

“The Institution of the Eucharist”...



FROM THE GOSPEL ACCORDING TO - *LUKE* -:

“[Jesus] took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is my body, which is 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 22:19-20)¹

MEDITATION ON THE MYSTERY:

Only God, through Jesus who is alive within the Holy Eucharist, can work these supernatural miracles: miracles which, from generation to generation in the Holy Catholic Church, have eloquently confirmed (and continue to confirm) the fullness of the Real Presence of Jesus in the Holy Eucharist. (cf. *SLC*, pp. 169-170)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding the Holy Eucharist, the holy Curé of Ars says: *“Not all those who approach the Sacraments are Saints, but the Saints will always be chosen from those who receive them often.”*
(CURATO D’ARS, *Scritti Scelti*, a cura di G. Rossè, Ed. Città Nuova, Roma 1976 [unpublished translation by pfsgrm])

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...