



INTRODUCTION

Using this Resource

## **INTRODUCING THIS RESOURCE**

*"We must not forget that we celebrate the Eucharist in order to become Eucharistic men and women. What does this mean? It means allowing Christ to act within our deeds: that his thoughts may be our thoughts, his feelings our own, his choices our choices too. And this is holiness: doing as Christ did is Christian holiness."*

## **AN 'INVITATION' FROM POPE FRANCIS**

The Eucharist is a wondrous event in which Jesus Christ, our life, makes himself present. Participating in the Mass "is truly living again the redemptive passion and death of Our Lord. It is a visible manifestation: the Lord makes himself present on the altar to be offered to the Father for the salvation of the world" (Homily at the Domus Sanctae Marthae, 10 February 2014). The Lord is there with us, present. So often do we go there, look at things, talk amongst ourselves while the priest is celebrating the Eucharist ... and we do not celebrate close to Him. But it is the Lord! If today the President of the Republic were to come, or some very important world personage, it is certain that we would all be close to him, that we would want to greet him. But think: when you go to Mass, the Lord is there! And you get distracted. It is the Lord! We have to think about this. "Father, it's that the Masses are dull" – "But what are you saying, that the Lord is dull?" – "No, no. Not the Mass, the priests" – "Ah, may the priests convert, but it is the Lord who is there!" Do you understand? Do not forget it. "Participating in Mass is living again the redemptive passion and death of Our Lord".

General Audience, 8 November 2017

To illustrate the beauty of the Eucharistic celebration, I would like to begin with a very simple aspect: Mass is prayer; rather, it is prayer par excellence, the loftiest, the most sublime, and at the same time the most "concrete". In fact it is the loving encounter with God through his Word and the Body and Blood of Jesus. It is an encounter with the Lord.

General Audience, 15 November 2017

...Therefore, from the celebration of life, aware that the Mass is fulfilled in the concrete choices of those who personally engage in the mysteries of Christ. We must not forget that we celebrate the Eucharist in order to become Eucharistic men and women. What does this mean? It means allowing Christ to act within our deeds: that his thoughts may be our thoughts, his feelings our own, his choices our choices too. And this is holiness: doing as Christ did is Christian holiness.

General Audience 4 April 2018

## THIS 'EUCHARISTIC' RESOURCE

We take up Pope Francis' invitation to renew our understanding and our love for the Eucharist. We do this so that we might be better at being the people that Christ in the Eucharist calls us to be. This diocesan Year of Mission and the approaching National Eucharistic Congress, Adoremus, seek to make that link - what we receive, we give to others; what we receive, we are called to become.

As a diocesan family, rooted in the gift of Christ, we are shaped and fashioned by our celebrations of the Eucharist and by those times of prayer and adoration that draw us close to the Lord. We have before us the chance to renew our appreciation of the mystery and wonder of the Eucharist, Christ's living and abiding presence among us. This series allows us, across eight sessions, to ponder and renew something of this wonder and to become caught up in the giving of Christ so as to be gift for others. Each session invites us to listen to the word of God, to ponder something from the popes, to engage in conversation, to open ourselves up to be formed so that we might more clearly encounter the risen Lord in our prayer before the Blessed Sacrament and in our celebrations of Sunday and daily Mass. Why? So that our encounter with his Sacramentally might make us signs of his real presence in the lives we lead as disciples with a mission to be and bring love.

## HOW TO USE THIS RESOURCE

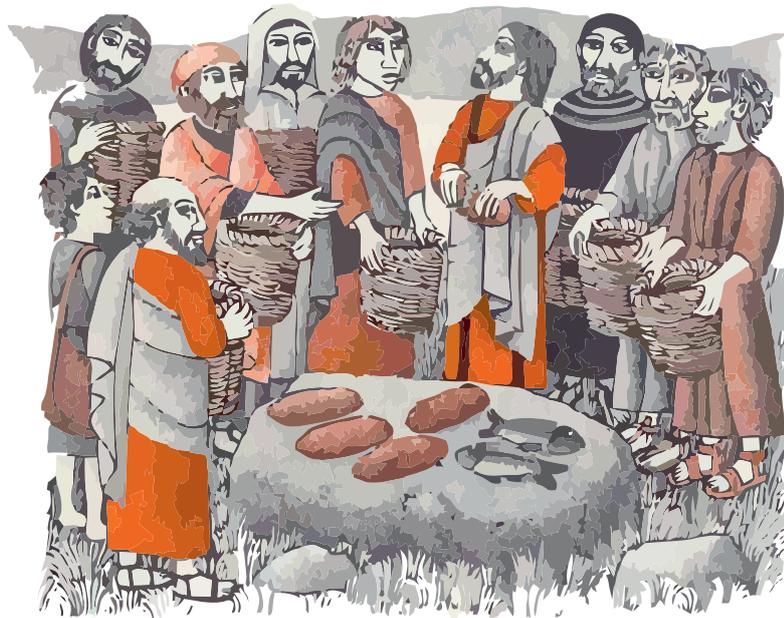
This format is simple, uncomplicated and adaptable:

- Begin with **silence and prayer**:- we need to ready ourselves for this time of reflection together. Allow a moment of silence to take place before whoever is leading the session makes the Sign of the Cross and leads into the Opening Prayer. Allow the group to become open and attentive to the Word that is proclaimed for us.
- **Listen** to the Scriptures:- a passage of Scripture has been selected for each session, some because they allow us to unfold the mystery of the Eucharist a little more or because they speak to us of God's love and his desire to be close to us.
- **Reflect** with our speakers:- each session includes a recorded video input from someone touching on a particular aspect of the Eucharist and our lives of faith. The session leader will need to ensure that the appropriate video file is downloaded and ready to use for each session.
- Enter into **conversation**:- a series of questions for conversation is included for further reflection and thought among groups. These questions might also be used by those using this resource on their own.
- **Listen to/read** the Scripture reading once more and end with prayer:- when it seems appropriate to draw the conversation to a close you may feel there is time for intercessions leading into the Our Father. Invite the group to pray the Final Prayer together.

## DOWNLOADING THE FULL RESOURCES

Downloads and resources for each session are available from the diocesan website. A full range of audio, video, and handout resources is available to enable a full and enriching participation in this reflective series. If you have difficulty in locating any of the resources for the series, please do not hesitate to contact the Department for Adult Education who will only be too happy to assist you.

- Participants worksheets for each session (pdf)
- Video reflections (video)



“Although we are the ones who stand in procession to receive Communion; we approach the altar in a procession to receive communion, in reality it is Christ who comes towards us to assimilate us in him. There is an encounter with Jesus! To nourish oneself of the Eucharist means to allow oneself to be changed by what we receive. Saint Augustine helps us understand this when he talks about the light he received when he heard Christ say to him: “I am the food of strong men; grow, and you shall feed upon me; nor shall you convert me, like the food of your flesh, into you, but you shall be converted into me” (*Confessions VII, 10, 16: pl 32, 742*). Each time we receive Communion, we resemble Jesus more; we transform ourselves more fully into Jesus. As the Bread and the Wine are converted into the Body and Blood of the Lord, so too those who receive it with faith are transformed into a living Eucharist. This is the wonder of Communion: we become what we receive!”

Pope Francis, General Audience, 21 March 2018