

Sustained by the Eucharist Alone

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."
John 6:51 NAB

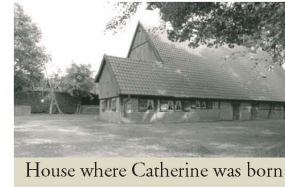
"Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day."
John 6:53-54 NAB

Sustained For More Than 10 Years Solely By The Eucharist

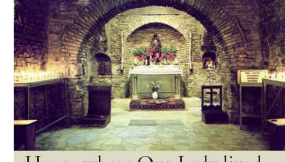
BLESSED ANNE CATHERINE EMMERICH

GERMANY, 1774-1824

Anne Catherine Emmerich was forced to abandon the monastery in which she lived because it was being appropriated by the government. In that period, her health declined and the mystical experiences increased: she received the stigmata and had numerous visions. One of these allowed the finding of the house of Our Lady in Ephesus. In fact, according to antique traditions, it seems that Mary settled, together with John the Apostle, in this city. The miraculous aspect of the life of Anne Catherine is that for years she fed only on the Eucharist.



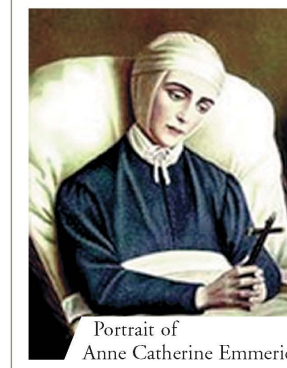
House where Catherine was born



House where Our Lady lived in Ephesus, found thanks to the visions of Anne Catherine



Portrait of Clemens Brentano



Portrait of Anne Catherine Emmerich



Drawing by Clemens Brentano

Dr. Wesner, a young doctor, visited her and remained very impressed by the stigmata. During the eleven years that followed, he became her friend and faithful assistant, having also a diary in which he would transcribe her visions. Meanwhile the nun had practically stopped eating: a little bit of water and the consecrated Host were enough to keep her alive for years. She was very devoted to, and wrote many pages about, the Holy Eucharist: "My desire for the Holy Eucharist was so vehement and irresistible that, at night, I would often leave my cell to enter the Church... Often I would genuflect and prostrate towards the Blessed

Sacrament with extended arms, and sometimes I would enter into ecstasy". Anne Catherine always joined her suffering with that of Jesus, and offered it for the redemption of men. The most famous biographer of Anne Catherine was the German writer, Clemens von Brentano, who wrote all her visions. Brentano compiled thousands of pages about the Blessed, many of which must still be published. In one of his most famous passages he wrote: "Anne Catherine stands like a cross at the side of the street, to indicate the right direction to the faithful. That which she says is brief but simple, full of depth, warmth and life. I understood everything. Always happy, affectionate, dignified, marvelous; always ill, agonizing, but at the same time delicate and fresh, chaste, tried, lucid. To be seated at her side meant to occupy the most beautiful place in the world".

Was Nourished Only By The Eucharist For Over 13 Years

BLESSED ALEXANDRINA MARIA DA COSTA

PORTUGAL, 1904-1955

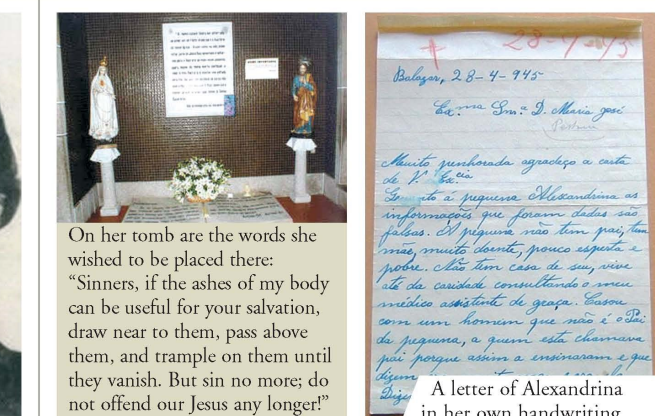
Alexandrina remained paralyzed at age 21 from a dramatic incident in which she fled from the threat of violence. She did not permit herself to be overcome by sadness and by loneliness, but thought: "Jesus, You are a prisoner in the tabernacle as I am here on my bed, so that we can keep company". Following the physical sufferings from the paralysis, mystical sufferings were added: for four years, every Friday she saw the sorrows of the Passion, and after this period, for another 13 years until her death she was nourished only by the Eucharist. Her life became a continuous prayer for the conversion of sinners.



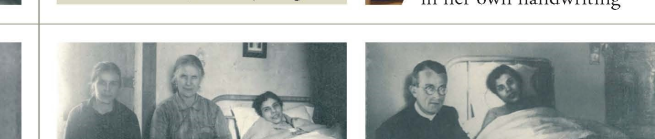
Alexandrina Maria da Costa



Father Emmanuel Viateur, one of Alexandrina's spiritual directors



On her tomb are the words she wished to be placed there: "Sinners, if the ashes of my body can be useful for your salvation, draw near to them, pass above them, and trample on them until they vanish. But sin no more do not offend our Jesus any longer!"



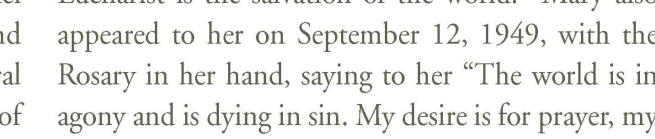
A letter of Alexandrina in her own handwriting



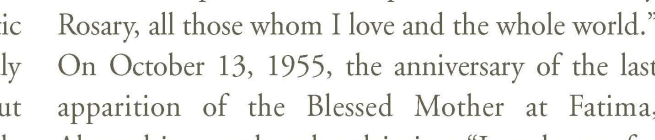
Alexandrina with her mother and sister



Alexandrina with one of her spiritual directors



The home of Alexandrina at Balazar



Alexandrina likewise relieved the sorrows of Jesus' Passion every Friday

Alexandrina Maria was born in Balazar, Portugal on March 30, 1904. At age 14, in order to escape an attack by three men and to maintain her purity, she jumped from the window, but did not escape without suffering injury. The consequences were terrible, if not immediate. In fact, several years later, she became bedridden from a progressively increasing paralysis, from which she suffered for the remaining 30 years of her life. Yet, she did not despair, but entrusted herself to Jesus with these words: "As you are a prisoner in the tabernacle and I am a prisoner on my bed for doing Your will, so we can keep ourselves company". As a result, she began to live through ever more powerful mystical experiences, and from Friday, October 3, 1938 until March 24, 1942, for up to 182 times, she relived the sufferings of the Passion. Beginning in 1942 until her death, Alexandrina was fed only by the Eucharist, and

during a period of convalescence at the Focel Douro Hospital near Oporto, for forty days and forty nights she was under supervision by several doctors in her absolute fast and her condition of anuria (absence of urine). After 10 long years of paralysis which she had offered as Eucharistic reparation for the conversion of sinners, on July 30, 1935, Jesus appeared to her saying: "I have put you in the world so that you may draw life only from Me, to bear witness to the world how precious the Eucharist is. [...]"

"The strongest chain that keeps souls in bondage with Satan is the flesh and the sins of impurity. Never has there been such a spread of vices, wickedness and crimes as there is today! Never has there been so much sin [...] The Eucharist - My Body and Blood - Behold, the

Eucharist is the salvation of the world." Mary also appeared to her on September 12, 1949, with the Rosary in her hand, saying to her "The world is in agony and is dying in sin. My desire is for prayer, my desire is for penance. I have protected with this, my Rosary, all those whom I love and the whole world." On October 13, 1955, the anniversary of the last apparition of the Blessed Mother at Fatima, Alexandrina was heard exclaiming: "I am happy, for I am on my way to heaven." She died at 7:30 in the evening on that very day.

For 36 Years, Her Only Nourishment Was The Holy Eucharist

TERESA NEUMANN

GERMANY, 1898-1962

Teresa Neumann's life changed radically after her miraculous recovery from paralysis and total blindness at the age of 25. About a year later, she received the stigmata and began fasting, which lasted 36 years until her death. Her only nourishment was the Holy Eucharist and for this reason the Nazi authorities, during World War II, withdrew her food rationing card and gave her a double rationing of soap to wash her towels and clothing, because every Friday she would be drenched in Blood while she was in ecstasy, experiencing the Passion of Christ. Hitler was very fearful of Teresa.



Teresa's parish



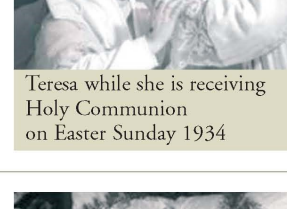
Teresa's paternal house



Teresa at 4 years old



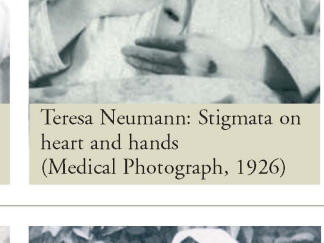
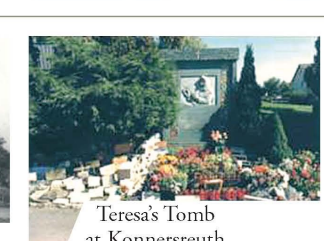
Teresa after her infirmities



Teresa while she is receiving Holy Communion on Easter Sunday 1934



Teresa dies at Konnersreuth 1962



would be healed, stay the way she was or even die, as long as it was the will of God. The mysterious voice told her that 'that very day she would receive a small joy; the healing of her infirmities, but that she would still have a lot of suffering to endure in her future.'

For a little while, Teresa lived in fairly good health, but in 1926 her most important mystical experiences started and lasted until the day she died. She received the stigmata, and she began a complete fasting, with the Eucharist as her only nourishment. Father Naber, who administered Communion to Teresa every day, wrote: "In her, God's promised word is accomplished: 'My Flesh is real food and my Blood is a true drink'. Teresa offered the Lord her physical suffering - due to the loss of blood caused by the

stigmata - that started every Thursday during the day when Jesus' Passion started, until Sunday, His Resurrection. This suffering was offered, through her intercession, for sinners that asked for help. Every time she would be called to a person's death bed, she would be witness to that soul's judgment, as it is usual to happen right after death. Ecclesiastical authorities performed many examinations in regard to Teresa's continuous fasting. Carl Strater, S.J., directed by the Bishop of Ratisbonne, studied and examined the life of the stigmatized Teresa and confirmed: "The significance of Teresa Neumann's fasting is to show the people of the world the value of the Holy Eucharist, to make the world understand that Christ is actually present in the bread of the Eucharist and that through the Holy Eucharist, physical life can actually be preserved."

She Was Nourished By The Eucharist Alone For 53 Years

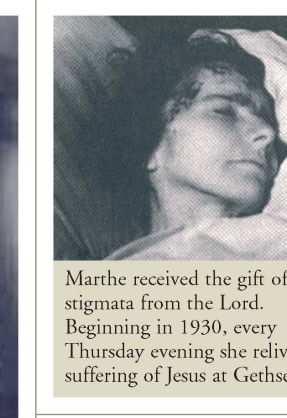
THE SERVANT OF GOD MARTHE ROBIN

FRANCE, 1902-1981

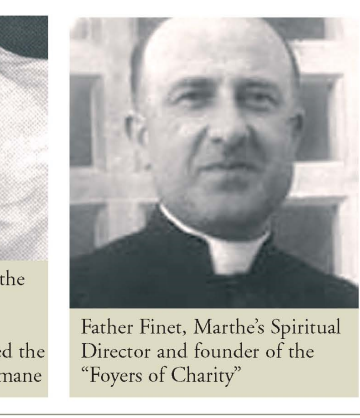
French philosopher Jean Guittou left us a forceful witness on Marthe Robin: "She was a peasant of the French countryside, who for thirty years took neither food nor drink, nourishing herself instead on the Eucharist alone, and every Friday she relived the pains of the Passion of Jesus through her stigmata. A woman who perhaps was the most unusual, most extraordinary and disconcerting of our age, but whom even in the age of television remained unknown to the public, buried in a profound silence... From our first meeting, I understood that Marthe Robin would have been a 'sister of charity,' always, as she was for thousands of visitors."



Jesus said to Marthe when she was in a state of ecstasy: "My priests, my priests, give everything for them. My Mother and I love them very much. Give me all your sufferings, all of you who suffer in this moment, all of you who want to be immersed in my love. Give me your isolation and your solitude, and the solitude in which I place you all, without reservation, for my priests. Offer yourself to the Father with me, for them, don't be afraid of having to suffer too much for my priests, they have a pressing need for those things that I am about to do through you for their advantage."



Marthe received the gift of the stigmata from the Lord. Beginning in 1930, every Thursday evening she relived the suffering of Jesus at Gethsemane



Father Finet, Marthe's Spiritual Director and founder of the 'Foyers of Charity'



The House where Marthe lived all of her life, Châteauneuf-de-Galaure, Drôme (France)

Marthe Robin was born on March 13, 1902, in Châteauneuf-de-Galaure (Drôme), in France, to a family of peasants, and she spent her entire life in her parents' home, where she died February 6, 1981. Marthe's entire existence revolved around the Eucharist, which for her was "the one thing that cures, comforts, lifts, blesses, my Everything." In 1928, after a serious neurological illness, Marthe found it almost impossible to move, especially to swallow because those muscles were affected. Moreover, due to an eye illness, she was forced to live in almost absolute darkness. According to her spiritual director, Father Don Finet: "When she received the stigmata, in early October 1930, Marthe had already lived with the pains of the Passion since 1925, the year in which she offered herself as a victim of love. That day, Jesus said she

was chosen, like the Virgin, to live the Passion more intensely. No one else would experience it so completely. Every day she has endured more pain, and at night she does not sleep. After the stigmata, Marthe was not able to drink or eat. The ecstasy lasted until Monday or Tuesday."

Marthe Robin accepted all the sufferings for love of Jesus the Redeemer and the sinners He wanted to save. The great philosopher Jean Guittou, recalling his meeting with the visionary, wrote: "I found myself in that dark room of hers, confronted by the best-known contemporary critics of the Church: Novelist Anatole France (a critic whose books were condemned by the Vatican) and Dr. Paul-Louis Couchoud, a disciple of Alfred Loisy (an excommunicated priest whose books were

condemned by the Vatican) and author of a number of books denying the historical reality of Jesus. From our first meeting, I understood that Marthe Robin would have been a 'sister of charity' always, as she was for thousands of visitors." In fact, beyond the extraordinary mystical phenomena, extremely significant was the work of evangelization that Marthe managed to accomplish, despite her condition, thanks to the help of Father Finet, with whom she founded sixty "Foyers of Charity" groups (centers or homes of light, charity and love) throughout the world.



The source of the above information in English is the
'International Exhibition of the Eucharistic Miracles of the World' at:
www.miracoliceucaristici.org

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