

Making the Revival of the Eucharist a part of your group and family!

The Eucharistic Revival.org website:

“Our world is hurting. We all need healing, yet many of us are separated from the very source of our strength. Jesus Christ invites us to return to the source and summit of our faith in the celebration of the Eucharist. The National Eucharistic Revival is a movement to restore understanding and devotion to this great mystery here in the United States by helping us renew our worship of Jesus Christ in the Eucharist.”

We can all agree with this can't we? We know the hurt we ourselves have, as well as those of our family members and friends. Becoming a part of this revival, even in the smallest of ways, will go far in helping those who hurt. Our efforts to be a part of this amazing world-wide effort are both a Spiritual and Corporal Work of Mercy done from our homes and hearts to people all around the world!

Revival is a time to focus on improving the condition or strength of something as well as an instance of something becoming important again. Reverence and appreciation of the Eucharistic is in real need of improvement. As the world is still recovering from a worldwide pandemic and time of restricted access to churches and the sacraments including Mass and the Eucharist too many people have remained home on Sundays, too many have forgotten the primacy of the Mass and their need for the grace and strength that comes from reception of the Eucharist.

Our parish revival time extends from June 11, 2022 until July 17, 2024 so here are some suggestions to consider making the most of this time of revival!

FOR EVERYONE:

-Visit the website above and check out “Get Involved”. See what is going on at the world-wide effort. Commit to offering either a daily/weekly prayer for the success of this effort. Prayer works!

-Visit your diocesan website and see what your local diocese and parish is doing and find at least one activity that works with your family's dynamic.

PICK THREE:

-The Catechism of the Catholic Church begins its teaching on the sacrament of the Eucharist in Article 1322, found in Part 2, Article 3. It continues to Article 1405 which is quite a bit to read, however we are gifted with ‘In Brief’, sections 1406 - 1419, with shorter readings giving the truth of our Church's teaching into more manageable pieces.

Take these 14 smaller pieces of the larger article and read one or two a day, either at dinner or as a part of family prayer. Talk about what you learn and make sure it everyone understands relatable to their age. End your time saying a Spiritual Communion as a family (there are several available on-line).

-Fr. Roger Landry has created a beautiful brochure entitled “The Saints and the Eucharistic Revival”, <https://catholicpreaching.com/wp/wp-content/uploads/2022/10/Saints-and-the-Eucharistic-Revival.pdf>

Consider printing out a copy for your family's use during this time of revival.

Use this copy or on-line to pick a saint to learn more about such as St. Imelda Lambertini, St. Peter Julian Eymard, St. Thomas Aquinas or Blessed Carlos Acutis.

Read a biography of one of these saints and talk as a family about them and their love of the Eucharist.

At the end of this time chose one of St. Thomas Aquinas' prayers/hymns dedicated to the Eucharist to pray or sing together.

These include: Panis Angelicus (Bread of Angels), Adore te Devote (Humbly I adore thee), O Salutaris hostia (O saving victim), Pange Lingua Corporis (Now, my tongue, the mystery telling) and Tantum Ergo Sacramentum (Come Adore).

All of these (and more of his beautiful hymns) are available on YouTube if you need help singing or reciting (as many of us do!). They are all available in English as well as in Latin (maybe memorize one of them in either language?).

-Every diocese has Eucharistic Adoration available--either perpetual or on specific days. Go to your diocesan website and find an Adoration time and place you can visit as a family. Decide how long you are able to stay depending on your circumstances. Plan a celebration afterward your time with Jesus. He is so grateful you spent time with Him that He wants you to have fun together as a family. (Consider inviting others to join you? Maybe go as group? You might want to talk to the organizer if you are bringing a large group.)

-The main website for the Eucharistic Revival includes information about the national pilgrimage being planned. Check the site to see if it is coming close to you and how you might be able to participate. If it is too far away or difficult for your family, choose a different pilgrimage site for your family to visit. This adventure might include:

- your diocese's cathedral or basilica
- the oldest or newest church in your diocese

There are 7 designated pilgrimage sites in the United States - <https://relevantradio.com/2018/04/7-pilgrimages-you-can-make-in-the-united-states/> Is one convenient for a trip?

-During his lifetime, Blessed Carlos Acutis, created an amazingly detailed and beautiful display highlighting Eucharistic Miracles. Go visit his site: <http://www.miracolieucaaristici.org/en/Liste/list.html>. There is both a list and a virtual museum. Make a date to spend some time with the site as a family or with your group. Pick at least three miracles to learn about OR make a map of your own with all of the miracles marked. If possible share what you learn with your group/others.

-There are several different orders of religious women who are dedicated to adoration and the spread of the Eucharist. Find one to investigate. Visit the website for the Council of Major Superiors of Women Religious to find one: <https://cmswr.org/?s=eucharist> Find one that you find inspiring and send them a spiritual bouquet. From catholicicing.com, "A spiritual bouquet is the offering of prayers and or sacrifices to another as a gift. This can be indicated in many ways, but traditionally it's in the form of a card letting the person know what prayers or sacrifices have been offered up for them."

-Do you know the dates of each of your family members' First Holy Communion? Is it possible to find out? Record these in your family Bible or on a family calendar. Plan on remembering them as a very

important anniversary. (Another fun idea--Can you calculate how many times you have received Jesus? Maybe just count the Sunday and feast days such as Easter and Christmas? Isn't it just amazing!).

-Find out the history of the Eucharist within the Catholic Church. Check out <https://denvercatholic.org/the-eucharist-throughout-history-a-timeline/> It is clear and easy to read. Make a trivia game out of it and see if you can answer the following questions:

- What is the earliest symbol of the Eucharist out of the Old Testament? Tree of Life
- What is the name of the priest from whom the entire priesthood descends? Melchizedek.
- What animal was used for sacrifices and then became one of Jesus' titles? Lamb, Lamb of God
- What is the name of the bread used in making Eucharistic hosts and where do we first hear of it? Unleavened bread from the Passover in Exodus 12).
- Where was Jesus born? What does that town mean? Bethlehem. House of Bread (which is really neat!).
- What miracle shows us God's desire to truly feed us? Miracle of Loaves (Matthew and Mark)
- What saint, disciple of St. John, wrote that the Eucharist is real flesh of our Savior? St. Ignatius of Antioch
- When was the Feast of Corpus Christi established and by which Pope? 1264, Pope Urban IV
- Which saint brought Adoration of the Eucharist to the Church? When? St. Alphonsus of Ligouri in 1745.
- Which Pope is called the Pope of the Eucharist? What did he do? Pope Pius X. He lowered the age of reception from 12 to 7 yrs. and the promotion of Daily Communion.

-Scripture Scavenger Hunt. Using that same website above, make a list of the Scriptures used to explain, clarify and defend the Church's teachings on the Eucharist. Find each one of them in your Bible and highlight them (if allowed). As many other Christians do not believe as we do of the Real Presence and Scriptural proof for the Eucharist knowing these verses is an important part of apologetics (reasoned arguments for what you believe).

USCCB: <https://www.usccb.org/eucharist>

Catholic Aces has 20 verses - <https://www.catholicace.com/eucharist-bible-verses/>

Once you have complete the requirements as outlined, print out the online certificate and celebrate! Thank you for joining with the universal Church as it enters into Eucharistic Revival!