

“The Institution of the Eucharist”...

FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

“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.’”
(Matt 26:26-28)¹

MEDITATION ON THE MYSTERY:

In the third Commandment it is written, “Remember to keep the feast days holy.” Let those who deliberately do not participate in this weekly “feast” (of the holy Sunday Mass) know with certainty that they are transgressing a commandment of the Lord. (cf. *SP*, p. 95)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to those who only receive Communion once a year, the holy Curé of Ars says: “*Why does the Church give the commandment to receive communion once a year? This commandment is not given for good Christians; it exists only for those who are lax and indifferent toward the salvation of their poor souls.*”
(CURÉ OF ARS, *Homily on Eucharistic Communion*)

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 ...