

“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:

It is written, ‘turn our eyes from vain things’ (cf. *Ps* 119:33-40); Lord, help us to fix our eyes on the things which are eternal and mysterious. If we do so, You will transform us (ever more fully) into that marvelous Man of Galilee who heals others, amazes them, and touches their hearts – and, above all, helps them to believe in His Father (cf. *Acts* 2:22)! (cf. *SLC*, pp. 419, 424)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to opening our eyes and fixing them (all the more) on the things which are eternal and mysterious, St. Leo the Great says: *“The Lord joined two of his disciples along the road...[And] their eyes were opened in the breaking of bread, opened far more happily to the sight of their own glorified humanity than were the eyes of our first parents to the shame of their sin.”*

(LEO THE GREAT, in Off. of Read., Wed. Week VI of Easter)

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 ...