



THE SPIRIT OF ADORATION

P.O. BOX 6346 • ERIE, PENNSYLVANIA 16512

The mission of this newsletter is to inspire people to spend time in Adoration of the Blessed Sacrament. According to St. Alphonsus de Liguori, Doctor of the Church, "After that of receiving the sacraments, that of adoring Jesus in the Blessed Sacrament holds the first place, is the most pleasing to God, and the most useful to ourselves."

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Animals Know He is There

Probably one of the reasons that there are so few people at Adoration is that, sadly, many people do not believe in the Real Presence of Jesus in the Eucharist. There are many stories of Eucharistic miracles, and in subsequent newsletters we will be sharing some of these. But the following story is a favorite:

In October of 1995, Pope John Paul II was scheduled to visit St. Mary's Seminary in Baltimore. His plan was to first make a visit to the Blessed Sacrament. Security personnel made a sweep of the building, and highly trained dogs were used to detect any persons who might be present. These intelligent canines went through the halls, offices, and classrooms, and then were sent to the chapel. They went up and down the aisles and finally into the side chapel where the Blessed Sacrament was reserved. Upon reaching the tabernacle, the dogs sniffed and whined and pointed, refusing to

leave. They remained there, their attention riveted on the Tabernacle, until called out by their handlers. They found a real living Person in the chapel!

This story is similar to one told about St. Anthony of Padua. Once St. Anthony was challenged by an Albigensian heretic named Boniville, who wanted to disprove the presence of Jesus in the Blessed Sacrament. The heretic wanted his mule to decide Jesus' Real Presence. For three days the mule was not fed. Boniville then offered the mule hay and oats while St. Anthony held the Host before the mule. The mule ignored the hay and the oats and knelt before the Sacramental Presence, his hunger notwithstanding. It proved that even an animal could feel His Presence. Boniville and his fellow heretics were immediately converted.

Even animals know He is there.

Adoration - My "Classroom"

By Jackie Walton

Adoration has been my saving grace, through the good time and bad. It's my safe place, my refuge from the world when everything around me is falling apart.

New to Catholicism, and now 5 years later, words cannot begin to express how thankful I am to have found my Catholic faith and Adoration. I am the product of sexual and spiritual abuse, neglect, a father that committed suicide...the list goes on. I tell these things not for sympathy, but to give a glimpse into the truly healing powers of Adoration.

Anyone who has a troubled past or has suffered from abuse, knows the struggles of trusting, of the times of loneliness and the feelings of not feeling loved. Adoration taught me to trust by teaching me to lay



issues in the loving hands of my Father and that the things I'm struggling with will work together in God's will. I also know when I am with my Father and my heavenly Mother I am loved and in Their embrace. These things have not come easy for me, but Adoration is my "classroom."

In Adoration I found a Friend who extends comfort in the bad times, and gives strength and guidance in the good. My only job is to give of myself and my time, to trust, to praise and to appreciate this most amazing gift and most of all to listen. God will take care

of the rest, transforming me into the person He intended me to become.

Editor's note: Jackie is from Tipp City, OH.

"A thousand years of enjoying human glory is not worth even an hour spent in sweetly communing with Jesus in the Blessed Sacrament." ~St. Padre Pio

A Spiritual Sauna

By June Klins

Despite all the promotion my parish has done, the Bread of Life Perpetual Adoration chapel, remains the “best kept secret” in my area. In an age when most churches must be locked up when no services are going on, this chapel is open 24 hours a day, seven days a week. Jesus said, “Come to me, all you who labor and are burdened, and I will give you rest.”

Our chapel is open to anyone of any faith. Although we, as Catholics, believe that Jesus Christ is present physically in the Consecrated Host, for those who are not Catholic and do

not believe that Jesus is present physically, certainly in the quiet of the chapel one can feel His presence spiritually. The stained glass windows in our chapel also promote reflection as they depict the saints and angels in Heaven bowing in Adoration, as described in the Book of Revelation.

There is an air of peace that envelops you as you enter the chapel. And once you are in there the time flies. It is as if time and space stand still. It is a foretaste of Heaven. I overheard one man call it a “spiritual sauna.”

It is inspiring that people will get up in the middle of the night to make their committed hour of Adoration. We usually have two committed adorers per hour. Some of them drive long distances to do so. What is really inspiring is to see families adoring Jesus together. There is a beautiful young family who has committed to an hour of adoration per week since the chapel opened in February of 2004. I am in awe that the twin boys, who were 8 years old at the time, would sit still for an hour and pray with their mother, father and sister. What an example this family is for all families!

It is also inspiring to see the people who come in wheelchairs and those who come with their walkers, and those who come with their oxygen tanks, wanting to praise the God who has allowed them to suffer. These people are following the example of Pope John Paul II, a saint-to-be, who is also depicted in the stained glass window adoring Jesus.

There are so many fruits of visiting the chapel often - the best is that you develop a very personal relationship with Jesus. Archbishop Fulton Sheen never missed a day of



Two of the stained glass window panels in the Bread of Life Chapel in Erie, PA

prayer in the presence of Jesus in the Blessed Sacrament in his 54 years of priesthood. He said that when you pray in front of the Blessed Sacrament daily (whether in the Tabernacle or exposed in the Monstrance), your major problem in life will be solved. He said that you become like a magnet for graces from Heaven. Archbishop Sheen made the analogy that it was like getting a “cobalt treatment” because your inclination to sin is burned away. Today we might compare it to a “chemo treatment,” but

with no vexing side effects! I like to think of it as getting a “Son tan” that can change your life.

In the quiet of the chapel, away from the noise of the world, the Lord can speak to your heart. On Pentecost Sunday this year, I had an experience at Adoration that I find hard to describe. I felt that the Lord was asking me to publish this newsletter about Adoration – to educate and inspire people about Adoration. Within a short period of time I knew in my heart the name of the publication and what the content should include. The experience was so powerful that I knew it was from God. So I went to Msgr. Peterson, our spiritual adviser, for his discernment and he agreed that this was something that was needed and gave me his blessing

This newsletter will have personal testimonies, Eucharistic miracle stories, stories about the saints and the Eucharist and writings of priests, bishops, and the Pope about the Eucharist. If you have a testimony to share about an experience you have had at Adoration, or if you are willing to distribute these newsletters to promote Adoration, please write to us. There will be no charge, but a free will offering to help cover printing and postage will be gratefully accepted. Please pray for this endeavor.

Pope Benedict XVI said, “Without Adoration, there is no transformation of the world.”

“But let all those devout souls who often go to spend their time with the Most Blessed Sacrament speak; let them tell us the gifts, the inspirations which they have received, the flames of love which are there enkindled in their souls, the paradise which they enjoy in the presence of this hidden God.” ~ St. Alphonsus Liguori

St. Joseph Benedict LaBre

St. Joseph Benedict LaBre, who was known as “The Beggar Saint of Rome,” spent his nights sleeping in the open arches of the Coliseum, and his days praying in churches, especially those where the Forty Hours Devotion was being observed. While in the presence of the Blessed Sacrament, he would have a luminous glow on his face, revealing the intense fire of love for the Blessed Sacrament. Spending five to six hours at a time before the Tabernacle, his face, normally colorless, glowed with a rosy hue all the while. He died at age 35. So great was the crowd at his funeral that troops had to be called in to maintain public order. Within a few months of his death, more than 130 miracles ascribed to him were recorded. His memorial is celebrated on April 16.

There's No Place Like Home

By Diana Englund

I ran away from home at the tender age of fifteen! Shocking, I know. Running away seemed like a desirable thing to do at the time. I reasoned, "I won't miss anything here." It would be 35 long years before I returned. As a teen, I had no idea how intensely I would grow to miss my home.

My Father is amazing, generous, and one-of-a-kind. He kept in touch with me without any bitterness. Through the years I was able to read and reread the many letters that He had written to me. In them He assured me of His constant love and of the inheritance that He had for me. It felt good to read that He loved me, but something essential in our relationship was missing – His presence. Letters were not the same as being in my Father's house where I could see His face, hear His voice, and feel His strong embrace.

It wasn't until I was about 40 years old that I began to have some occasional but strong impressions that I needed to return home. Father was waiting for me there. The impressions grew in frequency until, at the age of 50, nervously, I returned. What would I experience? Was my Father really waiting for me?

Meeting Father was more wonderful than I can express. Our eyes met and the tears flowed. He embraced me and gave me a beautiful kiss on the cheek. Oh, what I had missed for 35 years – His presence!

You have probably guessed by now that my little story is an allegory. At the age of 15 I left the Catholic Church, my home. Soon afterwards, I became a dedicated Protestant. The letters from my Father that I read and reread were the Sacred



Divine Mercy painting in the Bread of Life Chapel

Scriptures. My Father's presence that I missed was the presence that can only be found in the Catholic Church: the Real Presence of Jesus found in the Eucharist!

I certainly do not recall learning about the Real Presence in my childhood Catechism. As a Protestant, I was taught that there was no such thing as the Real Presence, but that the Communion bread and wine were only symbols. Only by grace and guidance did I come to sense that Jesus was present in the Catholic Church in a more powerful way than He was present in the Protestant Church. I was missing the treasure of the Real Presence and I needed Him!

Now, at least once a week, sometimes 4 times a week, I spend an hour with Jesus in the Perpetual Adoration chapel at our church. It is the best thing that has ever happened to me! There I get to gaze upon Him, feel His loving presence, and receive the peace and strength that He alone can give. It is a touch of Heaven on earth. Having this personal encounter has made a wonderful difference in my relationship with God. I found the longing that my soul was missing for 35 years as a Protestant. How good to be in my Father's presence.

It saddens me that so many Catholics do not take advantage of Eucharistic Adoration. Don't they know yet that Jesus is waiting there in the Blessed Sacrament longing to fill them with a special touch? Why are so many Catholics, who are already home, failing to spend time in His presence? He is there to meet you. He really is!

Editor's note: Diana lives in Harborcreek, PA, and is a member of St. Joseph Church/Bread of Life Community.

The Bishop and the Mohammedan

"How is it possible," an educated Mohammedan asked a missionary bishop, "that bread and wine become the Flesh and Blood of Christ?"

"The bishop answered, "You were small when you were born. You grew big because your body changed the food you took into flesh and blood. If a man's body is able to transform bread and wine into flesh and blood, then God can do it far more easily."

The Mohammedan then asked: "How is it possible for Jesus to be wholly and entirely present in a little Host?"

The Bishop answered, "Look at the landscape before you and consider how much smaller your eye is in comparison to it. Now within your little eye there is an image of this vast countryside. Can God not do, in reality, in His Person, what

is done in us by way of a likeness or image?"

Then the Mohammedan asked, "How is it possible for the same Body to be present at the same time in all your churches and in all the consecrated Hosts?"

The bishop said, "Nothing is impossible with God – and this answer ought to be enough. But nature also answers this question. Let us take a mirror, throw it down on the floor and let it break into pieces. Every piece can carry the same image that the whole mirror formerly reproduced. Likewise, the self-same Jesus reproduces Himself, not as a mere likeness, but as a reality, in every consecrated Host. He is truly present in each one of them."

Excerpt from the book "Jesus Our Eucharistic Love" by Fr. Stefano Manelli, O.F.M., Conv., S.T.D.

Adoration Changed My Life

The following testimony was written by a 16 year-old girl named Rebecca, who is from Lancaster, NY.

To tell how Adoration has changed my life, I have to start from the beginning. I truly believe it was fate that brought me back to the Church, a seemingly random series of events that led me to a life of faith: from a friend telling my mom of a new priest at our parish, to my attending a youth group meeting, to my becoming a member of our parish's youth board. All these things were connected from the start without my realizing.

While I was always an active member of my parish since I started attending church, there was always a simple question in the back of my mind - is there really a God? I was never an atheist or anything, but that little bit of doubt was always there, and since I just starting going back to church in my teens, it seemed to be stronger in me than most. I always hated questioning my faith and wondering whether what I was doing was all for nothing.

All that changed when I went to my first Adoration. I had signed up to attend an overnight retreat in Olean, about two hours away from where I lived. It was fun and exciting, for it was my first church retreat. I had never been to Adoration so I wasn't sure what to expect, but that first night I was about to find out. I knelt down inside the gymnasium/auditorium of a Catholic school, following the lead of everyone around me. I can remember the feeling that came over me as the Host was brought out in the monstrance. I felt a chill run

through me, and I just got this overwhelming feeling, unlike anything I had ever felt before. Not long after, I could feel tears starting to form in my eyes. I hate crying in public so I was trying my hardest to hold them back, but the intense "Jesus music" playing and the entire scene was just too much, and the tears started flowing and they didn't stop. All around me I saw people crying, and I also saw people resting in the Spirit. I can remember thinking, "There has to be a God, there is no way all these people can be affected in such an intense way if there wasn't." I started praying. I can remember talking to God and just thinking, "I'm Yours, anything You want of me, ask and I will do." I just wanted to make Him happy at that moment; I wanted to change my entire life.

As I left Adoration I felt a bit sad, for even though I was crying I don't think I had ever been happier. There was such clarity in everything - all the doubt I ever had about God and my faith was gone. And now whenever I find myself questioning my faith and the truth, I remember how I felt that day and how I was affected and I find comfort. Adoration changed my life by helping me lose the doubt in my faith and my God.



Dear Adorer of Jesus in the Blessed Sacrament,

Do you realize how close you now are to Heaven? Look at the Monstrance. With the eyes of faith, see the Risen Jesus, the Word made Flesh, your Savior, your Brother and Friend, your God. It should be an awesome experience for you to be so close to your God. "The whole world," says St. Francis of Assisi, "should tremble and Heaven rejoice when Christ, the Son of the living God, is present on the altar."

As you gaze on the Host, remember too that the Blessed Trinity is here present. When Jesus is present, there too is the Father ("I and the Father are One.") and also the Holy Spirit, who is the love of the Father and Son. God is making Himself entirely present to you right now. And don't forget that where God is present, there is Heaven, all the angels, saints, all your dearly departed. The Communion of Saints is very close to you right now. So as you acknowledge the Lord's presence, salute them too. In a very real sense, no make believe, you are now in the vestibule of Heaven. So, shake up your drowsy spirit, fan into flame your faith, and come into the presence of the Lord of Heaven and Earth.

One form of prayer highly recommended is just to be present to Jesus, not bombarding Him with words, not just reading prayers or a book. Relax in His presence, and gaze at Him without thoughts, images or words. Remember, He is looking back at you with a lot of love. You don't really have to tell Him your problems; He knows them better than you do. Put aside your own plans and make way for Him by quietly surrendering yourself to Him. Let go and let God be God to you.

If you find that repeating the word "Jesus" helps, then use it. It is more than just a name. It enfolds the mystery of redemption. When distractions come your way, just let them float past you like ships in the night, and keep your focus on Him. Don't be afraid just to be with your Friend "doing nothing gracefully."

Even if you fall asleep, don't worry. The Lord may love you even better when you are asleep. Then you don't worry Him so much!

So, congratulations - you are about to enter into contemplation. That is what you will do for all eternity in Heaven. The only difference: you do it in faith now; then it will be face-to-face. It is a sure road to holiness and Heaven. Make it a priority in your life.

Author Unknown

Perpetual Eucharistic Adoration

The following was written by Bishop Ruben T. Profugo, D.D., of the diocese of Lucena in the Philippines on August 8, 1988:

There are three main objections usually given when the proposal is made to have Perpetual Eucharistic Adoration in a parish. The first is that the people will not respond because they are not spiritually mature, and consequently, they will lose their enthusiasm. The second is that priorities may become confused and some people will prefer to go to the Adoration Chapel rather than to go to Mass.

The third objection, and this is generally the strongest objection, is that Perpetual Eucharistic Adoration is too dangerous since it involves some of the people coming out in the middle of the night to cover the early morning hours.

The purpose of my message is to declare that none of these objections is valid. As a matter of fact, based on the evidence and experience of what has happened in my diocese, the contrary is true.

Not only have the people in my diocese responded enthusiastically, but they have maintained their level of enthusiasm and have been very faithful to their commitments. Mass attendance has increased noticeably

on Sunday, as well as during the week, as many have come back to the sacraments as a result of Perpetual Eucharistic Adoration.

But most dramatically, Perpetual Eucharistic Adoration has made my diocese safe from the violence that previously threatened to tear it apart. Both the priests and the laity credit Perpetual Eucharistic Adoration for protecting the diocese from the reign of communism and for bringing about peace and order. We put all our faith and trust in the omnipotent power of His love in the Blessed Sacrament and He did not fail us.

The point I want to make is that Jesus in the Blessed Sacrament is not static, but dynamically active. He is the Good Shepherd. He does not take people away from the Sacraments, but rather, He is the one who brings them back. He does not make people weary, but refreshes them and makes them strong. He is the Lord of lords and King of kings. It is not dangerous to have Perpetual Eucharistic Adoration, but rather, it is dangerous not to have it, because He is the only one who can protect and restore, heal and unite us.

Adoration at Ninety-Eight

by Carolyn M. Kenney

In the gospel of Mark, Chapter 14, verse 37, Jesus spoke these words to Peter as He prayed in the Garden of Gethsemane, "Could you not keep watch for one hour?" When I attend adoration, I often reflect on these powerful words. Such was the case one spring night.

The night was raw with rain slashing against my house. It would have been so easy to stay home instead of going out. However, knowing the next day would be extremely busy at work, I needed to spend at least one hour at Adoration. My local church has Eucharistic Adoration each Friday night for two hours with the same seven or eight people in attendance. It was cozy upon entering the church; the spring rain seemed far away. The warmth of Jesus' love enveloped those of us present.

Suddenly, the outside door of the church opened slowly. Two people walked carefully up the stairs and into the chapel. One of them was a 98 year-old woman! Every week at a certain time, a friend will stop to pick her up and together

they drive to Friday night adoration. I felt humbled this particular night as I remembered that I almost did not come. The woman carried a small plastic bag with two paperback books and her rosary. Carefully she removed the crystal beads, kissed the crucifix and blessed herself. She sat directly before the Monstrance and prayed her Rosary looking at Jesus who looked back at her with love. We can all learn from this woman, and "...keep watch for one hour."

*Editor's note: Carolyn lives in Wilmington, MA. She is the author of the book **Meditations of the Heart**.*



The Power of a Child's Prayer at Adoration

One little boy began coming [to Adoration] with his mom each week and they would pray for a special intention. After a few months they shared this intention - that his oldest sister was getting married and not planning to marry in the Church. Each week he gave her to Jesus and asked for help. He asked his mom all the time if his sister had changed her mind, had his sister come back to the Church....

After 6 months, one day his Mom got a call from this sister. "Mom," she said, "I have come to believe that the Eucharist is really Jesus, (big wink from Heaven!!) and that only the Catholic Church has this...." She had gone to

Confession, was back going to Mass and was going to be married in the Church!!!

This little boy was so happy! The next week he was praying that his future brother-in-law would become a Catholic. 14 months later, at Christmastime they heard the good news - he had joined RCIA 3 months earlier and would become a Catholic at Easter!!! God is good!!! After two wonderful gifts from this child's prayers before Jesus, Fr. Antoine responded, "Tell him to ask for world peace!"

www.childrenofhope.org/childrenadore/whatsay.htm

Questions and Answers on Eucharistic Adoration and Devotion

By Father Richard M. Poblocki

Q: What is Eucharistic Adoration?

A: Eucharistic Adoration is the worship of the Blessed Sacrament, acknowledging Christ's Real Presence as Word made Flesh.

Q: What are Eucharistic Devotions?

A: Eucharistic Devotions are private and public devotion in honor of the Blessed Sacrament that enjoy the Church's approval and encouragement.

Q: Where did Eucharistic Adoration and Devotion to the Eucharist originate?

A: The roots of Eucharistic Adoration and Eucharistic Devotions originated from the early Christian practice of Eucharistic reservation. Eucharistic reservation meant that after the celebration of Mass, a small portion of the Hosts consecrated at Mass were saved (reserved) so the Sacrament could be taken to those who were sick. Naturally, the same reverence given to Jesus, truly present in the Hosts consecrated at Mass, was transferred to the Hosts that were kept to communicate the sick. Eventually the practice developed where adoration was offered to Christ, present in the Sacrament. The worship due to God was offered to Jesus present in the Blessed Sacrament.

Q: How does a Catholic express adoration and worship of Christ in the Blessed Sacrament?

A: One can express worship and adoration of the Blessed Sacrament in these ways:

Visit to the Blessed Sacrament: One drops in the church or chapel to spend a few moments before Christ in the Monstrance or Tabernacle. The "visit" is a time of adoration, praise, asking forgiveness, and praying for the needs of one's self or others.

The Holy Hour: This is an hour of prayer before the Blessed Sacrament in which Jesus, present in the Sacrament, is adored. Ordinarily the Blessed Sacrament is exposed (placed on public display). During this time, reparation (acts of prayer and piety) can be made to make up for all the wrongs Jesus suffers in the Sacrament. A Holy Hour also uses hymns, prayers, a homily, and benediction of the Blessed Sacrament (see below). A Holy Hour is usually to be used on a Thursday or Friday evening. If not, any hour of the day is suitable.

Benediction: In this service of adoration, the Blessed Sacrament is exposed in the Monstrance. After this, the people are blessed by the priest/deacon, tracing (with the Monstrance) the Sign of the Cross over them.

Eucharistic Procession: A religious "parade" moving solemnly in ritual action from one place to another, while singing. The purpose of such a procession (carrying the Eucharist) serves to give public witness of faith and devotion toward the Blessed Sacrament. This is regularly done on Corpus Christi, the Feast of the Lord's Body and Blood.

Eucharistic Adoration: This is spending time before Jesus in the Blessed Sacrament. Eucharistic Adoration can be Nocturnal or Perpetual. Nocturnal Adoration adores and honors Jesus Christ in the Blessed Sacrament during the night hours. Perpetual Adoration is the continual worship of Jesus Christ in the Blessed Sacrament exposed in the Monstrance.

Forty Hours Devotion: This is the adoration and praise of Jesus Christ in the Blessed Sacrament over 40 semi-continuous hours. The number "40" is derived from the number of hours Christ lay in the tomb.



Corpus Christi procession in Augsburg, Germany

Q: I have heard that all of this stuff was “out” and that the Church says it’s outdated...true?

A: False! The Church highly recommends these devotions because the Eucharist is the source and summit of the Christian life.

Q: So, what benefit does Eucharistic Adoration have?

A: The benefit of devotion of the Blessed Sacrament is that by these devotional practices, the faithful are led back toward participating in Mass, and receiving Jesus fervently in Holy Communion. Eucharistic devotion extends what happens during Mass to other parts of our life.

Q: My parish has Adoration, but I usually don’t go. Is that okay?

A: No, because you are losing out the many graces being offered you by God! Make every effort to attend daily Mass and Adoration.

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Resources for Further Reading

Books:

Catechism of the Catholic Church

Come to Me in the Blessed Sacrament – Fr. Vincent Martin Lucia

Eucharistic Retreats – St. Peter Julian Emyard

Jesus, Our Eucharistic Love - Fr. Stefano Manelli, O.F.M.Conv., S.T.D.

In the Presence of Our Lord – Fr. Benedict Groeschel, C.F.R., and James Monti

Moments Divine Before the Blessed Sacrament – Fr. Frederick A. Reuter, K.C.B.S

Secrets of the Eucharist – Michael H. Brown

The Holy Eucharist – St. Alphonsus de Liguori

Websites:

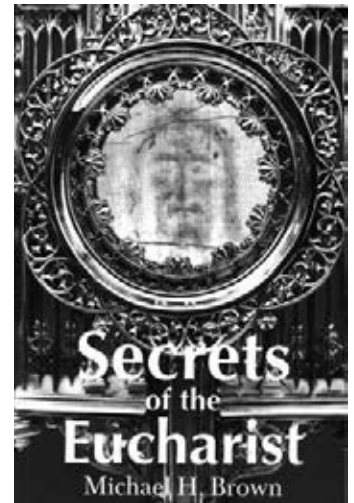
www.acfp2000.com (Missionaries of the Blessed Sacrament)

www.pjp2ea.org/pjp2ea/WhatisEA.asp (Pope John Paul II Eucharistic Adoration Association)

www.childrenofhope.org (Adoration for children)

www.therealpresence.org (Real Presence Eucharistic and Education Adoration Association)

www.savior.org/devotions.htm (Online Adoration for the homebound, those without Adoration chapels,etc.)



Prayer for the Spread of Perpetual Adoration

Heavenly Father, increase our faith in the Real Presence of Your Son Jesus Christ in the Holy Eucharist.

We are obliged to adore Him, to give Him thanks and to make reparation for sins. We need Your peace in our hearts and among nations. We need conversion from our sins and the mercy of Your forgiveness.

May we obtain this through prayer and our union with the Eucharistic Lord. Please send down the Holy Spirit upon all peoples to give them the love, courage, strength and willingness to respond to the invitation to Eucharistic Adoration. We beseech You to spread Perpetual Adoration of the Most Blessed Sacrament in parishes around the world. We ask this in the name of Jesus the Lord. Amen

Our Lady of the Most Blessed Sacrament, help us to spread the glory of Your Son through Perpetual Adoration.

Pope John Paul II

A big thanks to Mike Golovich, Diana Stillwell and Louise Lotze for their photos in this issue, and to Peggy Angstadt for her charcoal drawing on the cover.

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To locate the nearest church or chapel with Eucharistic Adoration, go to
www.therealpresence.org/chap_fr.htm

Shout joyfully to the LORD, all you lands; worship the LORD with cries of gladness; come before Him with joyful song. Know that the LORD is God, our maker to whom we belong, whose people we are, God's well-tended flock. Enter the temple gates with praise, its courts with thanksgiving. Give thanks to God, bless His name; good indeed is the LORD, Whose love endures forever, whose faithfulness lasts through every age. ~Psalm 100

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