



UT CHRISTUS REGNET

*A publication of the School Sisters of Christ the King*

**LOST, ALL LOST, IN WONDER  
AT THE GOD THOU ART.**

St. Thomas Aquinas



### *Days after returning from the National Eucharistic*

Congress in Indianapolis in July 2024, exuberant with joy from those grace-filled days, we heard about the Olympics opening ceremony's appalling mockery of our dear Lord's gift of Himself in the Eucharist. What sorrow and anguish pierced our hearts! As our bishops called us to acts of love and reparation to Jesus in the Blessed Sacrament, it was easy to respond wholeheartedly with prayer, adoration and sacrifice.

We began with a communal holy hour of reparation, and then took turns a few at a time for the night hours. Sisters requested that we keep adoration for the next several nights while some of our Sisters were making their annual silent retreat at the motherhouse, and our nocturnal adoration sign-up was filled in a very brief time.

Nocturnal adoration has typically not been a prime prayer time for me, but more of a sacrificial offering, as I usually struggle to be awake and recollected in those night hours before the Blessed Sacrament. However, on those July nights, desiring to make amends and to console our Lord for all the disrespect, sacrilege and indifference that is shown him in the Eucharist—not only through the mockery that had just taken place, but down through all the centuries of the Church—I found it surprisingly easy to be alert, attentive and fervent in my prayer. I was very moved by the number of Sisters who showed up at all hours of the night to adore our Lord exposed in the monstrance.

The experience of sorrow and joy commingled in my heart as well as the climate among the Sisters in those days gave me a deeper sense of the meaning of our community virtue of a spirit of mortification in union with Christ on the cross. This spirit manifested itself not only in the hours of adoration, but in all the small opportunities we had to offer some inconvenience, annoyance, sacrifice of time or comfort, acts of love and service—all with the fervent desire and intention to console the heart of Jesus, so full of love and mercy and goodness and yet so reviled and scorned. This vivid lesson of love for our Lord is one I want to keep alive and growing in myself and in the community.

Suddenly, or so it seems, we find ourselves nine months later since we attended the National Eucharistic Congress. The initial glow of fervor has waxed and waned over the months, but the graces continue to unfold in our daily lives and our teaching. Sharing the experience of the Eucharistic Congress with our students has been an opportunity to foster in them and in ourselves a greater love for Jesus in the Eucharist, a greater awe and reverence for the mystery of the priesthood, which makes Christ present on our altars, a greater sense of the universal Church. As Bishop Conley noted in writing about his experience of the Congress: "Now everything seems just a little bit different."

In the Heart of Jesus our Risen King,

*Mother Margaret Mary, C.K.*

Mother Margaret Mary, C.K.



## IN THIS ISSUE ...

In this issue we reflect on the gift of the Eucharist. During this holy season, as we recall how Jesus offered himself for us, may we receive him with renewed gratitude, experiencing the joy of his resurrection. Blessed Easter!

# Foreshadowing the Eucharist

## TAKE AND EAT

*Where is the first place in the Bible that the Eucharist is foreshadowed? Take a moment to make a guess before you read on.* It's before John 6 (the Bread of Life Discourse), before the manna and quail given to the Israelites in the desert; before the first Passover; and before Melchizedek offered his sacrifice of bread and wine (Gen. 14:17-20). We know that the Eucharist is infinitely more than the form of bread and wine that nourished God's people throughout the Old Testament. The Eucharist is also union with God, which makes it not only bread but, miraculously, the Bread of Life. In Genesis 3 we read about another source of food that also brings eternal life.

Genesis 3 is the tragic story of the Fall. Adam and Eve, having chosen to eat from the tree of the knowledge of good and evil, must leave the Garden of Eden. God says that they must go, "lest they eat from the Tree of Life and live forever." (Gen. 3:22) As Adam and Eve walk away, the last glimpse Genesis gives us of Eden is the Tree of Life. This tree, guarded by two angels, "barring the way to the Tree of Life."

Throughout the Old Testament God continuously provides food and life for his chosen people. He feeds them with manna and quail, eventually leading them to a promised land flowing with milk, honey, and giant grapes (Nm 13:23). He blesses the lives of the Israelites, giving them victory in battle and healing their sickness. Each time the Israelites turn away from Him, God remains faithful, providing abundantly for their needs and sparing their lives. Yet none of the blessings of extended life or abundant food lasts forever. Famines come and generations return to dust.

It isn't until the Bread of Life Discourse in John 6 that there is mention of food that will bring eternal life. His Body, he tells us, is

true food that brings life everlasting (Jn. 6: 51). I'm certain that the disciples were as baffled as the rest of the crowd, but they choose to stay with Jesus, knowing that all things would eventually be made clear. We have the benefit of knowing the rest of the story. Two years later the disciples are eating the Passover Seder. As Jesus blesses the unleavened bread and wine, he invites the disciples to "take and eat" (notice the similarity to the serpent in the Garden of Eden who offered Eve food that would lead to death). This first Eucharist is the Body of Christ that still nourishes the Church today. On Good Friday the Bread of Life becomes the fruit from the Tree of Life. The wood of the cross is the trunk of the tree on which hung the Savior of the world, whose body we are invited to take and eat, to have eternal life.

The final reference to the Tree of Life is in the book of Revelation. Chapters 21 and 22 describe the place which Jesus promised he is preparing for us. This place is a place without sin, where "nothing unclean may enter." In this place Christ is seated on the throne with life-giving water flowing from him. The water nourishes the Tree of Life. This tree produces and leaves for nourishing fruit growing in the Eucharist. In there are angel statues on either side of the tabernacle. Through the tremendous gift of the Tree of Calvary, these angels are no longer guarding, but welcoming us to enter, take, and eat from the Tree of Life.

**On Good Friday  
the Bread of Life  
becomes the  
fruit from the  
Tree of Life.**

flowing from  
from the stream  
of Life (Rev 22:2).  
fruit all year round  
medicine. The  
from Tree of Life,  
Heavenly Jerusalem  
each Mass in the  
many churches

By Sister Mary Gabriel, C.K.

## LOOKING AT HIM LOOKING AT ME

### Jesus's invitation



*Jesus was waiting* for me when I went to the adoration chapel on July 25, 2008. At this time in my life I was getting ready to go back to the University of Nebraska, Lincoln, for my junior year of college. I was home in Kansas City for the summer trying to stay close to the Lord through daily Mass and prayer while balancing my work schedule as a waitress at an Irish pub. On this particular day my routine had changed because I accidentally set my alarm clock for the wrong time and missed the early morning Mass. Thankfully, I was able to attend Mass later in the day and pray in the adoration chapel afterwards.

I was given valuable advice from a priest that summer. He told me to take nothing with me when I went to

pray so I could more easily be in a posture to receive from Jesus. Following this advice I set my spiritual reading and Saint books aside, and spent a lot of time looking at Jesus in the Eucharist during prayer. There's a story St. John Vianney liked to tell of a farmer in his church who would often pray, gazing at the tabernacle for a long time, before going out to work in the fields. One time he asked the farmer what he was doing, and the humble man replied, "Nothing. I look at him and he looks at me." The "nothing" that I was doing with Jesus became everything. In looking at Jesus, I was learning how much he loves me.

There I was on that hot July day praying in the adoration chapel, looking at Jesus looking at me. Eventually I was the only person in the chapel with him that afternoon and setting my alarm clock for the wrong time seemed to be all part of God's plan. Most other summer days, when I would go to pray in the morning before work, I was surrounded by others praying before work too. Being all alone with Jesus, I approached the monstrance and knelt down as close as I could to him. Looking up at him, I asked the King of the Universe, "What do you want me to do for you?"

When you are praying, have you ever heard the voice of God as you hear the voice of the person next to you? When I asked that question to Jesus, immediately and clearly, I heard him say, "I want you to be my spouse." In the silence of that space, I heard him beckoning me to the vocation for which he created my heart. I knew it was him because of the deep joy and profound peace I felt leaving the chapel that afternoon.

In difficult times, when I may be tempted to believe the lies that so easily drag me down, I go back to this grace and recall the clarity of Jesus' voice. One of my first graders recently told me that she gave her heart to Jesus while she was on the swing at recess. On July 25, 2008, I gave my heart to Jesus in the Eucharist.

By Sister Peter Marie, C.K.

## What do you enjoy about **ADORATION?** Here's what some of our Sisters and students said:

Adoration is glorifying God, sometimes using song, and it's jawdropping.

*Jacob, Grade 7*

### *Listening to God.*

*Walter, Grade 2*

I like peacefully and simply being with Jesus, without the need to be anywhere else or do anything else. *Sister Mary Kolbe*

You can just let the Lord love you. *Alex, Grade 8*

The Lord is present. It makes me feel happy that the Lord is there.

*Chelssy, Grade 6*

### *Meeting Jesus face-to-face.*

*James, Grade 5*

I enjoy adoration because it is one-on-one time with God in a safe place.

And, if you are lucky, there might be Confession! *Rebekah, Grade 7*

Being able to be with Jesus in silence and let him speak to my heart and share my heart with him. *Sister Mary Guadalupe*

### *Spending time with Jesus and having a conversation with him because he loves me and I love him.*

*Michaela, Grade 6*

Giving my heart to Jesus and letting go of whatever I am struggling with.

*Preston, Grade 5*

Through adoration, Jesus "refreshes my soul" (see Psalm 23).

*Sister Marie Caritas*



# A HOLY HOUR WITH CHILDREN

## Practically Speaking



*Over my years of teaching I've*

come to cherish times of adoring Jesus in the Eucharist with my students. Whether it's a quick visit to say, "Hi," or more prolonged adoration, the time with our Lord fills me with joy. The following are a few tips and ways to lead children in prayer.

First, ask the Holy Spirit to help you to decide how to lead. The Church gives us so many ways to pray, for example:

- lead a Lectio Divina with the Sunday Gospel reading.
- use Sacred Scripture that fits the Liturgical season and lead with some contemplative or imaginative questions.
- use sacred art and have the students imagine entering the piece.
- lead the students in "the pirate prayer."
- listen to or sing a praise and worship song to start and close.
- allow plenty of time to be silent and listen to the Lord speaking.

Next, are the children's bodily needs taken care of? Do they need to go to the bathroom, get a drink, take a tissue? Making sure these needs are provided ahead of time helps us focus on prayer.

Then, before going into the church, orient the children to what the plan is. Where will they pray? What format will they use? For the young children, have them consider what their feet, hands, voice level should look, and sound like. When I pray with my second-grade students, I love taking them close to Jesus in the sanctuary. I find that there is a reverence and attunement to our Lord that the children don't always have in the pews.

Finally, as you lead the students in prayer, continue to pray: "Come Holy Spirit, come!"

By Sister Teresa Marie, C.K.

### THE "PIRATE" PRAYER Just Remember ARRR

- A** **ACKNOWLEDGE:** become aware of your thoughts and the movements of your heart.
- R** **RELATE:** share with Jesus what is in your heart; tell him how you are doing.
- R** **RECEIVE:** listen to what Jesus is saying to you.
- R** **RESPOND:** reply to Jesus; tell him what you are thinking and feeling after hearing his words.





“  
**The King  
of Heaven,  
hidden  
under the  
Eucharistic  
veils,  
is ready  
to receive  
anyone.**  
”

St. Alphonsus Liguori

*We are incredibly grateful for the  
loving and generous service of our  
2019-2025 General Council. Thank you!*

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Congratulations to Mother Margaret Mary  
and our newly-elected 2025-2031 Councilors:  
(L to R) Sister Mary Gabriel, Sister Peter Marie,  
Mother Margaret Mary,  
Sister Mary Angela (Vicar General)  
and Sister Mary Agnes.

# Photo Album





“The joy  
of the  
gospel fills  
the hearts  
and lives  
of all who  
encounter  
Jesus.”

*Pope  
Francis*



Villa Regina Motherhouse  
4100 SW 56th Street  
Lincoln, NE 68522-9261

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