



# Corpus Christi

CATHOLIC CHURCH

## FATHER FREI'S WEEKLY LETTER

*Twenty-eight Sunday in Ordinary Time*



October 11, 2026



**S**t. John Vianney, the patron saint of priests and pastor of the French town of Ars in the nineteenth century, used to notice a farmer who would spend a few minutes every day before the tabernacle before beginning his work in the fields. After some time, a few minutes became a few hours, until, eventually, the farmer failed even to go to the fields, save a little for a few hours. When asked by John Vianney what he was doing when he prayed, the farmer replied very simply: "I look at Him, and He looks at me."

During my senior year at Aiken High School, a small group of friends and I used to make a Holy Hour on Wednesday mornings before our first class (St. Mary Help of Christians is still blessed with a perpetual Adoration chapel – St. Claire – today). Though there were certainly Wednesday mornings when I would not wake up early enough to make a Holy Hour, I did always look forward to that silent time of prayer with friends in front of the Lord. In fact, I attribute that chapel as being one of the reasons that I was able to discern a call to the priesthood.

Devotion to the Holy Eucharist engenders: deeper intimacy with Christ; inner peace and consolation; greater spiritual strength; and clearer discernment. It also strengthens families and parishes, encourages vocations, and is a helpful way to make acts of reparation.

As a parish named after the Blessed Sacrament, Corpus Christi should be known for its devotion to the Holy Eucharist. Our parish has been offering Adoration after daily Mass until 9pm on both Mondays and Wednesdays. On Monday, October 5, our parish also began offering Adoration from 9pm to 6pm on Mondays through Fridays (excluding Wednesdays) to provide greater opportunity for parishioners to practice and grow their devotion to the Blessed Sacrament.

During Adoration, a person can prayerfully read Scripture or a book on the lives and writings of the Saints. A person can also pray the Rosary or another devotion. At the very least, a person can "look at Jesus" while "He looks at that person" – a foretaste of the heavenly communion of love.



Father Frei



*May God bless you and your families.  
Mary, Mother of the Eucharist, pray for us!*



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