

“The Institution of the Eucharist ”...



FROM THE GOSPEL ACCORDING TO - *JOHN* - :

“Jesus said to them, ‘Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.’ (John 6:53-54)¹

MEDITATION ON THE MYSTERY:

To put it simply, in order to persevere in the grace that will give us eternal life and glorious immortality, it is not enough only to go to confession; we must also eat and drink the body and blood of Jesus! (cf. *SP*, p. 92A)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to feeding on the Holy Eucharist, the Second Vatican Council says: *“The Church celebrates the paschal mystery every eighth day; with good reason this, then, bears the name of the Lord's day or Sunday. For on this day Christ's faithful are bound to come together into one place, ...hearing the word of God and taking part in the eucharist.”* (VATICAN COUNCIL II, *Sacrosanctum Concilium* 4 December 1963, n. 106)

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 ...