

The Baltimore Catechism

44. What happened to the angels who did not remain faithful to God?

The angels who did not remain faithful to God were cast into Hell, and these are called bad angels, or demons.

45. What is the chief way in which the demons try to harm us?

The chief way in which the demons try to harm us is by tempting us to sin.

46. Do all temptations come from the demons?

Some temptations come from the demons, but other temptations come from ourselves and from the persons and things about us.

47. Can we always resist temptations?

We can always resist temptations, because no temptation can force us into sin, and because God will always help us if we ask Him.

48. What is man?

Man is a creature composed of body and soul, and made to the image and likeness of God.

49. Is this likeness to God in the body or in the soul?

This likeness to God is chiefly in the soul.



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The Keys to Salvation – Eucharistic Adoration

Lastly, after prayer, confession and Holy Communion comes *eucharistic adoration* as the fourth of the four keys to salvation.

Eucharistic adoration, or just adoration (also known as Holy Hour), is a special time of prayer. It is a combination of two keys to salvation: prayer and Holy Communion. This devotion is based on the faith in the Real Presence — the Body, Blood, Soul and Divinity of our Lord Jesus Christ present in a consecrated Host.

Adoration of Christ in the Blessed Sacrament is a natural consequence of the Church's faith in the real substantial presence of Christ in the Eucharist.

The divinity of Christ is omnipresent, but, after His ascension, His humanity is substantially present only in Heaven and in the Eucharist.

(<https://stpaulcenter.com/why-do-catholics-have-adoration/>).

A large consecrated Host, which under the appearance of a host is the Real Presence of Christ, is placed in a monstrance. "Monstrance" comes from the Latin word *monstrare*, which means "to show." The

monstrance is then placed on a *tabor*. A tabor is a small stand that elevates the monstrance from a surface, typically an altar. The tabor is named after Mt. Tabor, the place where the Transfiguration of Jesus took place (Matthew 17:1-9; Mark 9:2-8 and Luke 9:28-36). On either side of the monstrance are six lit candles, for a total of 12 (you know, 12 tribes of Israel, 12 Apostles).

All parishes have eucharistic adoration and Holy Hour at least once a month or once a week. Lent is a great time to start this devotion since a lot of parishes increase its availability (check out <https://enterthenarrowgate.org/live-stream>). Some parishes have perpetual adoration, which is an area set aside on parish grounds for adoration 24/7.

This practice requires an extra visit to church during the week. This extra effort is a way of earning *sanctifying grace*. Sanctifying grace is the long-lasting grace obtained from supernatural faith and action. It takes supernatural faith and action to make the time to attend adoration. If you spend an hour in adoration, you can receive a *plenary indulgence* (more on that in a later issue).

I have included a handout in this issue from the Gregorian Institute on "How to Pray a Holy Hour."

(continued ...)

The Keys to Salvation – Eucharistic Adoration

(cont'd)

It's a very concise instruction that I have used in the past. Under Rule #1, you'll see some great advice: "[D]on't silently review stresses. Be still exteriorly and interiorly." Stop playing out in your head those make-believe arguments with people in a one-act play where you always win. Especially stop those re-enactments of embarrassing moments in your past that you wish you could do over again and get right. These kind of mental practices are a poor means of reflection from which nothing good ever comes.

Instead, clear your mind of useless anxieties and focus on your blessings, which is everything else good in your life. "Every best gift, and every perfect gift, is from above, coming down from the Father of lights, with whom there is no change, nor shadow of vicissitude (uncertainty)" (James 1:17). It is an act of faith to believe this, even if you yourself live in "shadows of vicissitude."

There is no "later" in this matter, there is only now! The four keys of salvation are the means to make this act of faith. Don't delay!

Coming up in the next couple of issues: The Resurrection, Understanding Evil in the World and Where Did the Bible Come From. I love you dearly!

Tantum Ergo ("Therefore so great")

Generally attributed to St Thomas Aquinas, c. 1264

Down in adoration falling, Lo! the sacred Host we hail; Lo! o'er ancient forms departing, Newer rites of grace prevail; Faith for all defects supplying, Where the feeble senses fail.

To the everlasting Father, And the Son who reigns on high, With the Holy Spirit proceeding Forth from each eternally, Be salvation, honor, blessing, Might and endless majesty. Amen.

While a confession of mortal sins is only required once a year (Code of Canon Law, 989; CCC 1457), go monthly at least, if not twice a month. And each time you go, "confess as if it were you first, last and only time."

My dearest children: **You are in mortal danger!** I failed to properly teach you the precepts of the Catholic Church and the beauty, richness and completeness of the Catholic faith. This is why I've taken on this little project. My goal is to produce this newsletter every month and send it along with little tokens to help you appreciate the Gift. It's meant to serve as moments of reflection and discussion. I love you and God bless you!

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The Gifts of the Holy Spirit

(from SMM/CM: [Nine-Day Novena of Justice](#))

The Gift of Knowledge

According to the Scriptures, true knowledge can only be acquired by recognizing the loving call of God and by responding with love to his divine plan. St. John's Gospel tells us: "This is eternal life, that they should know you, the only true God and the one whom you sent, Jesus Christ." Knowledge is centered entirely on the supreme mystery of Christ and His dying and rising, which unlock the meaning of every human life and of all history. As a gift of the Holy Spirit, knowledge gives us certainty that all things are ordered to God in Christ. This knowledge is revealed on every page of Scripture, is deepened by the Church's living tradition and is celebrated in the Liturgy. By a new Pentecost in our time, may the Holy Spirit confirm in us a sure knowledge of the truths of faith.

Let us pray: Father, we ask you to send the Holy Spirit upon our minds and hearts so that the gift of knowledge, which is ours by baptism and confirmation, may be purified and deepened. May the darkness of our sins be overcome by the splendor of knowing You, the only true God, and the one whom You have sent, Jesus Christ. Filled with the knowledge imparted by the Holy Spirit, may we radiate light for the salvation of the world. We ask this through Christ our Lord. Amen.

SHOCKFactor™

Let all mortal flesh keep silence,
And with fear and trembling stand;
Ponder nothing earthly-minded,
For with blessing in His hand,
Christ our God to earth descendeth,
Our full homage to demand.

King of kings, yet born of Mary,
As of old on earth He stood,
Lord of lords, in human vesture,
In the body and the blood;
He will give to all the faithful
His own self for heavenly food.

At His feet the six-winged seraph,
Cherubim, with sleepless eye,
Veil their faces to the presence,
As with ceaseless voice they cry:
Alleluia, Alleluia,
Alleluia, Lord Most High!