

The unfolding of the program

Welcome.

Greetings! News! Sharing of what has been lived with reference to the theme in different activities of your life since the last meeting

1 Proclamation of the theme : *Christ among us*

Creation is God's first word: His first gesture of love! God brought into existence a new world that is very different from Him. But what will be the greatest sign of love that He will give to humanity? How will He manifest His passion for the human being?

For Francis it will be by the Incarnation. God enters our history through the person of His Son. A great God who makes Himself little, gives Himself through His Son. But the gift of God goes even further! The Eucharist continues this presence among us. *"Behold I will be with you until the end of time."*

Mary of the Passion made the Eucharist the source and the summit of the spirituality of her family.

2 A call to the experience of this theme :

You have without doubt lived an experience of a feast, with a good meal shared with family and friends.

- Do you remember the atmosphere that reigned in the

house or the room at that moment? Do you sometimes wish to relive these happy moments of the feast? How can it be done?

- Is the Eucharist a celebration, "a feast"? What place does it occupy in your life as a baptized Christian?
- Can you recall the time when you made your first communion? Would you like to tell us about it?
- Are there other moments in your life where you felt even more the need to have recourse to the Eucharist?
- Have you ever been to a chapel or a church where the Blessed Sacrament was exposed? What were your feelings at that moment?

3. What do our witnesses say :

In the Scriptures: Jesus and the Eucharist:

Mt 26, 26-29.

During the meal Jesus took bread, blessed it, broke it, and gave it to his disciples. "Take this and eat it," he said, "This is my body." Then he took a cup, gave thanks, and gave it to them. "All of you must drink from it," he said, "for this is my blood, the blood of the new covenant, to be poured out on behalf of many for the forgiveness of sins. I tell you, I will not drink the fruit of the vine until the day when I drink it anew with you in my Father's kingdom." Then after singing songs of praise, they walked out to the Mount of Olives.

Francis and the Eucharist:

The first admonition of Francis of Assisi is on the Blessed Sacrament. "He shows himself to us in this sacred bread just as he once appeared to his apostles in real flesh. With their own eyes they saw only his flesh, but they believed that he was God, because they contemplated him with the eyes of the spirit. We, too, with our own eyes, see only bread and wine, but we must see further and firmly believe that this is his most holy Body and Blood, living and true. In this way our Lord remains continually with his followers, as he promised, "Behold, I am with you all days, even unto the consummation of the world."

Reference: St. Francis of Assisi, Omnibus of Sources: Admonition 1 p.78-79

Mary of the Passion and the Eucharist:

She speaks to us of the immense joy she experienced upon her arrival at Saint-Brieuc with her companion Marie de Saint-Jean-Baptiste, in total destitution. She obtains from Msgr. David the authorization to keep the Blessed Sacrament: "It is *difficult for me to say how this hour was both consoling and strange... this house where there wasn't even any furniture, this town where we didn't know anyone...and Jesus present there, just for the two of us !...*"

"The Eucharist is the great missionary of the Institute" she will affirm.

DE MALEYSSIE, Marie-Thérèse. A short life of Mary of the Passion: Paris: Desclée de Brouwer. 1996, p.82

For the first Christians the breaking of the bread took place during the course of a community meal and the “narration of its institution” emerged as a powerful moment during this meal.

They would recall the words and the gestures of Jesus. The Gospel seemed to be the theme of exchanges and discussions. As we see it, for Paul, the Eucharist is not separated from the sharing of the Word, our word, our life and our resources. There is no Eucharist on one part and fraternal life on the other. No, the breaking of bread is the summit, the celebration of the sharing which is being played at all other levels of community life.”

Guylain Prince, ofm; NRF Vol 110, #6

4. Reactions to these different passages :

- ❑ What has touched you in these passages? Do you want to add something?
- ❑ To deepen and to better understand the Eucharist means to go further than the time allotted at Mass. How is the Eucharist, in all its dimensions integrated in our lives? How does it become life, gathering, sharing of the Word, a Communion, and prayer of offering, thanksgiving and intercession?

5. Practical applications in our daily life:

- How can I learn more about the Eucharist and appreciate the presence of Christ among us?
- How may I thank for this presence among us?

Now, take time to enunciate or write a practical application of what you intend to do after this reflection on: “Christ among us”.

6. Prayer :

“My hidden God, I adore you
present in the Eucharist,
Man and God. And I,
if I would but correspond to your grace,
unite my humanity to yours,
even unite it to your divinity,
in order to participate in all your attributes.
Bless the Lord, o my soul!
Do not forget His marvelous deeds!”

Or a spontaneous prayer or an appropriate song

A song of your choice.

Spend time in the chapel in front of the Blessed Sacrament and let yourself be penetrated by the Eucharistic presence.

Christ among us



The Eucharist

Basic Formation,

Leaflet: 2