

Session 4 Sent to announce the gospel of the Lord: The Eucharist

Introductory activity

5mins

Invite participants to share something that has stayed with them from last week or something from their homework.

Prayer

Lectio Divina using the gospel of the day, or the Sunday gospel, or one of the extracts below from Pope Francis' Corpus Christi Homilies:

10mins

2013

This evening, we too are gathered around the Lord's table, the table of the Eucharistic Sacrifice, in which He gives us once again His body, makes present the one sacrifice of the Cross. It is in listening to his Word, in nourishing ourselves with his Body and his Blood, that He makes us go from being a multitude to being a community, from [being strangers] to being [in] communion. The Eucharist is the sacrament of communion, which brings us out from individualism to live together our journey in His footsteps, our faith in Him. We ought, therefore, to ask ourselves before the Lord: How do I live the Eucharist? Do I live it anonymously or as a moment of true communion with the Lord, [and] also with many brothers and sisters who share this same table? How are our Eucharistic celebrations?

Let us ask ourselves this evening, adoring the Christ truly present in the Eucharist: do I let myself be transformed by Him? Do I let the Lord who gives Himself to me, guide me to come out more and more from my little fence, to get out and be not afraid to give, to share, to love Him and others?

2017

The Eucharist also reminds us that we are not isolated individuals, but *one body*. As the people in the desert gathered the manna that fell from heaven and shared it in their families (cf. *Ex* 16), so Jesus, the Bread come down from Heaven, calls us together to receive him and to share him with one another. The Eucharist is not a sacrament "for me"; it is the sacrament of the many, who form one body, God's holy and faithful people. Saint Paul reminded us of this: "Because there is one bread, we who are many are one body, for we all partake of the one bread" (*1 Cor* 10:17). The Eucharist is the *sacrament of unity*. Whoever receives it cannot fail to be a builder of unity, because building unity has become part of his or her "spiritual DNA". May this *Bread of unity* heal our ambition to lord it over others, to greedily hoard things for ourselves, to foment discord and criticism. May it

awaken in us the joy of living in love, without rivalry, jealousy or mean-spirited gossip.

2018

The Gospel tells us that the disciples prepared for the meal after they “set out and went to the city” (v. 16). The Lord calls us also today to prepare for his coming not by keeping our distance but by entering our cities. That includes this city, whose very name – *Ostia* – means *entrance, doorway*. Lord, how many doors do you want us to open for you here? How many gates do you call us to unbar, how many walls must we tear down? Jesus wants the walls of indifference and silent collusion to be breached, iron bars of oppression and arrogance torn asunder, and paths cleared for justice, civility and legality. The vast beachfront of this city speaks to us of how beautiful it is to open our hearts and to set out in new directions in life. But this requires loosening the knots that keep us bound to the moorings of fear and depression. The Eucharist invites to let ourselves be carried along by the wave of Jesus, to not remain grounded on the beach in the hope that something may come along, but to cast into the deep, free, courageous and united.

Or listen to ‘Let us be Bread’ <https://www.youtube.com/watch?v=haS5ObdBys4>

Activity

15mins

Invite participants to reflect on any of the following questions:

- What does the Eucharist mean to you?
- What does it mean to ‘do this in memory of’ Jesus, to hear Jesus’ challenge to be taken, to be blessed, to be broken and to be shared?
- Think of your most recent experience of Sunday Eucharist. How life-giving was it for you? What did you bring to it? What did you take from it apart from the newsletter?
- What does the dismissal rite, ‘**Go and announce the Gospel of the Lord**’ or ‘**Go in peace, glorifying the Lord with your life**’, mean to you?
- What changes would you like to see in the way your parish celebrates Sunday Eucharist? What can you do about them?

Small group sharing

Explanation about the session’s content

- There are three 20-minute presentations by Tom Groome [How Is the Eucharist the Centre of Catholic Life?](#)
- An Introduction begins at 6:35 then Part 1 follows shortly after. There are reflection questions between each section. The starting points as well as the questions for each section are noted below. (The link to the publication *The*

Eucharist at the Centre of Catholic Life referred to in the presentation and its Table of Contents, is given at the end of this page.)

Input

8:58 Part 1 Jesus and the Eucharist

Reflection questions:

- What are your responses to re-centering Jesus at the heart of Catholic Christian faith?
- What's the best reason you can think of for being a Catholic Christian?

Activity

15mins

Small group sharing

Input

24:22 Part 2 Sacramentality and the Eucharist

Reflection questions:

- What 'difference' do you want the Eucharist to make in your own daily life?
- Imagine the best ways for you to live the 'abundant grace' of the Eucharist?

Activity

15mins

Small group sharing

Input

42: 47 Part 3 Spirituality and the Eucharist

Reflection questions:

- What are you taking away from this conversation for your own praxis of Eucharist?
- How might you make Eucharist more central to your life in faith?

Activity

15mins

Small group sharing

Homework

- Considering what you have heard/learnt in this session, spend some time looking back at your homework from the third session. There may be something you wish to change/add to your chart, list and statement.
- Explore one further resource listed below and be prepared to share your findings at the next session.

- Tom Groome speaks of the Catholic concept of sacramentality. How would you explain this concept to someone who is not aware of it?'
- Reflect on Gary Finlay's poem (attached). Perhaps use it to inspire your own creativity.
- Explore some of the names for the Eucharist (Catechism of the Catholic Church #1328-1332) and choose your favourite. (The CCC is available here: <http://www.vatican.va/archive/ENG0015/INDEX.HTM>)
- Read a description of the Sunday gatherings of second-century believers (CCC #1345). Can you recognise it as what happens today?

Action

Considering what you have heard/learnt in this session and any implications that this may have for your own spirituality of service, commit to a concrete action. Add it to your calendar/diary.

Preparation for the next session

- Identify and list the peripheries of society in your area
- Find out and note the ways in which your parish may already be involved in these peripheries
- Keep in mind that for many migrants, home is also a 'periphery'. Migrants belong to different contexts, carry different worlds (and homes) within them, wherever they are.
- Find out and note the ways parishioners are commissioned, supported, in their ministry to the peripheries
- Suggest ways your parish could be involved/more involved

Further resources

The NZ national office has useful resources here: [National Liturgy Office](#)
[Five ways to get more out of the Mass](#)

Helpful video presentations are found here:

[The Eucharist: What we believe](#)

Bishop Peter Cullinane [A walk through the Catholic Mass](#)

Father Joseph Grayland [Liturgy](#)

Cardinal Seán O'Malley [The Eucharist and Our Formation as the People of the Church](#)

The text of the presentation is found [here](#)

[The Homily in the Context of Evangelii Gaudium](#)

[The Eucharistic Prayer of the Cosmos](#)

NZCBC <https://www.catholic.org.nz/about-us/bishops-statements/year-of-the-eucharist/>
<https://www.catholic.org.nz/about-us/bishops-statements/on-rediscovering-the-beauty-of-the-mass/>
<https://www.catholic.org.nz/about-us/bishops-statements/the-first-day/>

Google 'Rolheiser Eucharist' to find many helpful resources

Reflections/Homilies

[USCCB Daily reflections](#)

<https://www.ncronline.org/columns/scripture-for-life>

<http://catholicwomenpreach.org/>

Boston College [The Eucharist: At the Centre of Catholic Life](#)

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Resource to buy <https://www.nowyouknowmedia.com/becoming-the-eucharist-we-celebrate.html>