



the best time to speak to Christ at Mass?

The great treasure of the Church is the Body, Blood, Soul and Divinity of Jesus in the Eucharist. The Church teaches that His Real Presence endures as long as the Eucharistic species subsist, which, based on biology, is about 15 minutes after we receive. This led many saints to recommend spending time during these 15 minutes in prayers of thanksgiving for Jesus' presence with and within us. God is presenting us with a special time when we can commune most deeply with our Lord and feel his love within us. Let us cultivate the habit of returning to our pew and taking time to savor His presence, to have a true "heart-to-heart" with Jesus, to make a prayer of thanksgiving for this most wonderful gift! *Want to know more? Our Adult Formation offerings cover this and much more!*