

# “The Institution of the Eucharist”...



## FROM THE GOSPEL ACCORDING TO - LUKE -:

*“When the hour came, he took his place at table with the apostles....Then he took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is my body, which is given for you; do this in memory of me.’ And likewise the cup after they had eaten, saying, ‘This cup is the new covenant in my blood, which will be shed for you.’” (Luke 22:14, 19-20)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

We know that many people are healed and freed from physical and spiritual infirmities by means of the Holy Eucharist; so Who is it that hides behind these holy remains of the Holy Eucharist, if not only the Emmanuel – which means, *God with us?* (cf. *Matt 1:23*). (cf. *SLC*, p. 169)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the Eucharist, Pope Benedict XVI says, *“Jesus Christ [is] present in the Sacrament of the Altar.... [We must] receive him as that medicine of immortality which heals the body and the spirit.”*  
(BENEDICT XVI, *Message for the XVI World Day of the Sick*, 11 January 2008)

<sup>1</sup>NABRE (USCCB)

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### 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 ...*