

“The Institution of the Eucharist”...

FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

“While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, ‘Take and eat; this is my body.’” (Matt 26:26)¹

MEDITATION ON THE MYSTERY:

This, indeed, is called Charity: that He, having nothing more to give us, gave us the last thing He possessed, His own Body – to help us understand that what we are living is not yet the true Life, but only the test to enter into it. So let us feed on His example and on His Body – His flesh, perfect and immaculate, which is found only in the Catholic Church! (cf. *SLC*, p. 33A)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to spiritual food, St. Ignatius of Antioch says: *“Be nourished exclusively on Christian fare, abstaining from the alien food that is heresy. And this you will do if you are neither arrogant nor cut off from God, from Jesus Christ, and from the bishop and the teachings of the apostles.”*

(IGNATIUS OF ANTIOCH, in *Off. of Read.*, Tuesday Week XXVII 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 ...