



November (Children Who Suffer)
 "We pray for children who are suffering, especially those who are homeless, orphans, and victims of war; may they be guaranteed access to education and the opportunity to experience family affection. "

December (Volunteer Not-for-Profit Organizations)
 "We pray that volunteer non-profit organizations committed to human development find people dedicated to the common good and ceaselessly seek out new paths to international cooperation. "

BIRTHDAY BLESSINGS

To all our generous benefactors, mission and prayer partners who are celebrating their gift of life in this month of November and December. Rest assured that you will be remembered in our prayers especially in the celebration of the Holy Eucharist.

The Congregation of the Blessed Sacrament invites you to participate in the formation of our seminarians and the on-going formation of our religious.

Any donation will be deeply appreciated and acknowledged.
 We pray daily for the intentions of our benefactors during Benediction of the Blessed Sacrament & weekly Mass every Thursday.

PLEASE INCLUDE YOUR INTENTIONS AND PRAYERS:

[Empty box for intentions and prayers]

Prayer in honor of St. Peter Julian Eymard
 Gracious God of our ancestors, you led Peter Julian Eymard, like Jacob in times past, on a journey of faith.
 Under the guidance of your gentle Spirit, Peter Julian discovered the gift of love in the Eucharist which your son Jesus offered for the hungers of humanity.
 Grant that we may celebrate this mystery worthily, adore it profoundly, and proclaim it prophetically for your greater glory.
 Amen.

St. Peter Julian Eymard said:
 Happy is the soul that knows how to find Jesus in the Eucharist, and the Eucharist in all things.



Eukaristiya

SENTRO NG BUHAY

VOL. 28, NO. 6 NOVEMBER TO DECEMBER 2022

PREFIGUREMENT OF THE HOLY EUCHARIST



"...and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn."
 - Luke 2:7

<https://anastpaul.com/2017/12/25/25-december-the-solmnity-of-the-birth-of-our-lord-jesus-christ-7/>



From the SMP - PDO Office

Peace to one and all!



Christmas comes yearly, but it is one that never tires us to celebrate always with a sense of excitement and joy. It is the time in a year where the whole world recalls the most significant birth of a Child in the human history. Christmas marks the truth that never again there is another God born among us – only Jesus Christ – true God and true Man. And the good news is that, Christmas has become our eternal assurance that God is with us – *Emmanuel*. This is history that makes Christmas simply unforgettable.

When God felt our incapacity to appreciate and to understand the power of His love, he decided to show us His invisible face through Jesus Christ. All we have longed to see about God are already revealed in the face of Jesus Christ; all we have desired to know about God, they are already made known to us through the words of Jesus Christ; and everything that we did not understand about God are already clarified to us when Jesus Christ, begotten of the Father, was born for us in order to die for us! And this is the real story why there is Christmas.

What is left simply for us for us Christians to do is to believe everything about Jesus Christ; to give everything to Jesus Christ; to live according to Jesus Christ; and to love God above all by way of Jesus Christ. This is our Christian calling: to likewise give birth of Christ from our very own witnessing – in our thoughts, feelings and actions.

From all of us in the Congregation of the Blessed Sacrament – Philippines, we wish you a truly meaningful celebration of Christmas and a Blessed New Year. God bless and be assured of our constant prayers for you and your loved ones.

Gratefully yours,

FR. MARC BRYAN R. ADONA, SSS

*To all those who wish to send their financial assistance for the "Support Our Seminarians" Project or S.O.S through bank, you can deposit your donations to BPI Account No. 4061-001951 under the name of the Congregation of the Blessed Sacrament. Thank you very much!



FORMATION UPDATE

SACRAMENTINO ACOLYTES



On December 11, 2022, four Sacramentino scholastics will be installed in the minor ministry of Acolyte. They are Br. Romanus Bodi, SSS, Br. Gidio Bwambale, SSS, Br. Androu David, SSS, and Br. Lawrence Kasozi (left to right). The right of installation will be carried out in the celebration of the Eucharist to be presided by Rev. Fr. Rudsend Paragas, SSS, the Vicar Provincial together with Rev. Fr. Jonelito Sison, SSS, the Scholastic Director.

LIFESTYLE UPDATE

Health is of primary importance for the whole congregation. We aim and look into the health of every religious to ensure that a brother is physically fit to perform his ministry for the community and the congregation as a whole.

The Eymard Formation Center in partnership with the Lifestyle Commission started their routine health check. This includes physical check-up and laboratory works. In addition, to make it more consistent, effective and holistic, the doctors look into the diet plan of the community. More fruits, less fat, and frequent exercise were observed in the community. The same will also be extended to all formation houses and communities of POLA.



PROVINCIAL UPDATE

OUR NEWLY ELECTED PROVINCIAL COUNCIL! 9th POLA Chapter

PROVINCIAL CONSULTORS



Fr. Jonelito Sison, SSS



Fr. Vergel Dalangin, SSS



Fr. Alde Bureros, SSS



Fr. Apolinario Ty, SSS



Fr. Rudsend Paragas, SSS



Very Rev. Fr. Roel L. dela Cruz, SSS

PROVINCIAL SUPERIOR

May God's Holy Spirit be your constant light!

We wish you the best with your call of service and we pledge our full and unwavering support.

BSN UPDATE

URBAN EXPOSURE: LOVE AND MISSION

Anyone who is deeply in love dares to take the path of selfless service. Bringing only the best tools in life: prayer, faith and a dose of courage, one makes a remarkable adventure regardless of the uncertain circumstances. For us five second-year novices, the recently concluded hospital and urban immersion, in the Missionaries of Charity Brother – Bukal ng Kapayapaan Home of the Abandone and Parokya ng Pagkabuhay respectively, truly moved us to a mission of total self-giving.

Christ Among the Abandoned

Caregiving is something new to us. We have no formal training on how to take care of old and sickly people. Perhaps, our only motivation and reason to embrace the challenge is that – we are called to serve with compassion and to love unceasingly. The daily routine of bathing the *lolos*, changing their diapers, , grooming them, and feeding them during meals, washing their clothes and sanitizing their quarters and the hallways, reveal to us the very face of Christ among the abandoned. Admittedly, each day was exhausting. But when everything seems to be routine and tiring, meaningless and failing, one must return to the source – the Eucharist. Truly, in doing the mission, it is necessary to start the day with a prayer and to end it with a prayer. It is prayer that energizes the soul to endure in mission. One who is busy working must spend more time in praying.

Christ Among the Dead

Death is the most real of all realities. It comes to every man and woman like a thief in the night. No wonder then that most of us are afraid of it. However, death stood right before us on the first day of our urban immersion. It was an unexpected confrontation of our very own limitedness and frailty, of our fears of letting go and letting God. And yet, Christ has also revealed himself even in this dire situation. A minister of the funeral blessing is a representation of the Church among the lowly and sorrowing. It is essentially important then to assure every faithful that they are never left behind and that the Church is ever ready to do mission to those in outskirts of the society.

To Make Manifest The Grace of God

Every Sacramentino is not only an adorer. He is also a missionary. He carries with him the Eucharistic zeal of an enduring love and total-self giving to the mission. Very much different from many aspects, both the hospital and urban immersion have given us remarkable opportunities to make manifest the grace of God we received – to every people we encounter, to every religious we worked with, and to every community we visited. Surely, all these experiences left in our hearts, minds and souls a greater commitment to the formation. We give our YES to Him, who always and forever always, proved that - mission works through love.



2nd Year Novices:

Bro. Emmanuel Unabia, nSSS

Bro. Kennedy Garcia, nSSS

Bro. Guillermo Cagata, nSSS

Bro. Neil Reymond Condono, nSSS

Bro. Rommel Natnat, nSSS

BIG DAY 2022: COMMUNION, PARTICIPATION, AND MISSION

Br. Andrei Mikael C. Lirazan, SSS

The Eymard Formation Center Community together with the Blessed Sacrament Novitiate Community recently held this year's Big Day last Nov. 4 until Nov. 6 in the novitiate at San Jose del Monte, Bulacan. It is an annual tradition in our congregation to have our Big Day every after first semester of the year to simply have fun and enjoy each other's company. It was attended by all scholastics from EFC and Novices from BSN. True to our theme "Radiating Christ: Brothers in Mission, Participation, Communion", we witnessed again how we work as one community, radiating each other's giftedness manifested in creativity and generosity

As Father Vergel opened this year's Big Day, he recounted his experience of Big Day back when he was a seminarian. According to him, this event is for us students, and that we should really enjoy our stay especially we are back again in the vicinity of the Novitiate where all our vocations as Sacramentinos blossomed. I personally can't help but look back to my own experience as I once passed through that dark hallway, walked through the creaking stairs, or even how I used to pet those charming dogs.

This year's activities were less competitive and focused more on interaction and socialization with each other to rekindle the intimacy that the pandemic had disrupted. Relaxing activities like swimming, leisurely walk with sharing in order to catch up what is happening in each other's formation. Our nights were filled with music, dancing, and laughter as we recall our experiences and simply be with each other. Friendly sports competition like volleyball and basketball games were also held to release body tension and balance spiritual and physical stress. It is truly undeniable that we Sacramentinos know how to play hard, party harder, and pray the hardest.



Big Day 2022 was such a blast! All is well.\

THE ADVENT, THE CHRISTMAS SEASON AND THE SSS FORMANDS

Br. Jubert Daniel Alberto, SSS

The Advent and Christmas seasons are seasons of hope, joy, and love. With the start of the Advent season, the faithful are anticipating the "coming of Christ", waiting and preparing for His glorious nativity. The Christmas season celebrates the birth of man's savior, a season of God's love as He bestows the joy of His promised eternity for His creations. The same grace of hope, joy, and love mark the start of the liturgical year for SSS formands. Filled with a lively



hope, an infectious joy, and an immense love, the SSS seminarians, whether in the postulancy, novitiate, or scholasticate, are given the opportunity to celebrate and share the gift of vocation with their extended family and the wider community of believers. This year's seasons of Advent and Christmas, especially with the easing of COVID19-related restrictions, allow the seminarians to not just be spiritually but

also be physically in communion with the congregation's faithful collaborators, big-hearted benefactors, and the many supporters and prayer partners they have met and kept along the way. It will be a "busybee" but blessed seasons. On top of the many Advent and Christmas-related activities, the seminarians will again have the chance to sing and render Christmas carols for selected communities, bringing



the season of hope and joy to their fellowmen, more importantly during these difficult times. The international confreres will also have the chance to spread the Good News to their brothers and sisters in Mapandan, Pangasinan, and San Leonardo, Nueva Ecija, as they make themselves available for a holiday exposure with the said SSS communities.

Such is the gift of the Advent and Christmas seasons. With the seminarians being renewed and energized on a daily basis by the real presence of Christ in the celebration of the Holy Eucharist, they are being given the divine gift to also be Christ's instrument in spreading His hope, love, and joy to others through the gift of their presence and communion.

