

## “The Institution of the Eucharist”...

### FROM THE GOSPEL ACCORDING TO - **MARK** -:

*“[Jesus] took bread, said the blessing, broke it, and gave it to them, and said, ‘Take it; this is my body.’ Then he took a cup, gave thanks, and gave it to them...[and said], ‘This is my blood of the covenant, which will be shed for many.’” (Mark 14:22-24)<sup>1</sup>*

### 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 the hope of resurrection, the bishop St. Irenaeus says: *“Just as bread from the earth, when it receives the invocation of God, is no longer common bread but the Eucharist, made up of two elements, one earthly and one heavenly, so also our bodies, in receiving the Eucharist, are no longer corruptible, for they have the hope of resurrection.”*

(IRENÆUS OF LYONS, *Off. of Read.*, Saturday Week II O.T.)

<sup>1</sup> NABRE (USCCB)

### FREE AND PERSONAL MEDITATION

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

- .....
- .....

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 ...