

“The Institution of the Eucharist”...



FROM THE GOSPEL ACCORDING TO - *JOHN* -:

“Jesus said... ‘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:

We must recognize the body of the Lord in the holy and living Eucharist – for it is written, *“Whoever eats and drinks without recognizing the body of the Lord, eats and drinks his own condemnation”* (cf. 1Cor 11:29). (cf. SP, p. 95)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to recognizing the Body and Blood of Christ in the elements of the bread and wine, the Council of Trent says: *“By the consecration of the bread and of the wine, a conversion is made of the whole substance of the bread into the substance of the body of Christ our Lord, and of the whole substance of the wine into the substance of His blood; which conversion is, by the holy catholic Church, suitably and properly called Transubstantiation.”*

(COUNCIL OF TRENT, *Session XIII, Concerning the Most Holy Sacrament of the Eucharist*, Ch. 4)

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 ...