

“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.’” (Matt 26:26)¹

MEDITATION ON THE MYSTERY:

The soul that is not fed with the Holy Eucharist is like a solar car in a world without the sun!
(cf. *SLC*, p. 190)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the importance of being fed with the Eucharist, Pope Benedict XVI says: “*The Eucharist should never be missed....A day without the Eucharist is incomplete.*”
(BENEDICT XVI, *Address*, 17 February 2007)

¹ 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 ...