

INTRODUCTION

People throughout the world gather for mass. People from different personalities, culture and ethnic groups in the mass are a sign that Jesus is drawing people together, bringing them closer to God and to each other. We take part in the Eucharist to give thanks to God, and share this meal as a community. In community, we gain strength from each one who has gathered. Without the Eucharist we cannot be effective as a church, for cut off from Christ we can do nothing.

Jesus' love for us is overflowing. He continuously offers Himself to us to nourish us and to be in communion with one another. When we eat His flesh and drink His blood in the Eucharist, we are in spiritual union with Christ and with one another.

What is concentrated and given to us in the sacrifice and sacrament of the Eucharist is the divine-human love of our God. And it renews the real presence of the Trinity in us in a graphic and palpable way. (VD Statutes #221)

Our life revolves around the tabernacle. The day giving turn to the night and the night to the day is a continual succession of loving moments with Jesus in the Eucharist. Not for anything in the world would we want to lose or not to take advantage of this right: His great friendship. The decision and initiative of Jesus belongs to us, and nothing and nobody can prevent or take it away from us. Together with the biblical author, we can say, "I found the love of my life, I held Him and would not

let Him go... my lover is mine and I am His." (VD Statutes#223)

MONDAY

The Eucharist as a Meal

The person of Christ – Sacrament of the Father, His flesh and blood converted to bread and wine- is the proper food which Jesus particularly has wanted to take care of the divine life of all men, one by one, until the end of the centuries.

(VD Statutes#222)

And Jesus sent Peter and John saying, "Go and prepare the Passover for us, so that we may eat". **(Luke 22:8)**

While they were eating, Jesus took some bread, and after a blessing, he broke it and gave it to the disciples, and said, "Take, eat; this is My body".

(Matthew 26: 26)

Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner shall be guilty of the body and the blood of the Lord.

(1Corinthians: 11:27)

The consecration of the bread and wine is not that Jesus merely presents in the altar; but that He is present as food. The bread and wine that turned into body and blood of Jesus remains the same in its physical appearance but there is a change in its substance. That is why we need to handle and eat it with fragility. Sometimes we doubt about this truth but with God nothing is impossible and

no one can fathom the mysterious work of the Holy Spirit. Jesus offers His body in the Eucharist as our spiritual food and drink. He nourishes our spirit. This is how Jesus is taking care of us. Do you believe that it is the body of Jesus that we receive in the Holy Mass? Or do we just consider it as a mere symbolic sacrifice?

TUESDAY

Eucharist as the Real Presence of Christ Solemnity of the Birth of St. John the Baptist

The Eucharist is the forge in which, in intimate transforming dialogue, the genuine personality of the disciple of Christ is wrought. In it, the disciple receives from Him directly, from His same flesh and blood, the internal feature and peculiar character, the chosen race and real priesthood. The chosen ones form the holy nation and the redeemed nation nourished by the same bread and the same cup, foundations of the Christian fraternity. It is the real presence of the Eucharist Jesus among us and in us, who unceasingly works the essence and the bond of vital communion of all the community. **(VD Statutes #227)**

When the hour came, He took His place at the table with the apostles. He said to them, "I have eagerly desired to eat this Passover with you before I suffer, for I tell you, I shall not eat it again until there is fulfillment in the kingdom of God." **(Luke 22:14-16)**

The Eucharist is a common banquet of all God's people. The

presence of Jesus in the Eucharist makes us one in mind and in heart with Him and with one another in the community and around the world. Although we cannot see Jesus with our physical eyes, we can only see Him with the eyes of our faith. How is your faith? Is it strong enough to see the real presence of Jesus in the Eucharist?

WEDNESDAY

The Eucharist as a Sacrifice

Our assistance to the Eucharistic sacrifice doesn't allow us to be just spectators. We receive the constant call to be participants and actors of the same offering and consecration in order to be transformed into the same Eucharistic love that we receive- host, permanent offering, live victim with Jesus and as Jesus. **(VD Statutes # 225)**

In the same flesh and blood of Jesus, the being of the disciple is consecrated all and only in the pure and perfect love of the Lord. Joyful with Jesus and like Him, the disciple will run the same luck and destination in the bread given for us and in the blood spilled out for all. With Him and like Him, our life will continue the steps of the Lamb in order to take away the sins of the world.

(VD Statutes # 229)

And when He had taken a cup and given thanks, he gave it to them saying, "Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for the forgiveness of sins." **(Matthew 26:26-28)**

In the Mass, the same Jesus who offered Himself on the cross in Calvary now continues to offer Himself in the altar. Jesus makes voluntary offering of Himself in every Eucharistic celebration so that we, the sinful and suffering humanity are constantly nourished with His flesh and blood, so that like the bread and wine that is converted into His body and blood, we may also be converted to become like Him, ready to offer ourselves in the service for others without counting the cost. Do you recognize the effort of Jesus in dispensing the riches of His saving grace to us? What hinders you to receive this grace?

THURSDAY

The Bread from Heaven

Our contemplative-active life, conforms and connect strongly in front of the tabernacle all his formation and apostolic –missionary dynamism. In the Holy Eucharist, we translate and transform into life the truth of faith that we need to propagate vitally until “all have life and have it in abundance”.

(VD Statutes #226)

“I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh”. **(John 6:51)**

People nowadays are drowning to busyness making wealth to maintain good health. Sciences are discovering new technologies to prolong the life and people spend much for physical

enhancement. But what about for the eternal life? Are we eating the food for eternal life? Are we spending time and effort to have a life that lasts forever? As disciples of Christ, can Jesus count on us to give the bread of life to others who are hungry of this, so that they may also have life?

FRIDAY

Imitate Him in the Eucharist
Solemnity of the Most Sacred Heart of Jesus

We observe that our reciprocal intimacy and enthusiasm with Jesus will remain halfway and that our dialogue and love would be mediocre and childish if we will limit ourselves to adore the Eucharist, to admire the overflowing of this love of Jesus to the extreme and if we will just remain contemplating and admiring it. We will be very far from the ideal and goal that Jesus aspires for us in His Eucharistic sacrifice and in His stay in the tabernacle, Jesus claims and looks for decided imitators more than adorers and admirers. **(VD Statutes # 224)**

Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart. **(Acts 2: 46)**

Are you willing to imitate Jesus? Are you willing to break yourself and give it to others? Are you willing to break your time and share it for others?

SATURDAY

In remembrance of Me

The Immaculate Heart of the Blessed Virgin Mary

In the Eucharist, the open side and the living heart of Jesus begets and forms the new creature, the new self, reproducing the same Christ in man, who is created according to His image. And from this, the poverty, obedience, and perfect chastity in the following of Jesus in order to imitate Him with the maximum fidelity have their sense and dimension. **(VD Statutes # 228)**

And when He had given thanks, he broke it and said, **“This is My body which is for you; do this in remembrance of Me”**

(1 Corinthians: 11:24)

Jesus wants to be the first and the last in our mind and heart until He is visible to us. Let us always remember Him as a sacrificial offering in the breaking of bread. In what way we can follow the commandment of Jesus? In what way we can help others to remember Him?

SUNDAY READINGS

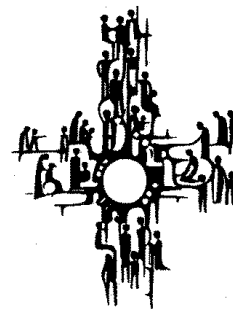
Solemnity of Saints Peter and Paul

First Reading: Acts 12:1-11

Psalm: Psalm 34

Second Reading: 2 Timothy 4:6-8, 17-18

Gospel: Matthew 16:13-19



Verbum Dei

GUIDELINES FOR PRAYER

A family nourished by Jesus in the Eucharist. Source of life and self-giving - “learn from me.”

June 23-29, 2014



Objective of the week:

To nourish our life as one Family in the source of life - Jesus. He in the Eucharist feeds us, sustains us, and teaches us how to be one in mind, heart and in constant self-giving.