

“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 they all drank from it. He 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:

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 will 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:

- Regarding the Eucharist, St. Francis of Paola told his brothers: *“In order that this Divine Sacrament may not be a condemnation for you, my dearest brothers, be sure to cleanse your consciences at least once a week.”*
(FRANCIS OF PAOLA, *Rule II*, Ch. 2, n. 11)

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 ...