desire to suffer continued to grow. She understood she was called to open the eyes of others to the effects of sin, by offering a living witness of Christ's passion. From October 3, 1938 until March 24, 1942, Alexandrina lived the three-hour 'passion' of Jesus every Friday. During that time, despite her paralysis, she would relive the Stations of the Cross, her movements and gestures accompanied by excruciating physical and spiritual pain.

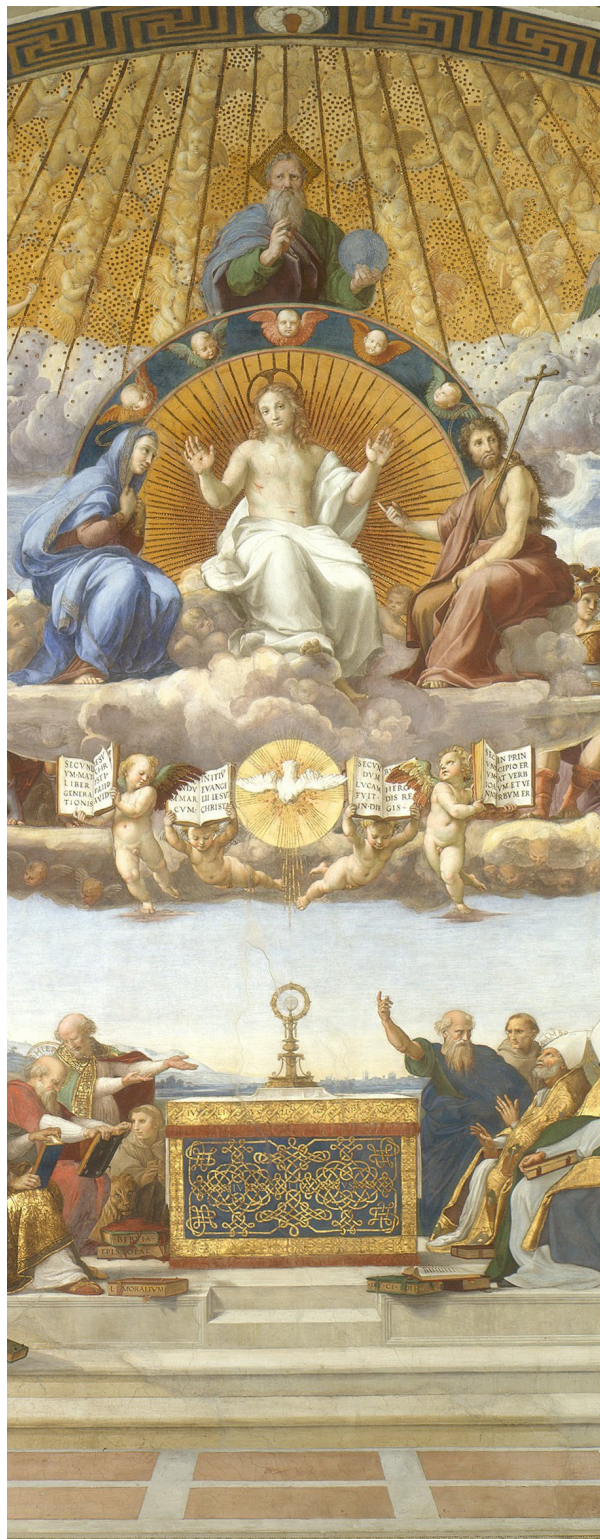




# Blessed Alexandrina da Costa

- On March 27, 1942 until her death in 1955, she received no nourishment except the Holy Eucharist, eventually weighing only 73 pounds. She suffered from the coldness and suspicion of doctors who tested her, but Jesus told her: “You will very rarely receive consolation... I want that while your heart is filled with suffering, on your lips there is a smile.”
- She was always outwardly joyful, smiling, and peaceful, while experiencing not just physical pain but interior desolation, which she offered for the salvation of souls and for the sanctification of youth. She asked that the following words be written on her tombstone: Do not risk losing Jesus for all eternity, for he is so good. Enough with sin. Love Jesus, love him!” She died on October 13, 1955, with her last words: “I am happy, because I am going to Heaven.”
- She was beatified by St. John Paul II on April 20, 2004, who preached of her, “Permeated and burning with ... love, she ... offered herself as a victim for sinners, receiving strength from the Eucharist: this became her only source of nourishment for the final 13 years of her life. Following the example of Blessed Alexandrina, ... Christians can discover the stimulus and motivation to make ‘noble’ all that is painful and sad in life through the greatest evidence of love: sacrificing one's life for the beloved.”





# Imitating and Invoking the Saints

- The saints we have encountered have shown us Eucharistic faith, longing, amazement, gratitude, delight, love, praise, prioritization, conversion, transformation, prayer, reparation, charity, piety, passion, purity, courage, sacrifice and joy.
- They have shown us how to prepare for and pray the Mass, to adore the Lord with reverential awe, to imitate what we celebrate, and contagiously to spread our wonder.
- They have understood and communicated God's tremendous love to give us himself in the Eucharist and how the Eucharist is the end of salvation history and the greatest means to holiness, happiness and heaven.
- They have shown us how to make Jesus in the Eucharist the source, summit, root and center of our life.





## Welcome!

I warmly welcome you to this website, put together at the insistence and with the assistance of friends.

During my diaconal ordination, Cardinal Edmund Szoka gave me the following instruction from the Ordination Rite as together we gripped the Book of the Gospels:

*"Receive the Gospel of Christ, whose herald you now are.  
Believe what you read.  
Teach what you believe.  
Practice what you teach."*

Those words have never lost their resonance.

Since that day -- October 8, 1998 -- I have tried to live up to that commission to be a "herald of the Gospel," by striving to teach what the Church believes, to practice what I preach to others, and to spread with joy and enthusiasm the truth Christ has entrusted to His church -- in and out of season, in and out of the pulpit.

This website is a chronicle of those attempts. You may also follow postings of articles, homilies and teachings on Facebook, Twitter and Youtube.

You can also subscribe to the podcast of daily homilies, lectures and talks through Apple Podcasts and Google Podcasts.

It constitutes the "five loaves and two fish" (or even less!) that I have placed into the hands of the Lord as an attempt to feed a hungry crowd, confident that, if He wishes, He can multiply and supplement that meager offering to nourish many more (Jn 6:1-14).

In Christ,  
Fr. Roger J. Landry



### Most Recent Homilies

God's Comfort and the Conversion Required to Receive It, Second Sunday of Advent (B), December 6, 2020

Accepting, Following and Announcing Jesus without Offense, Second Sunday of Advent (EF), December 6, 2020

Walking the Way of the Kingdom Jesus Indicates, First Saturday of Advent, December 5, 2020

Running to Meet Our Light, Strength and Salvation, First Friday of Advent, December 4, 2020

Listening to and Acting on the Long Awaited One's Words, First Thursday of Advent, December 3, 2020

Going Hungry to Meet Christ in a Three-Fold Banquet, First Wednesday of Advent, December 2, 2020

Childlike Eyes to See, First Tuesday of Advent, December 1, 2020

Singing the Song of the Lamb, 34th Wednesday (II), November 25, 2020

Turning to the Lord Who Comes to Judge the Earth, 34th Tuesday (II), November 24, 2020

Following the King and Lamb Wherever He Goes, 34th Monday (II), November 23, 2020

### Most Recent Articles

Our Duty and Salvation, The Anchor, November 27, 2020

Living the Reality of the Kingdom of Christ, National Catholic Register, November 19, 2020

The Knights Our Age Needs, The Anchor, November 13, 2020

Remembering Andrew Walther, November 7, 2020

Just a Parish Priest, The Anchor, October 30, 2020

Coming to Know the Original Three-Dimensional Carlo Acutis, The Anchor, October 16, 2020

A Good Shepherd Full of Christian and Priestly Virtues, The Pilot, October 5, 2020

Returning to the Sacrament of Divine Love, The Anchor, September 18, 2020

The Pastoral Malpractice of Liturgical Abuse, The Anchor, September 4, 2020

The Chosen, The Anchor, August 21, 2020

### Most Recent Talks

Receiving the Lord Jesus as Mary and Joseph, Advent Day of Recollection for the Leonine Forum, December 5, 2020

Novena in Preparation for the Immaculate Conception, Leonine Forum, November 28 to December 8, 2020

Blessed Michael McGivney and the Call to Holiness, McGivney Festival Young Adult Prayer Vigil, October 31, 2020

Apprenticeship in the Art of Living, Duc in Altum Virtual Schools Summit, October 28-30, 2020

Preaching on Marital Love and Accompanying Couples toward the Full Embrace of the Church's Teaching, Diocese of Gary Clergy Convocation, October 20, 2020

The Divorced and Remarried, Challenges and Triumphs in Pastoral Care, Diocese of Gary Clergy Convocation, October 20, 2020

The Heart of the New Evangelization: Meeting, Knowing and Loving Jesus Back, New Zealand Evangelion's In his Name Virtual Conference, October 10-11, 2020

Christian Anthropology: The Human Person in the Modern World, Leonine Forum Opening Lecture, October 8, 2020

Introduction to Catholic Social Teaching, UNSRC Catholic Club, August 27, 2020

Making Better Confessions, Catholic Information Conference, July 24, 2020

# For the Slides of this Talk

You may download a PDF of the PowerPoint slides of this talk and listen to the audio recording by going to:

[www.catholicpreaching.com](http://www.catholicpreaching.com)

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Twitter: [@FrRogerLandry](https://twitter.com/FrRogerLandry)

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# Young Eucharistic Saints

## *Models to Follow!*



## Questions

Fr. Roger J. Landry • Mater Salvatoris College Preparatory School  
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