

## Adoremus

I am Roz, my husband Nick and I were privileged to attend the Adoremus National Eucharistic Pilgrimage and Congress. We were inspired by the key note speeches of Bishop Robert Barron and filled with joy at taking part in the Mass with other pilgrims and joining the Eucharistic procession of the blessed sacrament around the streets of Liverpool. We have spent time reflecting together on what we heard and learnt. Summarising two days was tricky but this is the core message from us both. There are slips at the back with links for further information including links to the full videos of the key note speeches; which are well worth watching; Bishop Robert Barron is an inspirational speaker.

We want to share with you the message we were given.

Hold your thought. What was in your mind?

I have all these things to do. How long will she go on? Have I turned my phone off?

Our lives are filled with busy-ness. They are a whirling kaleidoscope, but the centre is the pivot. The centre does not move. **Our centre is Christ.**

Imagine a rose window. The rose window of Notre Dame Paris is beautiful and compelling. It is massive and complex but the centre is Christ. Around Christ is the rest of life. The whole is a harmony centred on Christ.

The rose window developed from the medieval idea of the wheel of fortune. On the wheel are four figures, one at the top, all is well, one is falling, one is at the bottom, life is not going well, one is rising life is improving. So, the wheel turns around up fall down and rise. The centre of the wheel is the pivot, it does not turn it remains constant and steady. This is Christ. Christ is our centre. And so, Christ is depicted at the centre of these rose wheel windows.

When Christ is your centre, your soul becomes beautiful and your life is harmony.

If your life is not centred on Christ it is off centre it wobbles and becomes disharmonious.

**Is Christ your centre?**

**Sin!** We know we are sinners. Sin takes us away from God. What is at the centre of your life? What do you worship? There are four main substitutes for God – the pursuit of 1 wealth 2 pleasure 3 power 4 honour or popularity. None of these will satisfy; they can never be enough. Will 10 likes on your post, tweet or vlog be enough? 50? 100? 1000? No, the same with money or pleasure or power. It sucks one in, it becomes addictive. Only God can fill the void. In the Eucharistic Christ gives himself to us.

Think of a car windscreen on a dull day, all seems clear, but suddenly the sun breaks through and we see the dirt and smudges. It is the same with sin, when we are turned away from the light our sin is not obvious to us, when we look to the light of Christ we become aware of our imperfection and the need for His redemption. We need to look to the light and put Christ at the centre.

### **Your life is not about you!**

Are you at the centre of your life? Are you the star and director of an ego drama? We need to be in the Theo or God drama. God should be writing, producing and directing our lives. My life should not be about me, but about God. Co-operating with what God wants for me. Taking part in the divine adventure.

The three points are: 1 Christ at the centre. 2 We are sinners – sin takes us away from God. 3 My life is not about me but about God.

In the Mass we spend time with God, we listen, we respond, we share a meal.

Vatican II called us to realise the Mass is the source and the summit of Christian life.

We need to return to fundamentals, that is Christ in the Eucharist. The Mass is the supreme privileged encounter with Jesus Christ. Our Christian life is lived between Come and Go. We gather together. We come to Jesus. We go. Go and announce the Gospel of the Lord.

Imagine your favourite person, imagine your favourite place a comfy sofa or bench with a view ..... you are spending time with them. You have come together. You sit down you talk for a while; that is like the liturgy of the word. Our prayers are call and response. It is two way, like talking with your friend. Then you have a meal together. The Mass is the meal where Christ himself is the meal. Words are powerful, words can change your life. "Will you be my friend? I love you. Will you marry me?" In the eucharistic prayer the priest begins in the third person then switches to the first person. By the power of the words Christ becomes really present in the eucharist. It is not symbolic. "This is my body" "This is the chalice of my blood" he is really present - his own body and blood. Christ gives us himself to sustain and nourish us. There is no more intense encounter with Jesus than this. We receive Jesus himself; he is our centre. And having received we are sent out. "Go ..." Go share this.

Imagine your friend you are sitting quietly together, just spending time together. When we adore the Blessed Sacrament we are spending time in the real presence of Jesus. He is there with us, being with us. We are focused and centred on Christ.

Spend time with Christ in the Eucharist. He is really present. Spend time together with Him. Sit with Jesus, your friend, share that quality time together. Make Him your centre and everything falls into order, wholeness and accord. When Christ is your centre your soul becomes beautiful and your life is in harmony.

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I am Roz, my husband Nick and I went to Liverpool with many other Catholics to find out more about the Eucharist. That is the bread and wine that is changed into the body and blood of Jesus in the Mass.

We listened to talks in the Echo Arena. This is a huge theatre which has been used by stars like Bruno Mars. But this time it was completely full of thousands of Catholics learning about and celebrating Jesus in the Eucharist. Wow!

We went to Mass in the huge, modern Liverpool Cathedral. There were so many of us people we had to have tickets to get in and there were two Masses. In the afternoon we all joined in a huge procession as Jesus in the host of bread was put into a special display case called a monstrance and carried through the streets of Liverpool. Thousands of us followed singing hymns and praying, because we were with Jesus in such a special way. Then we just knelt and adored Him.

We have put slips at the back with links for further information for grown-ups including links to the full videos of the key note speeches; which are well worth watching; Bishop Robert Barron is an inspirational speaker.

We want to share with you the message we were given.

What are you thinking about right now? Is it Jesus?

Our lives are so busy with school and chores and TV and games and friends. They are like a whirling kaleidoscope, but the middle of that pattern doesn't change. It is the centre around which everything turns. **Our centre must be Jesus.**

Imagine a round window like a beautiful round flower. They are called a rose window. Some are very famous like the one in Notre Dame Cathedral in Paris. It is massive, made up of thousands of pieces of glass and many pictures. Look it up on the internet later. But in the middle is Jesus Christ. Around Christ is the rest of life. Our lives are like that window. Jesus is at the middle and everything else is around Jesus.

About 1000 years ago in the middle ages people knew that life kept changing. Sometimes it was good, you were like a king on top of the world. Sometimes it all went a bit wrong and it felt like you were falling. Sometimes it seemed everything was going wrong, you were at the bottom of the world. But then things started to get better and you were going back up. Round and round. This was called the wheel of fortune. But if you look at a wheel the outside moves; spins and goes fast cut the centre stays still. People made the rose windows because of this idea of life changing but Jesus being the centre that doesn't move. He is there through our good times and bad, when we are busy, stressed, worried, happy sad.

When Jesus is at the middle of your life then your soul is beautiful and your life is in balance with God. It might still be tricky at times but God is keeping you in balance. You are held to the middle of the wheel and will not go spinning off.

### **Is Jesus at the middle of your life?**

**Sin!** We all know we do things wrong, sometimes on purpose, sometimes because we just want the wrong thing. Sin is thing that takes us away from God. Is God at the middle of your life or is it other things? Some of the things that people have instead of God are:

Money or wanting the things money can buy like the latest phone, tablet or computer game.

Pleasure – wanting to just do the things you want all the time, like playing games and watching TV without helping out or playing instead of doing homework.

Power – wanting to be in charge, bossing your friends, not listening to others in your group, not doing what your parents tell you.

Popularity – wanting to be the most liked, have the most friends on Facebook the most likes on your vlog.

Well a million likes on your vlog won't make you happy. You will still want more. The newest iphone won't make you happy, you'll still want the next one. Only Jesus can make you truly happy. When we go to communion then we are with Jesus in a real and special way.

We might think we are ok like a window we can see through but then the sun shines on it and we see how dirty it really is. Jesus light shows us where we go wrong. We need to put Jesus in the middle of our lives so his light can make us sparkly clean

### **You are not in charge of your life!**

Our lives are like a film or TV show. Who is the star and director of your life. Is it you? Is it all about me me me? Or do you let God be director of your life? Do you let him guide you so that when you are a star it is because you are doing what he wants? Let God make you the biggest star of your life by doing what he wants.

So remember

- 1 Jesus in the centre
- 2 We all do things wrong but Jesus saves us.
- 3 Let Jesus be in charge of your life.

In the Mass we spend time with Jesus, we listen, we talk, we share a meal.

Imagine your favourite person, imagine your favourite place maybe a comfy sofa or beanbag ..... you are spending time with them. You have come together. You sit down you talk for a while; that is like the readings from the Bible. Our prayers are two way, like talking with your friend. Then you have a meal together. The Mass is the meal where Jesus himself is the meal.

Words are powerful, words can change your life. "Will you be my friend? I like you." In the eucharistic prayer by the power of the words the priest Father Eamon says Jesus becomes really present in the Eucharist. It is not symbolic or pretend. Father Eamon says "This is my body" "This is the chalice of my blood" Jesus is really there - his own body and blood. Jesus gives us himself to feed us and make us healthy. We have Jesus himself; he is our centre. And having taken Jesus we are sent out. "Go ..." Go share this.

Think about your friend again - you are sitting quietly together, just spending time together. When we adore the Jesus in the Eucharist we are spending time in the real presence of Jesus. He is there with us, being with us. We are focused and centred on Christ.

Spend time with Christ in the Eucharist. He is really present. Spend time together with Him. Sit with Jesus, your friend, share that quality time together. Make Him your centre and everything falls into a beautiful order. When Jesus is your centre your soul becomes beautiful and your life is beautiful.

### Adoremus

1. Keynote Speech 1 <http://www.catholicnews.org.uk/Home/Special-Events/Adoremus-National-Eucharistic-Pilgrimage/Congress-Day/Bishop-Barron-1>
2. Keynote Speech 2 <http://www.catholicnews.org.uk/Home/Special-Events/Adoremus-National-Eucharistic-Pilgrimage/Congress-Day/Bishop-Barron-2>

### Other links

- Word on Fire Catholic Ministries is a non-profit global media apostolate that supports the work of Bishop Robert Barron and reaches millions of people to draw them into— or back to— the Catholic faith. <https://www.wordonfire.org/>
- Rose Windows of Notre Dame <http://www.therosewindow.com/pilot/Paris-N-Dame/table.htm>
- "The Mass" - Episode 1: A Privileged Encounter by Bishop Robert Barron [https://youtu.be/mNz\\_EmTZ5Mk](https://youtu.be/mNz_EmTZ5Mk)
- Click To Pray is the app of the Pope's Worldwide Prayer Network (Apostleship of Prayer). <https://clicktopray.org/>