

# IMPRINT

A PUBLICATION OF THE SISTERS OF LIFE / WINTER 2022 ISSUE

## REVIVAL

THE BEGINNING





A word from Mother Agnes Mary, SV

**“What?”** As they walked into the Chapel, Sister tried her best to explain Jesus’ presence in the Eucharist, hidden in the Tabernacle. With eyes wide open and jaw dropped, little Daniel was stunned. “He just waits in there?” “Yes,” she responded. “But why would anyone do that?” He wouldn’t believe it. “SERIOUSLY, why would anyone just wait?” He couldn’t reconcile why Jesus would be willing to wait for people who might *possibly* stop by and spend time with Him. With deep concern, Daniel looked up once more, “But doesn’t He get lonely in there?”

“I am with you always, even to the end of time” (Mt 28:20). His pledge reigns true to this day. Meek, humble, and hidden in the Eucharist, in what appears to be merely bread, He remains, and He awaits. Silently reposed in all the tabernacles of the world, He patiently waits alone for you and me.

As you may know, the bishops of the United States have invited each of us to marvel anew at this unfathomable gift during a 3-year National Eucharistic Revival. May this time be richly blessed as we contemplate and proclaim that Jesus, indeed, waits in the Sacred Host for each human person.

Know that we keep you and your loved ones in our prayers. May you have a joyful Christmas and a blessed new year!

In Christ, Our Life,

Mother Agnes Mary, SV  
Superior General of the Sisters of Life



## Jesus is inviting you. *Come as you are.*

- By Sr. Mary Grace, SV

**Yellow taxis** pass by bright window displays and colorful lights on 5th Avenue. People bustle past each other on the crowded sidewalks without a glance. Everyone has somewhere to go — urgently, it seems. A few blocks away the jumbo screens of Times Square promise that happiness is only one purchase away. Everywhere there is life, noise, and movement.

There, in the heart of Manhattan, towering above the department stores with its unmistakable grandeur, stands St. Patrick’s Cathedral. Unlike the great European monasteries set in remote hills, the Cathedral is encircled by traffic and the steady hum of New York City sounds. But, if you happen to be passing by, another sound can be heard. The sound of an invitation.

**“Would you like to come inside the church?  
You’re welcome here.”**

This fall the Sisters of Life began to host monthly *Source* Eucharistic Holy Hours at St. Patrick’s Cathedral. The Holy Hours include prayerful music and opportunities for Confession. Some Sisters also stand outside the Cathedral and invite people passing by to come inside for awhile. We have been surprised to find that almost everyone says “yes.” Jesus is drawing people to His Eucharistic Heart. We have been amazed by the graces we have witnessed so far.



*“Do you realize that Jesus is there in the tabernacle expressly for you — for you alone? He burns with the desire to come into your heart ... don’t listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love.”*

- St. Therese of Lisieux





## Yes, God sees good in you

A young man was looking at his phone as he passed by the Cathedral. He lifted his head as a Sister approached and invited him inside. “Would you like to come and pray?” He instantly held his phone close to his chest. “Sister, you have no idea what I’m involved in. How hard it is to avoid this.” She asked him if he was Catholic. “Yes, but I haven’t been in a church in a long time.” Shamefully, he looked down and asked, “Do you still see good in me?” She responded, “Absolutely, I see good in you. God sees good in you. And He’s not giving up on you.” The young man stepped inside, sat down in a pew, and stayed an entire hour. When he left, it looked like a huge weight had lifted. He smiled broadly and simply said, “Thank you.”

Another man came in to pray who looked like he was having a rough day. He went straight to the front, looked up at Jesus in the monstrance, and began to weep. Much later a Sister walked up to him in the pew because he was still weeping. She said, “I don’t know what you are going through, but I want you to know that God loves you.” And he looked at her and replied, “Now I know, Sister. Now I know.”



## Stories of grace at the Source Holy Hour:

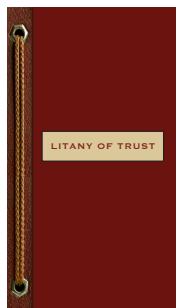
### Unexpected therapy

A young family came in who were not Christian. They sat in the back of the church for about 15 minutes. On their way out, they said, “We go to therapy every week. And that was the best, unexpected therapy we’ve ever experienced. Thank you.”

### When a heart speaks for the first time

A woman who just moved to New York from China came into the Cathedral. She sat down with a Sister in front of the Blessed Sacra-

ment. The Sister leaned over and asked her, “Do you believe in God?” She replied, “God? What is God?” The Sister pointed at Jesus in the Eucharist and gently said, “This is God.” She handed the woman a *Litany of Trust* prayer and said, “You can talk to God with these words, if you’d like.” Silently, the woman began to read. A few minutes later she looked up, and with tears in her eyes said, “That is the first time I could hear my heart speak.”



### Sisters of Life litanies for Eucharistic Holy Hour:

- **New** Come Reign in Us Eucharistic Prayer for the Family
- Litany of Trust

To order other materials:  
[sistersoflife.org/store/print/](https://sistersoflife.org/store/print/)

## The best day

A middle-aged well-dressed businessman came in and sat in front of the Blessed Sacrament for 10 minutes. Coming out of the church he said, “Sisters, this was the best evening of my life.”







# The Heart of God in Mario

*An Interview with Holly Borzacchiello by Sr. Charity, SV*

## The gift of vulnerability

Jesus silently entered our world in the womb of Mary 2,000 years ago. And He still comes to us today — silent, vulnerable in the Host, and hidden under the appearance of bread and wine. Why?

We can learn why by turning to those who seem, in a particular way, to radiate this sacred presence in our world. Those who are silent, hidden, or vulnerable in some way have the capacity to draw others out of themselves to a place of love and communion. They teach us how to be vulnerable ourselves, how to depend on others, how to allow ourselves to be truly seen and loved. It could be said that the humble and hidden, most closely reveal the heart of God — the God Who wants only our good.

This is Mario's gift.  
This is his story.



**After** nibbling on a few pretzels, Mario calmly put down his napkin and began gliding back and forth on the rocking chair. He put his fingers in his ears and began murmuring softly to himself.

“He doesn’t like that I’m talking about him,” his mother, Holly, explained. Turning to Mario, 23, who has a form of autism, she said gently, “It’s all good things. I’m telling Sister what a good boy you are.” A broad smile spread across Mario’s face, and he nodded vigorously. This answer seemed to be satisfactory. He extended a characteristically cheerful thumbs-up to his mom, who gently bumped his fist with her own thumbs-up. He began to rock again. His fingers went back into his ears, but we felt that now, at least, we had his blessing to continue.

We came to know Mario when his mother, Holly, began serving as our community’s accountant a few years ago. We were quickly drawn to his presence which can only adequately be described as sacred. He has very limited conversational ability, but, if a picture can be said to speak a thousand words, Mario’s presence speaks a million. Or, perhaps, only one.

“Good?” This time the thumbs-up was extended in my direction. For Mario, thumbs-up is more of a question than a statement. With his eyebrows raised over his big round eyes, he asks, often without a word but quite clearly, “Are you good?” The eagerness in his expression makes you feel that, even if you weren’t good before, you should be now. Thumbs-up is Mario’s signature move. “He uses it in times of good and bad. If he’s not sure what’s happening, he’ll do it a lot because he wants to know that everything’s good,” Holly said.

Mario was diagnosed with autism when he was 2 years old. Holly never imagined having a child with special needs. In fact, she was a successful accountant who, for a long time, didn’t think she wanted to have children at all. Yet, after getting married her priorities began to shift, and she and her husband welcomed two children: Christina and Mario.

Living in New York, Holly recalls how the events of 9/11 caused her to stop and take notice of some new challenges Mario was experiencing. “9/11 was when everything kind of stopped. I had been rushing, doing ... I was on the go as a professional woman. I was forced to stop and be home.” Being more present at home during that time, Holly began to notice, “Mario had stopped making noises; he stopped playing in the same ways. He stopped trying to communicate with us. He flapped his arms a lot and seemed very much not the same. I said, ‘I think something’s not quite right. I think we need to find out.’” They had Mario evaluated and soon learned he had autism.

They immediately began in-house therapy for Mario, seven days a week. He was initially very resistant to this help. Holly remembers how her mother-in-law, who watched him during the day,

would say, “All Mario does is cry.” He also struggled with eating and was very physically sensitive.

When Mario began to go to school, they struggled at first to put in place the services he needed. Holly recalls, “The meeting for services at the school couldn’t have gone worse. They took many of Mario’s services away. I cried long and hard after that meeting.”

A fire was enkindled in Holly’s heart and she became a fierce advocate for Mario. As he began to receive the support and services he needed, things began to improve.

Finally, at the age of 5, he spoke a very important word for the first time: “Momma.”

“When he was little we had many family events and parties. We had a hard time going, and he didn’t want to go into a crowded room. So we learned we needed to be the first ones to arrive,” Holly said. As a family they learned how to accommodate his needs but also encourage and challenge him to grow. Mario’s sister, Christina, discovered a passion for occupational therapy by sitting in on his sessions. She is now a registered occupational therapist.

At age 14 Mario began to have seizures and was diagnosed with epilepsy, a further challenge. Through this journey, Holly became involved with many groups to help Mario and other people with special needs.



“What sports do you play?”

“Basketball...” Mario chimed in, though his words had been very few up to this point of our conversation.

“Basketball. Yes, what else?”

“Tennis.”

“Tennis. Yes, what else?”

“Volleyball”

“Yes..”

“Bowling.”

The list continued. Holly and Mario even demonstrated the back and forth motion of the rowing machine he likes to use. He has sports activities 5-6 days a week. But Mario isn’t only involved in sports, he has another hobby: laundry. His sister, Christina, introduced him to the skill, and now he eagerly manages the family’s laundry complete with a delivery of the folded clothes to each member’s bed.

“He won’t let me help,” Holly said with a smile, explaining that if she comes near the laundry room Mario will put out his hand in the “stop” motion and say, “All good. All good.” “In other words,” she joked, “Back-off, Mom.”

Yet, the greatest blessing isn’t what Mario can do but his presence of love and compassion.



By living his own vulnerability with peace, Mario often draws others out of their comfort zones. “The day I said ‘I do’ my husband stopped dancing with me,” joked Colette, one of Mario’s support workers and a good family friend. “But one day I walk in the room and my 6’5” husband is dancing with Mario!” She explained how Mario gives others permission to be vulnerable.

Holly continued, “You can’t really have a bad day around him. It’s not allowed. Because he’s right away like, ‘What’s happening? Are you okay? Happy?’ He has a tremendous amount of empathy. If someone looks tired or sick or in need of help, he will make a beeline for that person.” Holly remembers one time when she was tearing up a little and Mario noticed. He pushed down the sleeve of his sweater and gently wiped away her tears. Holly says she can’t express frustration when she’s driving because Mario will get worried. “He’s a reminder that it’s all okay. If my husband and I are arguing or discussing things loudly, he’ll say to us, ‘Okay kids, that’s enough.’ That tells us to calm down.”

Once, when one of Mario’s support workers lost her father, Holly and Mario attended the wake. As soon as Mario stepped into the funeral home, he went straight to the new widow to comfort her. “He knew to go to her; he knew that she needed it.” In a situation where many people don’t know what to say or do, Mario offered what he knew best, a thumbs-up and a question, “Good?” The widowed woman said after the wake and funeral, all she remembered was, “That sweet young man.”

Holly said Mario is a reminder to her that, “We don’t necessarily need words. Actions are stronger than words.” She extended her hand, as she had periodically throughout our conversation thus far, and Mario put his hand in hers. They squeezed one another’s hands.

“Do you see Christ in Mario?” “Every day,” Holly responded without hesitation. “He is purely good.”

Mario comes to our Motherhouse on Wednesdays to help with folding the laundry. One Wednesday morning, as the neatly-folded towels towered high above his head in a single, lofty pile, one Sister noticed the phrase written on his t-shirt: “We have found the Messiah — the Christ!” (*Jn 1:41*). “Indeed, we have,” she thought. “He’s folding towels right now.” As a humble, gentle presence, Mario reflects the goodness of God.

“We all have struggles to get through, but this isn’t something to ‘get through,’” Holly said, “I have been given a gift, and I appreciate it every day.”

Turning to her son, she said, “We finished the interview, Mario. It was all good.”

Mario’s gentle murmuring, which had provided a steady hum behind our conversation almost like an unusual form of Gregorian chant, halted suddenly.

A final thumbs-up. “Good?”

Yes, very good.



Mario, Holly, Mario, and Christina



## What is Eucharistic Adoration?

Eucharistic Adoration is prayer in front of Jesus in the Blessed Sacrament. The Host is placed in a monstrance (a golden vessel) so that Jesus may be seen and adored. Eucharistic Adoration is a privileged time of intimacy with Jesus.

*“When I am before the tabernacle, I can say only one thing to Our Lord: ‘My God, You know that I love You.’ And I feel my prayer does not tire Jesus.” - St. Therese of Lisieux*

## A Tale of Two Cities

Charles Dickens, in his classic *A Tale of Two Cities*, depicts the beauty of true, unwavering love in the character of Lucie, when her husband Charles is imprisoned during the French Revolution. One evening Lucie’s father tells her:

*“My dear, there is an upper window in the prison, to which Charles can sometimes gain access at three in the afternoon. When he can — which depends on many uncertainties and incidents — he might see you in the street, he thinks, if you stood in a certain place that I can show you. But you will not be able to see him, my poor child, and even if you could, it would be unsafe for you to make a sign of recognition.” ‘O, show me the place, my father, and I will go there every day.’ From that time, in all weathers, she waited there two hours. As the clock struck two, she was there, and at four she turned resignedly away ... she never missed a single day.”*

**This is love.**

**Should we not meet our Lord with the same love?** “Could you not spend one hour with me?” Jesus asked His disciples in the Garden of Gethsemane (*cf. Mt 26:40*). He gently asks us this same question. He waits for each of us at Mass and in Eucharistic Adoration — will we go to Him? Perhaps I find it hard to recognize Him. Perhaps I feel nothing of His love and presence. Yet, simply to show up — in all types of “weather” — is to love Him with the eyes of faith. Precisely in unglamorous fidelity is the glory of love revealed.





*He waits for you.*

# EUCCHARISTIC ADORATION

- By Gina Barthel, a dear friend of the Sisters of Life

## Come to Me.

### I was not able to set foot in a church

for several years. It wasn't because I didn't want to. It was because I was so deeply hurt. I suffered trauma in my life, which led to depression and unhealthy patterns. Then I had an experience in prayer of Jesus coming to me and gently picking up every part of me — all the broken pieces. This began a long journey of healing.

Even though I began to live my faith again, I still struggled. I was trying to make my way back to the Sacraments, but the process was full of anxiety. Then something happened. It was a cold winter night. I had turned out my light and was about to doze off to sleep when I heard a quiet, still voice in my heart say, "Come to Me. Come to Me." The pull was so strong, my heart couldn't say no. So, I dragged myself out of bed and drove to an Adoration chapel near my house. I slumped into the back pew. I didn't know why I was there, but I knew Jesus wanted me there. It was very simple. I just sat there. I knew I didn't have to prove anything. I didn't have to say anything; I didn't have to do anything. I could just sit and be with Jesus. And let Him love me. I was there for about an hour. The next night the same thing happened. I felt Jesus say in my heart, "Come to Me." So I went again. The third night it happened again. And I continued to go night after night.

In Eucharistic Adoration, I encountered Jesus on a very personal level. I came to understand there is no pain, no wound, no sin that intimidates or scares Jesus. He wants to come and

enter into our pain with us. He wants to be there with us in the midst of it. He longs for us to lean into Him so He can show us His mercy and love. There are questions we all naturally ask when we've been hurt or are struggling. *Why did this happen to me? Why can't I overcome this particular sin?* In Adoration, we can ask those questions directly to Jesus.

*What's beautiful about Eucharistic Adoration is that it's a quiet space you can be alone with Jesus. He wants to heal each of us with His love. How do I know this? It's my story.*

The most honest and real I have ever been in my life has been sitting in front of Jesus in Eucharistic Adoration and screaming out in the interior of my heart, "Why did You allow this to happen to me? I hate that this happened to me!" Jesus receives my pain, anger, suffering, and questions without any judgement, but with love. There isn't any fear, anger, or rage He can't handle. How do I know this? Because I personally experienced a freedom the world cannot offer when I sat at His feet in Adoration and shared my heart with Him. I also know this because Jesus experienced every human heartache and the consequence of every sin when He suffered and died for me on the cross. He understands my pain more than any human on the planet.

Sometimes at Adoration, I don't hear anything back. Sometimes He answers without words, and sometimes He answers later. *But He always answers.* The lie of the evil one is, "Oh, Jesus is ignoring you. What are you doing here? You're wasting your time. This isn't really Jesus. It's just a piece of bread." These are lies. **Jesus is there.** He is there. He is available, and He is ever-present. And He hears each of us and wants to heal us with His truth and love. All we need to do is respond to that still, small voice, "Come to Me."

*Consider finding a Eucharistic Adoration chapel at a Catholic Church near you. Visit Jesus there and let Him love you. Trust in His mercy.*



## The Sacrifice of the Mass

Imagine driving down the street and seeing a sign, modestly posted:

**Heaven is coming to earth: Monday - Friday at 9 am**

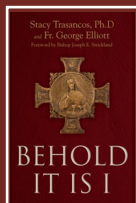
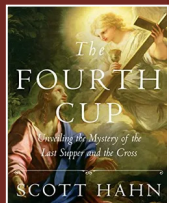
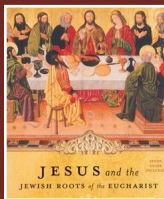
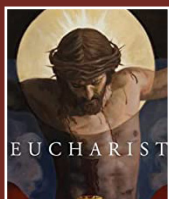
Would we pull to the side of the road? Would we mark our calendars? This is the stunning reality of every Mass. Amid the creaking of wooden pews and the restless chatter of young children, something incredible is happening at Mass.

“The Cherubim make the air vibrate with unspeakable sounds and songs during the Consecration of every Mass.”

- Attributed to St. Brigid

### Learn more about the Mass and the Eucharist:

- Eucharist, *Bishop Barron*
- Jesus and the Jewish Roots of the Eucharist, *Dr. Brant Pitre*
- The Fourth Cup, *Dr. Scott Hahn*
- Behold, It Is I, *George Eliot and Stacy A. Trasancos*



# DO YOU KNOW THE POW

## What is really happening?

During the pandemic, as parishes were creatively implementing social distancing protocols, one priest decided against ropes or caution tape. Instead, he labeled some pews with a sign, “Reserved for the Angels and Saints.” It was a fitting reminder: All of heaven is present during the celebration of the Mass.

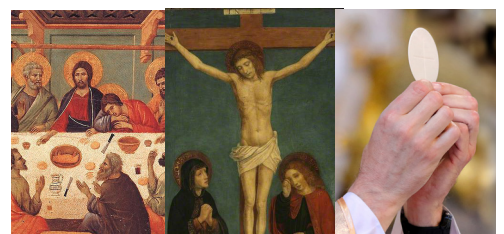
If we could sense the invisible reality taking place at Mass, we would be astounded. Not only is all of heaven there, but many deceased persons who are being purified and healed in purgatory are allowed to be present, especially if the Mass is being offered for them. And very often, persons in Heaven are here with us filling the pews and worshipping the Lord. This is the reality at every Mass, according to many saints and visionaries.

*“The angels surround the priest ... The whole sanctuary and the space before the altar is filled with the heavenly Powers come to honor Him who is present upon the altar.” - St. John Chrysostom*

## You are transported to Calvary 2,000 years ago.

Many people flock to the Holy Land each year to see the place where Jesus lived, preached, and ultimately gave His life for us. As they walk the dusty streets of Jerusalem, they remember what took place there 2,000 years ago. Yet, when we step into a church and experience the Mass those events are not simply remembered, or re-enacted. **They are actually made present.**

**What does this mean?** It does not mean that Jesus dies again. Rather, it means that we are mystically transported to the Last Supper and to the foot of the cross. Jesus’ saving act is eternal and truly extends into our present day at the Holy Sacrifice of the Mass.



## 4 PARTS OF THE MASS

### 1 Introductory Rites

- Entrance
- Greeting
- Penitential Act
- Glory to God
- Opening prayer (Collect)

*“I love that the Mass begins with us asking forgiveness from God for the ways we have sinned. It helps me be humble, open to love Him, and grateful for all that He wants to share with me.” - Sr. Lucy Marie, SV*



### 2 Liturgy of the Word

- Biblical readings
- Gospel
- Homily
- Profession of Faith
- Intercessions

*“It is Jesus Who proclaims the Gospel. He is there. And I know He is speaking very personally to me. So I try to be really attentive because I know His words are the answer to my peace.”*

- Sr. Margaret Ruth Mary, SV







## The healing power of the Mass for our family and friends.

"Please pray for ... my father, he's battling cancer ... my marriage ... my friend, she's struggling with depression ..." The prayer intentions on our hearts are many. We often feel powerless in the face of the difficulties in our lives and the lives of those we love. We ask ourselves, "What can I do? How can I help?" **If only we knew the power of one Mass, offered prayerfully for another.**

## POWER OF ONE MASS?

### The Eucharist is not a symbol. You receive God Himself.

During the Mass, when the priest utters the words of Jesus at the Last Supper, "This is My Body ... This is My Blood," (Mt 26:26-28) the bread and wine actually become the Body and Blood of Jesus. When we consume the Host at Holy Communion, God Himself truly enters into us. This is a radical truth. Should we not then return this ultimate act of love by giving Jesus our love, our worship, our devotion, our hearts, and our very lives?

#### Bishop Barron:

**"This is not a metaphor, a symbol, or a spiritual idea; it really happens.**

*In the Eucharist, 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained' (CCC 1374)."*

*"No human tongue can enumerate the favors that trace back to the Sacrifice of the Mass. The sinner is reconciled with God; the just man becomes more upright; sins are wiped away; vices are uprooted; virtue and merit increases; and the devil's schemes are frustrated."*  
- St. Lawrence Justinian

### Praying for deceased loved ones.

The saints tell us that the Mass has the power to relieve the sufferings of the souls in purgatory and quicken their passage to heaven.

#### Testimony:

*"We were all in the dining room when Padre Pio suddenly got up and walked at steady pace to the door of the convent. He opened it, and started having a conversation ... On the way back to the dining room, Padre Pio explained, 'Don't worry. I was talking to some souls on their way from Purgatory to Paradise. They came to thank me that I remembered them today in the Mass.'"*

- A Friar's testimony about the Holy Souls and St. Padre Pio

*"As we enter Heaven, we will see them, so many of them, coming towards us and thanking us. We will ask who they are, and they will say 'a poor soul you prayed for in purgatory.'"*  
- Ven. Fulton Sheen

*How many of you say: I should like to see His face, His garments, His shoes? You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment. - St. John Chrysostom*



*Holy Communion assures me that I will win the victory; and so it is. This Bread of the Strong gives me all the strength I need to carry on my mission and the courage to do whatever the Lord asks of me. - St. Faustina Kowalska*



St. John Chrysostom and St. Faustina / Printed with permission / Tracy Christianson

### 3 Liturgy of the Eucharist

- Offertory
- Eucharistic Prayer
- Rite of Communion



*"It's powerful. At the offertory, when the bread and wine are carried up, we bring ourselves: our hurts, pains, longings – everything, to be offered with Jesus to His Father."*  
- Sr. Maria Anne Michela, SV



*"The Eucharistic prayer is the most important part of the Mass! The priest holds up the Host and says, 'This is My Body.' I then pray, 'My Lord and My God!'"*  
- Sr. Josamarie Perpetua, SV



*"After Communion it's an important time to thank and adore Jesus in my heart. It's a time to love Him. And let Him fill me."*  
- Sr. Catherine Joy Marie, SV

### 4 Concluding Rites

- Final Blessing
- Dismissal



*"I like to remember that I just received tremendous grace at Mass. And that now I can go out strengthened and bring Jesus' love and mercy to my family and everyone I meet."*  
- Sr. Mary Rose, SV



# How come I don't hear God's voice?

*Herman, can you hear Me? - God*

*- God never talks to me.*

## Consider unplugging.

### Letting go of my smartphone

Below are testimonies of students participating in the *Unplugged Scholarship Program* at Franciscan University of Steubenville.

● *"With no smartphone I spend my time much more wisely. I'm not distracted anymore. I'm with people on a deeper level, and I'm more prayerful. When I'm walking around campus I'm not looking down, I'm looking up — and I'm smiling at people. And they're smiling back. Being unplugged, I'm engaging reality."*

*- Columban Honan*

● *A student shared that she was diagnosed with depression and anxiety, only to have both disappear soon after she gave up her smartphone. Another student shared that giving up his smartphone is helping in the struggle with pornography.*



## THE POWER OF SILENCE - By Sr. Beata Victoria, SV



**I am a millennial.** I grew up alongside the internet. I was studying communication in college when Facebook was invented, and I vividly remember the first time a professor mentioned YouTube. Seemingly overnight, these things were a normal part of my life as a young communications professional. I slept with my phone next to my bed and responded to texts and emails and checked social media within moments of turning off my morning alarm, which was a custom-made clip of classical music that I found peaceful. I desired peace and was looking to my smartphone to help me achieve it. Something was off.

As my young adult life went on, I started to hear a quiet whisper, inviting me to look at the possibility that I might be called to religious life. But my life was noisy. And so one Lent, I gave up listening to music, which meant I commuted, exercised, and worked in silence. I also gave up checking my phone any time I was just standing around — in checkout lines, at red lights, or waiting for friends.

Being connected with friends, listening to good music, knowing what was happening in the world around me — none of these things were inherently bad. But, what I found when I tempered my use of media was it opened up a space the Lord was thirsting to occupy in my heart. That space allowed me to hear and respond to God's call to belong totally to Him as a Sister of Life.

I can remember those initial months transitioning to religious life that included many hours of prayer and half the day lived in silence. I'll be honest: it was uncomfortable! It took a while before my interior monologue quieted down. Eventually, chopping carrots in silence seemed far from boring — it's a place of encounter. More exciting than what's happening "out there" is what's happening right here: God is living in me and communicating His love to me in the silence of my heart. And that, I can assure you, you can't find on Google or order on Amazon.

## PHONE FACTS - By Sr. Lumen Glorise, SV

### Did you know?

- The average American checks his/her phone about 350 times a day (about once every 3 minutes).
- Smartphones and apps are designed to be addictive, using social interactions to cause the release of dopamine, a "reward-based" chemical in your brain, and keep you coming back to your phone.

### Unplugged to hear God (baby steps to greater freedom)

- 1. "Phone retreat":** Pick a place in your house or apartment, and give your phone a "retreat" every night — away in a drawer or another place that's out of sight.
- 2. "Phone-free zone":** Choose a time during the day you will replace phone-time with prayer time.
- 3. Screen your screen:** Set your screen to grayscale or turn off app notifications.
- 4. Cultivate wonder:** While traveling, working, running errands, or doing chores, choose silence, and develop a contemplative heart that sees God's beauty around you.

# Don't be afraid of silence.

**At first,** silence can feel intimidating, uncomfortable, or even scary. We tend to avoid it or fill it with distractions or noise. Yet our hearts yearn for silence. We yearn for the space, not just externally but also in the heart, to listen deeply. Silent prayer becomes a way of opening our hearts to receive the love and mercy of God. And in this we are gradually made new.

*“Through silence, we return to our heavenly origin, where there is nothing but calm, peace, repose, silent contemplation, and adoration of the radiant face of God.”*

- Cardinal Robert Sarah,  
*The Power of Silence:  
Against the Dictatorship of Noise*

## **“I Believe” Prayer:**

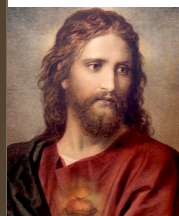
*Jesus I believe this time spent alone with You is more valuable and fruitful than any other time I can spend talking, planning, or “doing” in my daily life. I know, only here with You will I be filled. It is here I am given clarity, wisdom, peace, and the love to move forward. When I doubt, help me believe. Jesus, You take over. Amen.*



## Suggestions on How to Begin Prayer

### 1. Just “be” with Jesus

As I’m beginning prayer, I take a few moments to simply be aware of the presence of God in the silence. There can be so much noise, not just around us, but within us – so many thoughts, to-dos and concerns. For me, it helps to simply remember that God is with me, that He loves me and desires to be with me. Prayer is so much about presence – simply being present to the One Who is always present to me – Jesus.



When I find myself distracted with a thousand thoughts or worries, it helps me to

simply pray the name of Jesus – sometimes once, sometimes many times. When we speak His name, He is present with all His power and love.

- Sr. Elena Marie

### 2. Praising and thanking

I like to begin prayer by thanking Jesus for all my blessings. It is a great posture to open the heart.

- Sr. Mary



### 3. Giving Him distractions

Sometimes when I’m praying I am tempted to “problem solve.” So when I am alone with Jesus I imagine putting all of my worries, fears, and burdens in a suitcase. I close it tightly, place it outside the room, and shut the door. I ask Jesus to take care of it all. Then I give Him all my attention. I know Jesus has the answers. All He asks is that I look at Him and love Him right there. I say, “Jesus, You take over.” Often times, after prayer, I see things in a new way, or I’m given insights that help me move in love and peace. - Sr. Charity

### 4. Praying with Mary

I often will begin prayer with Mary at the foot of the cross. I remain close to her, and together we keep our eyes fixed on Jesus – just loving, adoring, and being with Jesus in His suffering. I know it consoles His heart. And I sense Him drawing close to me in my wounds and sufferings.

- Sr. Elizabeth Ann

### 5. Praying with Scripture

I like reading Scripture, and then, closing my eyes, I place myself in the scene.

- Sr. Pia Jude



#### **Here’s an example:**

*“As Jesus got into the boat, His disciples followed Him” (Mt 8:23).*

**Imagine:** You are in the boat with Jesus. You hear the lapping of the water against the wooden side. You feel the sun’s heat is touching your face. There is a tranquil peace that fills the air. Over the whispering of a light breeze you hear the sound of a loon. Jesus is looking at you with a gentle smile. You sense no judgment, just love in His eyes. You stay there with Him – allowing Him to speak to your heart.

#### **Fr. Luke Hoyt, O.P. tells this story:**

*Recently a man from the Holy Land took a priest and his friends out in his small fishing boat on the Sea of Galilee. The priest brought Jesus in the Monstrance. And there he and his companions spent the entire night in Eucharistic Adoration.*

**Jesus in the Eucharist is the same Jesus in a fishing boat with His apostles 2,000 years ago.**





## EUCCHARISTIC MIRACLES

# SEEING THE UNSEEN

WHAT SCIENTIFIC STUDIES HAVE REVEALED

- By Sr. Maris Stella, SV

### Lord, that I may see.

*Even the first disciples of Jesus found it difficult to believe in the Eucharist: "This saying is hard. Who can accept it?" (Jn 6:60). This was their response when Jesus told them, "unless you eat the flesh of the Son of Man and drink His blood, you do not have life within you." (Jn 6:53). Only faith opens our eyes to see Christ truly present in the Eucharist. Jesus longs to give us this faith so that we can see the profound gift of love He is offering to each of us.*

**Throughout history the Lord has given us extraordinary signs to strengthen our faith. Here are just three of many awe-inspiring Eucharistic miracles.**

### What blood type did Jesus have?

**700 AD, Lanciano, Italy**



The first recorded Eucharistic miracle took place in the midst of a storm of heresies that battered the Church. Lanciano, "the lance" is the name given to the home village of the Roman Longinus who pierced the side of Jesus with a lance as He hung on the cross (cf. Jn 19:34). Tradition holds that Longinus was converted at the foot of the cross when his eyesight was miraculously healed by the blood and water that flowed from Jesus' side. Centuries later, records account that a priest, living in the village, suffered from intense doubts about Jesus' Real Presence in the Eucharist. Fearing that the Eucharist was just a symbol and that his vocation was pointless, the priest carried out the routine of his duties while being attacked by doubts. One morning, as the priest said the words of consecration during Mass, the Host visibly turned into flesh and the wine was visibly transformed into blood to be seen by the faithful gathered. People began to cry out for forgiveness, others dropped to their knees and worshiped God. The flesh was encased in a monstrance and for centuries pilgrims have flocked to the church to see the ongoing miracle. The Host has remained in the same state without any chemical preservatives for more than 1,300 years. In 1970, extensive scientific research was conducted on the Host that had turned to flesh and blood. It was determined that the Host is human flesh and blood, of the blood type AB+ which is the universal receiver.



## Beyond a doubt

### 1263 AD, Bolsena and Orvieto, Italy

In the 13th century, a heresy denying the Real Presence of Christ in the Eucharist was afoot in Europe, causing doubt, mistrust, and confusion. Universities in Europe held debates on the Eucharist and many argued against the Real Presence.

Father Peter of Prague found himself tortured with a darkness of faith as he struggled to believe that Christ was present in Eucharist. In a search for truth and in an effort to regain his faith, he made a 750-mile pilgrimage on foot to Rome. As he neared Rome, he stopped in the village of Bolsena and offered Mass. As he lifted up the Host after the words of consecration, it began to bleed profusely, and drops of blood fell onto the corporal altar cloth. Upon learning that Pope Urban IV was staying in the nearby village of Orvieto, Father Peter ran to the Holy Father to tell him what occurred. The Pope made his way to the church among a crowd of people who also heard of the miracle. When the Holy Father saw the bleeding Host and bloody corporal, he fell to his knees in worship. A short time later, the Pope introduced the Feast of Corpus Christi. To this day, pilgrims go to the church in Orvieto to see the blood-stained corporal that is kept in a reliquary above the altar.



## BLESSED CARLOS ACUTIS

May 3, 1991 – October 12, 2006



*“Blessed Carlo Acutis was born into a non-practicing home, but thanks to the influence of grandparents, a Polish nanny, and his Catholic school, he began to hunger for Jesus in the Eucharist in such a way that he successfully begged to be able to make his first Holy Communion a year early, at the age of 7. Thereupon, he became a daily Mass goer and a Eucharistic apostle, not only bringing his parents back to the practice of Sunday Mass but also zealously trying to bring his non-practicing peers to grasp the awesome gift they were neglecting.” - Fr. Roger Landry*

### NOTE: Carlos documented over 100 Eucharistic miracles.

Cataloguing them on a website, they grew into a 196-part series. After his death in 2006, the series was exhibited in the Vatican. The exhibit continues to travel the world.

## A Heart alive

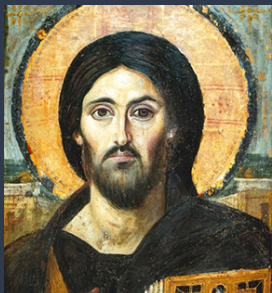
### 1996 AD, Buenos Aires, Argentina

On a summer evening in Santa Maria Church, after Mass, a woman informed the priest that she found a Host in a candle holder in the back of the church. The priest placed the desecrated Host in a container of water, the customary practice which causes the Host to decompose after several minutes. Father then placed the container in the tabernacle. A few days later he opened the container and found that the Host had turned into a bloody substance. Father informed his local auxiliary bishop Jorge Bergoglio (the future Pope Francis) who instructed him to have photographs taken of the Host. The pictures reveal a piece of bloody flesh that had grown larger than the Host. The Host was returned to the tabernacle where it remained and was kept in secrecy. Three years later, Cardinal Bergoglio



asked to have the flesh scientifically analyzed, and he sent a representative to New York with a sample of the bloody substance for testing. A team of five scientists was assembled to conduct tests on the substance. They were not told of the origin of the substance and a leading cardiologist and forensic pathologist, Dr. Frederic Zugibá, testified that the substance was human flesh and blood and was a fragment of heart muscle. The specimen of blood was found to be blood type AB+, the same type found on the Shroud of Turin and in the miracle of Lanciano. The substance contained a high amount of white blood cells, proving that the heart was alive when the sample was taken, because white blood cells require a living organism to be sustained. Dr. Zugibá also reported that the white blood cells had penetrated the tissue revealing that the heart was under severe stress and the person had been beaten in the chest, indicating that a violent crime had taken place.





# ESPOUSED TO THE LORD OF LIFE FOREVER

## Final Profession of Vows

**August 6, 2022**

*St. Patrick's Cathedral  
New York City, New York*

*(Top photo)*

*Sr. Caroline Caritas, SV  
Sr. Maria Frassati, SV  
Sr. Gemma Grace Marie, SV  
Sr. Lucia Christi, SV*

**July 16, 2022**

*St. Michael's  
Cathedral Basilica  
Toronto, Canada*

*Sr. Avelina Joseph, SV  
Sr. Jeanne Marie, SV  
with Cardinal Thomas Collins*

*This marked the first  
Perpetual Vows professed by  
Sisters of Life on Canadian soil.*







## First Profession of Vows

**June 25, 2022**

*Sacred Heart of Jesus Church,  
Suffern, New York*

*(Back row) Sr. Lilia Consolata*

*Sr. Anne Marie Elizabeth*

*Sr. Isabel Fiat Karolina*

*Sr. Caeli Gloriam*

*Sr. Miriam Bethel*

*(Front row) Sr. Zion Joy*

*Sr. Mary Hostia Josephine*



## Our new Postulants:

*Sharing their background  
and a favorite book*

**Simone**, 32 / Wiener Neustadt, Austria /  
History and Philosophy of Science (PhD)  
*God is Near Us: the Eucharist, the Heart of Life*,  
Joseph Cardinal Ratzinger

**Danielle**, 24 / Palm Harbor, FL /  
Family, Youth, and Community Sciences  
*Hind's Feet on High Places*, Hannah Hurnard

**Peyton**, 24 / Pensacola, FL /  
Nutrition Science (Pre-med)  
*33 days to Greater Glory*, Fr. Michael Gaitley

**Maggie**, 23 / South Bend, IN /  
Theology  
*The Complete works of Elizabeth of the Trinity*,  
St. Elizabeth of the Trinity

**Allie**, 22 / Hampden, ME /  
Catholic Studies and Theology  
*Story of a Soul*, St. Therese of Lisieux

**Kyra**, 22 / Austin, TX /  
Child Professional Services  
*The Portal of the Mystery of Hope*,  
Charles Peguy

*(Back row) Simone, Maggie, Peyton, (Front row) Kyra, Danielle, Allie*



## The World through God's Eyes

*"When your heart beats with Christ's heart  
you see the whole world differently.  
You look into the womb of every mother  
and see the image of the Son of God."*

*-John Cardinal O'Connor*



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**Our Novitiate Community,** *September 2022*

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