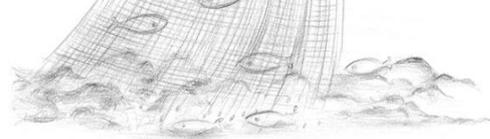




# Journey of Enrichment

2011 - Year of Shared Spirituality

"Put out into deep water,  
and let down the nets for a catch." Luke 5,4



## Eucharist, the centre of our life today

### Continuing the Life of Jesus in us:

Our life with Jesus begins in Baptism and is nourished through the Eucharist. Receiving Christ through the Eucharist allows us to continue to live his life.

As each human person is an integration of body and spirit; s/he needs both material and spiritual nourishment.

Jesus first satisfies the physical hunger of the people who come to listen to Him. He works many miracles before speaking of spiritual nourishment. And when He does speak of it, he tells everyone He is giving himself as nourishment, and risks shocking those who are listening to him. Many of them cannot take this message and leave him. Likewise we need to respond to material needs in many situations before we move to the deeper level of responding to spiritual needs.

Today, in every Mass, Jesus is present. «I am with you always, until the end of this world.» (Matthew 28, 20)

### INSPIRING QUOTATIONS:

#### Scripture:

*"Whoever eats my flesh and drinks my blood has eternal life, and I will raise him/her up on the last day." (Jn 6, 54)*

*"If you only knew the Gift of God... I would have given you living water." (Jn 4, 10)*

*"There is no greater love than this, than to give one's life for one's friends." (Jn 15, 13)*

#### Constitutions:

*"The Holy Eucharist is at the very heart of Christian community life. Dedicated with Jesus to the salvation of the world, the Eucharist makes of us channels of His mercy and communion. We take part in the Eucharist daily whenever possible." (Constitution n°31 OLC)*

*"The Eucharist is at the heart of our community life. Sacrament of love, the Eucharist fulfills and deepens our communion with Jesus and, through him, with others." (Constitution n°33 RGS)*

#### Papal Reflection:

*"The Lord's disciples, united with him through the Eucharist, live in a fellowship that binds them one to another as members of a single body. This means that the other is part of me, and that his or her life, his or her salvation, concern my own life and salvation... our existence is related to that of others, for better or for worse. Both our sins and our acts of love have a social dimension." (Pope Benedict XVI – message for Lent 2012)*

## **Maurice Zundel : Swiss Liturgist and Theologian**

« *The Eucharist is not the magical preservation of a presence in material form. It is the real and infinite offering of a universal presence in which we can participate only by becoming universal ourselves. In this sense, the Eucharist which gathers the church together, and is the highest expression of charity, is wonderfully challenging.*

*The Eucharist supposes that we are ready for the asceticism, humility and forgiveness which are called forth by our encounter with the Incarnate-God. In order to awaken our brothers and sisters to the fullness of their humanity, to become or to be true and genuine human beings, we ourselves must bring them this unlimited and quiet space where God can breathe. (...) During the celebration of the Eucharist, the bread and the wine open up to a presence that is already there, inside of us, given to everyone... the species are the symbols of community, since we are here at a meal which virtually gathers the whole of humanity and brings us to a universal horizon. » (Maurice Zundel, *Un autre regard sur l'Eucharistie*, éd. Sarmant).*

### **From St John Eudes and St Mary Euphrasia on the Eucharist:**

“*Our Lord Jesus Christ comes to us through the Eucharist, with a great humility, lowering himself to take the shape and appearance of bread in order to offer himself to us. He comes with a burning love that leads him to give us, in the sacrament, the greatest, and the dearest and most precious things*”. (St John Eudes)

“*Oh yes, dear daughters, love Holy Communion very much... you will find strength, courage and light at the Holy Table. Holy Communion will always be the peace, the consolation and life of your souls. As you have the happiness to go so often to this divine banquet, be sure that it is love which leads you there*”. (Conference SME chap. VIII)

### **For reflection and sharing :**

*Participating in the « states and mysteries of Jesus » in the Eucharist reminds us that there is no greater love than to give one's life for those we love.*

- Welcoming the Body of Christ: what effects does this produce in your daily life?
- How does your faith in the presence of Jesus in the Eucharist nourish your universal zeal and your desire to work for the good of others?
- How do you live a Eucharistic attitude of gratitude and self-offering in your daily life?

### **Prayer :**

Oh Jesus, my light and sanctification, open the eyes of my spirit and fill my soul with your grace so that I know the importance of the actions I am going to do, and so that I do them in a recollected manner and worthy of your glory.

Oh my soul, I beg you, consider attentively how great and marvelous is the action you are going to do, and how holy and worthy is the one you are going to receive. You will do the greatest, the most important, holy and divine action you have ever done. You will receive Jesus in your mouth, in your heart, inside you and in the most intimate part of yourself. (St John Eudes)

### **Prayers references:**

- Spiritual Itinerary for Today with St John Eudes

### **Reading References:**

- *Life and Kingdom of Jesus* by SJE: chap. XXIV Exercise for Holy Mass

- *Life of a Christian* by SJE: Catechism of the Mission (chap. VIII)

- *Conferences of SME*, chap. VIII

- *Starting Afresh from Christ: A renewed commitment to consecrated life in the third millennium* (Congregation for Institutes of Consecrated Life and Societies of Apostolic Life 2002) 3rd section: The Eucharist: a privilege space of the encounter with the Lord.