

- Why listen to *Mary the Mother of Jesus*? - 9.
To gear up ones pace towards heaven.
- Why recognize the *Body of Jesus* in the *Living Eucharist*? - 8.
- Why feed on the *Eucharist*? - 7. 7
- Why confess oneself with a *Catholic Priest*? - 6.
When God sees our hearts all the same?
- Why go to *Church*? - 5.
Rather than pray at home.
- Why be *Catholic*? - 4.
Respecting Orthodox, Protestants, and Jehovah's W., etc.
- Why be *Christian*? - 3.
Respecting Jews, Buddhists, Muslims, etc.
- Why and How to trust the *S. Scripture*? - 2.
- Why and How to believe in *God*? - 1.
- Why is there *Suffering*? - 0. ↑



EVERY LAST THURSDAY
of EACH MONTH at 6.30 pm
BEGINNING THURSDAY 27th OF MARCH
OUR LADY OF THE HOLY ROSARY CATHOLIC CHURCH
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ANSWERING BASIC QUESTIONS OF FAITH "FROM ZERO TO THE EUCHARIST"

Taken from the Italian series presented by Friar Volantino.

Catechesis No. 7

Why feed on the Eucharist?

In these evenings, we'll read and try to explain some passages of the

- **Word of God (AT, NT)**
- **Teaching of the Catholic Church (from the Fathers of Contemporaneity)**
- **Personal experiences ...**

INTRODUCTION:

- PREMISE: Explanation of the Eucharist¹ and Communion...

- TWO PRACTICAL EXAMPLES and a question:

"What happens to a child saved from drowning but then won't eat?"

"What happens to a stubborn donkey when lowering its head to feed from the manger?"

a. Word of God

OLD TESTAMENT

Prefigure of the Sacrifice of Holy Communion

1. "With the first lamb you will offer a tenth of an ephah of fine flour mixed with a fourth of a hin of oil of crushed olives and, as its libation, a fourth of a hin of wine." (Ex 29:40).
2. "Then Moses, with the elders ... gave the people this order: '...You shall make this altar of the Lord your God,... and you shall sacrifice communion offerings and eat them there, making merry before the Lord, your God'." (cf. Deut 27:1.6-7).
3. "And when these days are over... the priests shall offer your holocausts and communion offerings on the altar. Then I will accept you, says the Lord God." (cf. Ezek 43:27).
4. "But the priest replied to David, "I have no ordinary bread on hand, only holy bread; if the men have abstained from women, you may eat some of that" (1Sam 21:5).
5. "You nourished your people with food of angels and furnished them bread from heaven, ready to hand, untoiled-for, endowed with all delights and conforming to every taste... and serving the desire of him who received it, was blended to whatever flavor each one wished." (Wis 16:20-21)

How can one be in Communion with God?

6. "To keep the law is a great oblation, and he who observes the commandments sacrifices a communion offering." (Sir 35:1)
7. "(Wisdom) adds to nobility the splendor of companionship with God; even the Lord of all loved her." (Wis 8:3)

One could say a prefigure of the – Eucharist's shape – and distinction from common bread.

8. "When anyone makes a communion offering in thanksgiving, together with his thanksgiving sacrifice he shall offer unleavened cakes mixed with oil, unleavened wafers spread with oil, and cakes made of fine flour mixed with oil and well kneaded." (Lv 7:12)

NEW TESTAMENT

Verb, Flesh, Eucharistic Bread = the sheep's and Heaven's Door

9. "And the Word became flesh and made his dwelling among us!" (John 1:14ss). "I am the gate for the sheep" (John 10,7.9). "That is the gateway to heaven!" (Gen 28:11b.17b). (Cf. Acts 4:11).
10. "In truth, in truth 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)
11. "I am the living bread that came down from heaven; whoever eats this bread (not only will never die – cf. John 8: 51) will live forever!" (John 6:51)

His Flesh and His Blood are true!

12. "My flesh is true food, and my blood is true drink." (John 6:55). "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins!" (Matt 26:27-28).

¹ The word Eucharist means: "to give thanks" ... "We thank you, God, we give thanks (How?) we call upon your name, we declare your wonderful deeds!" (cf. Ps 75:2). Therefore to give thanks to the Lord it is necessary to pray and to give witness.

Distinction between common food and the Supper of the Lord

13. "Therefore, my brothers, when you come together to eat, wait for one another. If anyone is hungry, he should eat at home, so that your meetings may not result in judgment." (1Cor 11:33-34).

The Institution of the Eucharist, the new and eternal covenant - between God and man!

- MATTHEW

14. "While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, 'Take and eat; this is my body.' Then he took a cup, gave thanks, and gave it to them, saying, 'Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father.'" (Matt 26:26-29).

- MARK

15. "While they were eating, he took bread, said the blessing, broke it, and gave it to them, and said, "Take it; this is my body." Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." (Mark 14:22-25)

- LUKE

16. "For I tell you (that) from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.' Then he took the bread, said the blessing, broke it, and gave it to them, saying, 'This is my body, which will be given for you; do this in memory of me.' And likewise the cup after they had eaten, saying, 'This cup is the new covenant in my blood, which will be shed for you.'" (Luke 22:18-20).

- PAUL

17. The Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes ! >> (1Cor 11:23-26).

--- Here, in the Institution of the Eucharist that we've just read within the various synoptic gospels and in the Pauline letter, we've clearly seen that Jesus wants to make us understand several times - and clearly - that the New and eternal covenant installed for the remission of sins was established in the Blood he shed for us; as predicted eloquently in these 2 passages from the Old Testament:

18. "The days are coming, says the Lord, when I will make A NEW COVENANT with the house of Israel and the house of Judah. It will not be like the covenant I made with their fathers the day I took them by the hand to lead them forth from the land of Egypt; for they broke my covenant and I had to show myself their master, says the LORD. But this is the covenant which I will make with the house of Israel after those days, says the LORD. I will place my law within them, and write it upon their hearts; I will be their God, and they shall be my people. No longer will they have need to teach their friends and kinsmen how to know the LORD. All, from least to greatest, shall know me, says the LORD, for I will forgive their evildoing and remember their sin no more." (Jer 31:31-34).
19. "Yet I will remember the covenant I made with you when you were a girl, and I will set up AN EVERLASTING COVENANT with you. Then you shall remember your conduct and be ashamed when ... I am not bound by my covenant with you... I will re-establish my covenant with you, that you may know that I am the LORD, that you may remember and be covered with confusion, and that you may be utterly silenced for shame when I pardon you for all you have done!..." (Ezek 16:60-63).

b. Teaching of the Catholic Church

PATRISTIC AGE

Eucharist and Resurrection

20. SAINT IGNATIUS OF ANTIOCH (Bishop and Martyr, † 107): "In the Eucharist, we break one bread, which is the medicine of immortality, the antidote against death, enabling us to live forever in Jesus Christ" (IGNATIUS OF ANTIOCH, Epistula ad Ephesios, 20, 2).
21. SAINT IRENAEUS OF LYON (Bishop and Martyr, 130 - † 202): "For as the bread from the earth, receiving the invocation of God, is no longer common bread, but the Eucharist, consisting of two elements, earthly and heavenly, so also our bodies, when they receive the Eucharist, are (potentially) no longer corruptible but have the hope of the resurrection." (IRENAEUS OF LYON, Off. of Read., Sat. Weak II O.T.)

True Body and True Blood

22. SAINT JUSTIN (Martyr, beginning II cen. - † 164): "We believe that the food, which has been made into the Eucharist by the Eucharistic prayer set down by Jesus, is the Body and the Blood of that incarnated Jesus" (cf. JUSTIN, Off. of Read., III Sunday of Easter).

Communion of faith and life

23. SAINT IGNATIUS OF ANTIOCH (Bishop and Martyr, † 107): "I am God's wheat and shall be ground by the teeth of the beasts, so that I may become Christ's pure bread. Pray to Christ for me that the animals will be the means of making me a host for God." (IGNATIUS OF ANTIOCH, Off. of Read., 17 October O.T.).
24. SAINT JUSTIN (Martyr, beginning II cen. - † 164): "It is illicit for anyone to participate in the Eucharist if he not believe what we teach to be true and has not been purified through the cleansing institution of regeneration and remission of sins, living like so how Christ taught"(ST. JUSTIN, Off. of Read., 3rd Sun. Of Easter).
25. SAINT LEO THE GREAT, (Pope from 440 to 461): "Participation in the Body and Blood of Christ simple makes that we become what we consume" (cf. SAINT LEO THE GREAT, - Serm. 63, 7 PL 54, 357 C [also in Vatican Council II, LG 26]).

Eucharist and (full) Salvation

26. SAINT CYPRIAN (Bishop and Martyr, 210 - † 258): "We should be apprehensive and pray that no one abstains from the Eucharist, lest he be separated from the Body of Christ and be far from Salvation." (CYPRIAN, *Off. of Read.*, Thurs. XI week O.T.).

Transubstantiation

27. SAINT AMBROSE OF MILAN (BISHOP, 339 - † 397): "What do we say of God's action in the consecration itself, in which the very words of the Lord and Savior are effective?.. If the words of Christ.. could by speaking create out of nothing what did not yet exist, can we say that his words are unable to change existing things into something they previously were not?" (cf. ST. AMBROSE, *Off. of Read.*, Sat. XV Week O.T.).

Communion and participation in the divine nature of Jesus (cf. 2Pet 1:4)

28. SAINT PROCOPIUS OF GAZA (Bishop 465 - † 528): "Come and drink my blood (that of Christ).. by means of which you become God!" (ST. PROCOPIO DI GAZA, *Off. of Read.* Wed. VI week O.T.).

MIDDLE AGES

The ministers of the Eucharist

29. ST. NICHOLAS I (Pope from 858 to 867): "A ray of sunlight that passes through cesspools and latrines cannot be polluted in any way, therefore a Priest, whatever state he be, cannot pollute that which is Holy.. (as is for example to the highest degree) the Holy Communion" (POPE NICHOLAS I *Consulta Vestra* c.71)
30. SAINT FRANCIS OF ASSISI (1182 - † 1226): "Blessed be the servant who has faith in clerics.. and woe to those who despise them.. truly the greater their ministry is of the Most Holy Body and Blood of the Lord Jesus Christ, the greater is the sin committed by those who sin against them, greater than if they would sin against all the other people of the world." (FRANCISCAN OMNIBUS OF SOURCES, 176).

The importance of frequent Communion

31. SAINT FRANCIS OF ASSISI (1182 - † 1226): "St. Francis was ardently in love with the Holy Eucharist, considering it a grave disdain if one did not participate every day.." (cf. FRANCISCAN OMNIBUS OF SOURCES, 789).

True Body and True Blood

32. SAINT FRANCIS OF ASSISI (1182 - † 1226): "All those who see the sacrament that is being sanctified on the altar by means of the words of the Lord in the hands of the priest, under the species of bread and wine, and do not see and do not believe that, according to the spirit and divinity, is truly the most Holy Body and Blood of our Lord Jesus Christ are condemned, because it is the Most High himself who gives witness of it, when he says: "This is my body and my blood of the new covenant [that will be shed for many], and also: "Who eats my body and drinks my blood has eternal life." (FRANCISCAN OMNIBUS OF SOURCES, 142).

MODERN AGE

The ministers of the Eucharist

33. COUNCIL OF TRENT (1545-1563): "The tradition of the Catholic Church has always taught... that the power to consecrate, offer and distribute his body and blood was transmitted to the apostles and to their successors in the priesthood." (COUNCIL OF TRENT, Session XXIII, Chap. I).

One needs to feed frequently on the Eucharist

34. ST. CURATOR OF ARS (1786 - † 1859): "Why does the Church give us the commandment to take communion once a year? This commandment is not made for good Christians, but exists only for those Christians who are fainthearted and indifferent regarding the salvation of their poor soul" (CURATOR OF ARS, *Homilies on the Eucharist*).
35. "Not all of those who come to receive the sacraments are holy, but the holy ones will always be elected among those who receive them often" (ST. CURATOR OF ARS, *selected writings*, edited by Gerard Rossè, ed. città nuova).

Eucharist and the devil

36. ST. THERESA OF LISIEUX (1873 - † 1897): "When the devil has furthered a soul from Holy Communion, he has reached his goal!" (THERESA OF LISIEUX, *Thoughts* N. 52-53).

POST-MODERNA (OR CONTEMPORARY) AGE

True Body and True Blood

37. CATECHISM OF SAINT PIUS X: "The Eucharist is the sacrament that under the appearance of bread and wine contains truly Body, Blood, Soul and Divinity of Our Lord Jesus Christ for the nutrition of the soul" (CATECHISM OF SAINT PIUS X, 316).

Christ in his fullness is present in every part of the Eucharistic species.

38. CATECHISM OF SAINT PIUS X: "Under the appearance of bread there is Jesus Christ entirely in Body, Blood, Soul and Divinity; and likewise under the appearance of wine.. When the host is broken up in pieces, it is not the Body of Jesus Christ that is being broken but only the specie of bread; and The Body of the Lord remains entirely in every single part" (CATECHISM OF SAINT PIUS X, 331-332).

One must feed on the Eucharist on Sundays

39. II VATICAN COUNCIL (1963-1965): "The faithful have to gather in assembly on Sundays to listen to the Word of God and to participate in the Eucharist" (II VATICAN COUNCIL, *Liturgical Constitution Sacrosantum Concilium* 106).
40. CATECHISM OF THE CATHOLIC CHURCH: "The Church strongly encourages the faithful to receive the holy Eucharist on Sundays and feast days, or more often still, even daily" (CCC 1389).

The Charism of Christ and of Christians to send souls to receive the Eucharist

41. II VATICAN COUNCIL (1963-1965): *"The Christ, who by means of the Spirit has constituted his Body that is the Church., works continually in the world to lead the people to the Church and by means of Her to connect them more closely with him by feeding them with his own Body and his own Blood, to give them a share in his Glorious Life!.."* (VATICAN COUNCIL II, Dogmatic Constitution *Lumen Gentium* N. 48).

--- Also and especially in our charism as *little poor friars* "ad imitatio Christi", we not only practice contemplation, but we also send souls (towards and) to receive the Catholic Sacraments, walking the streets in simplicity, poverty and professionally, a little like Jesus when he met the disciples of Emmaus, opening their eyes and explained the Scriptures to them whilst they were walking along the street and then He fed them with the Eucharist!..... it was not by chance that we read in the LG: *"Christ, who by means of the Spirit constituted his Body that is the Church., works continually in the world to lead the people to the Church and by means of Her to connect them more closely with him by feeding them with his own Body and his own Blood, to give them a share in his Glorious Life!"* (cf. II Vat. Conc., LG N. 48). It is not by chance that we read in the Old Testament: "The Lord says: *If you hold back your foot.. from following your own pursuits on my holy day;.. I will make you ride on the heights of the earth"* (cf. Is 58,13-14ss).

Institution of the divine Eucharist

42. CATECHISM OF THE CATHOLIC CHURCH: *"The Lord ... in order never to depart from his own and to make them sharers in his Passover, he instituted the Eucharist as the memorial of his death and Resurrection, and commanded his apostles to celebrate it until his return; "thereby he constituted them priests of the New Covenant" [Council of Trent: Denz. -Schönm., 1740] (CCC 1337).*

Eucharist means first of all to give thanks

43. CATECHISM OF THE CATHOLIC CHURCH: *"it is Eucharist, because it is an action of thanksgiving to God. The Greek words "eucharistein" (Luke 22:19; 1Cor 11:24) and "eulogein" (Matt 26:26; Mark 14:22) recall the Jewish blessings that proclaim – especially during a meal – God's works: creation, redemption, and sanctification."* (CCC 1328).

The Eucharist is Communion and Unity

44. CATECHISM OF THE CATHOLIC CHURCH: *"Man is made to live in communion with God in whom he finds happiness: 'When I am completely united to you, there will be no more sorrow or trials; entirely full of you, my life will be complete'."* [St. Augustine, Conf. 10, 28, 39] (CCC 45).

45. POPE FRANCIS, (Pope from 2013 to ...): *"The Eucharist is the sacrament of communion, that makes us go out from our individualism to live together as followers our faith in Him"* (POPE FRANCIS, Homily on the solemnity of Corpus Domini, 30 May 2013).

Experiences

VV EXAMPLES AND WITNESSES

46. The Eucharistic Miracles that happened especially from the 8th-12th cen. AD...
47. The 3rd Commandment: "Remember to keep holy the Sabbath day." (cf. *Es 20,8*)
48. Mary says at the Wedding of Cana: "Do whatever He tells you.." (John 2:5).. And what does Jesus tell us?.. "do this in memory of me". (*Luke 22:19*)"
49. How can we discover what the soul is for ?..
50. The example of the manger in the crib..
51. The example of the ten lepers, of which only one returns to give thanks to the Lord for the healing he received..
52. The example of the woman afflicted with hemorrhages who was healed only after she had touched the 'Mantle of the Eucharistic' of Jesus (Mark 5:25-34).."
53. The example of the elevator.. (cf. S.L.S. pg. 4)
54. The unaccepted invitations.." (cf. Luke 14:15-24)
55. The Eucharist is the 'Medicine of immortality' .." (cf. Sac. Health Bookl. pg. 33)
56. Those who do not want to receive Communion are like a solar energy car in a world without sun..
57. The example of the car on the highway that never stops to fill up with gas, sooner or later it will stop..
58. The example of the car that works without gas but only going downwards, to go upwards one needs gas.. so also our soul, if it wants to ascend towards the heights, it needs the Holy Communion, otherwise it will be only able to run all the more faster downwards..
59. The example of the child that has been saved from the sea but then does not eat any more..
60. To those who say they do not need to receive Communion more than two or three times a year, they should try not to eat two or three times a year..
61. The event when an empty restaurant that was filled with people, as soon as the chef promised Friar Volantino to return to the Sacraments
62. The Eucharistic Congress of Bari: 'We cannot live without Sunday'..
63. The answer of St. Claire to the Pope regarding Holy Communion..
64. The event when a hotel owner in France welcomed friar Volantino and told him that there was no need to go to Church, because he was already having supper at home, according to what he said..
65. The story of the Fruit-seller who did not have a good outcome..

IN CONCLUSION:

- The Christian who obstinately does not want to feed on the Holy Eucharist (on the Eucharistic Sun), is like a solar energy car in a world without sun!!!

IN SHORT:

- If the donkey does not sooner or later bow his head into the manger, what end will it have? The answer to that question is up to you!

For the rest: HAVE A GOOD MEDITATION and a GOOD WALK towards the Eucharistic and Heavenly SUPPER of THE LORD. All this *Ad Maiorem Dei Gloria et Salutem animarum!* Amen!

NB. In regards to all the passages that we didn't read nor explain, if you're interested in having a deeper knowledge of the topic, according to God and the Church and experience ... you can make an appointment with us at the end of the teaching or through e-mail, and we will come to your house as far as it's possible. We only have to coordinate and unite some people, who thirst for truth!. You find the e-mail on: www.poorfriars.net