

“The Institution of the Eucharist”...

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

“While they were eating, he 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, ...[and] said to them, ‘This is my blood of the covenant, which will be shed for many.’” (Mark 14:22-24)¹

MEDITATION ON THE MYSTERY:

All those who want to go to Paradise must admit, sooner or later, and with great humility and sweetness, that they need the one Holy Catholic and Apostolic Church and the Sacraments – especially Holy Confession and Holy Communion. (cf. SLC, p. 178)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the Eucharist, St. Cyprian says: *“we should be apprehensive and pray that no one has to abstain from this communion, lest he be separated from the body of Christ and be far from salvation.”*
(CYPRIAN, in: *Off. of Read.*, Thursday Week XI O.T.)

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 ...