

“The Institution of the Eucharist”...

FROM THE GOSPEL ACCORDING TO - *MARK* -:

“Jesus said to them, ‘Amen, amen, 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. For my flesh is true food, and my blood is true drink.’” (John 6:53-55)¹

MEDITATION ON THE MYSTERY:

Yes, my dear little sheep, after the sacrament of holy confession, through the little door of heaven (that is, the door of the holy Eucharist) a shining light shall come to visit you from on high: a light which will gradually be able to free you from the shadows of ignorance and error, and from the dark and distracting sleep of death. (cf. *SP*, p. 90)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the Eucharist and to perfection, St. Padre Pio says: *“I think that the Eucharist is the means to aspire to holy perfection, but we must receive it with desire and with the commitment to remove from our hearts everything that displeases the One whom we wish to dwell within us.”*

(PIO DA PIETRELCINA, *Lettera a Maria Gargani*, 27 luglio 1917 [unpublished translation by pfsgm])

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 ...