

# EUCCHARISTIC SPIRITUALITY MODULES 7 & 8

November 18, 2020 (FALL Faith-Formation)

THEME: WHAT MUST WE DO? WHERE DO WE GO FROM HERE?

## I – THE SIGN OF THE CROSS & PLEDGE OF ALLEGIANCE TO THE CROSS OF CHRIST

**I pledge allegiance to the Cross of Christ, and to the faith for which it stands, one Church -- Holy, Catholic and Apostolic, with grace and salvation for all.**

SOURCE: <https://handmaidsoftheimmaculate.weebly.com/blog/i-pledge-allegiance-to-the-cross>

## II – ANGELUS --- WELCOME & GRATITUDE

### III – LIGHT IN THE DARKEST TIMES

Prayer: Linda Jones/Catholic Agency For Overseas Development

Loving, ever-living and compassionate God,  
You understand the pain of loss, the heartache of bereavement,  
**May we hold in our hearts all those whose families or friends have died.**

You are a light that shines in the darkest times,  
**Guide us and heal us in our sickness and sorrow.**

You comfort us in times of fear,  
**May we comfort each other, even as we keep apart.**

You console and lead us in times of doubt and confusion,  
**May we follow the light of your love and spread hope.**

You move our hearts to acts of generosity,  
**May we be led to share what we have with those in need.**

God of life, we thank you for the signs of your light in the midst of our darkness,  
**May we be signs of your compassion in the heart of your world. Amen.**

## IV – THE GOSPEL ACCORDING TO JOHN 1:5

**The light that shines in the darkness, and the darkness has not overcome it (John 1:5).**

V – EPISODE 7: WHY A CHURCH? [Run Time: 34:37] SOURCE: <https://watch.formed.org/browse>



VI – CATHOLIC HYMN: HAIL QUEEN OF HEAVEN – ST. MARY CHOIR – YOUTUBE  
SOURCE: Hail Queen of Heaven – Saint Mary Choir; 94,085 views, April 30, 2012  
Uploaded by Gerry Divinagracia, Run Time: 3:18

## **A PRAYER FOR OUR COUNTRY**

O MOST BLESSED VIRGIN MARY, Mother of Mercy, at this most critical time, we entrust the United States of America to your loving care.

Most Holy Mother, we beg you to reclaim this land for the glory of your Son. Overwhelmed with the burden of the sins of our nation, we cry to you from the depths of our hearts and seek refuge in your motherly protection.

Look down with mercy upon us and touch the hearts of our people. Open our minds to the great worth of human life and to the responsibilities that accompany human freedom.

Free us from the falsehoods that lead to the evil of abortion and threaten the sanctity of family life. Grant our country the wisdom to proclaim that God's law is the foundation on which this nation was founded, and that He alone is the True Source of our cherished rights to life, liberty and the pursuit of happiness.

O Merciful Mother, give us the courage to reject the culture of death and the strength to build a new Culture of Life. Amen.

SOURCE: Men of the Sacred Hearts

For prayer card order, please call 586-264-8550 or email [info@menofthesacredhearts.org](mailto:info@menofthesacredhearts.org)

### **VII – ASSIGNMENT FROM NOVEMBER 18, 2020 TO APRIL 7, 2021 (ALMOST 5 MONTHS): FOCUSING ON THE WORSHIPPING DIMENSION OF THE EUCHARISTIC SPIRITUALITY SYMBOL**

SPRING FAITH-FORMATION RESUMES APRIL 7, 2021 (WEDNESDAY AFTER EASTER SUNDAY)

**FALL: Tuesday, September 22 – – Monday, December 21**

**WINTER: Monday, December 21, 2020 – – Saturday, March 20, 2021**

**SPRING: Saturday, March 20, 2021 – – Sunday, June 20, 2021**

#### **A. CHRIST AS THE CENTER RELATIVE TO PRAYER & WORSHIP IN THE EUCHARISTIC SPIRITUALITY**

"I am the vine, you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing" (John 15:5).

Let us make Our Lord Jesus Christ as the center of our personal life; the center of the Church in the home; the center of the Church in the community or parish; the center of the diocese; and the center of the Universal Church. HOW? IN WHAT WAYS?

**1. PRAYING WITH SCRIPTURE** (*Catechism of the Catholic Church*, Nos. 2700 – 2724; *Lectio Divina* relative to the readings of the Mass each day)

Download into your phone the free app called “*LAUDATE*” and read the Mass Readings each day even if you do not come to daily Mass; then, click the Reflection -- there are 3 different ones from *Regnum Christi*, Don Schwager, and One Bread, One Body -- to help you in PRAYING, MEDITATING, CONTEMPLATING, and ACTING on the truth, authority, power, foundation and/or basis of God’s Word. This is actually doing *LECTIO DIVINA* or PRAYING WITH SCRIPTURE each day following the Liturgical Cycle, even if, again, with all best reasons, you cannot come to daily Mass.

## **2. LITURGY OF THE HOURS**

Let us start learning how to pray the Liturgy of the Hours; and to watch/ponder on and pray with the words of the Saints. A shorter form is the format in the Magnificat Missalette.

Let us read and relish/savor the writings of the Fathers of the Church and the Mystics and/or the Contemplatives.

## **3. CONFESSION**

Have a regular Confession (once a month is a good measure or as often as needed).

With a contrite heart and renewed life, this Sacrament of Confession is indispensable relative to not only the cleansing, peace and purity of one’s soul in being in a state of grace, but above all in one’s union with God in Christ.

## **4. MASS**

The Catechism of the Catholic Church (1324) declares:

The Eucharist is the source and summit of the Christian life. The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch."

Following all the Church’s guidelines, whether there is COVID or no COVID, each is invited/encouraged to participate in THE HOLY SACRIFICE OF THE MASS: as often as possible, especially on the Day of the Lord (Sunday).

Notwithstanding our troubling and/or uncertain times, one’s participation in the Holy Sacrifice of the Mass is NOT/NEVER OPTIONAL, unless of course one is sick or already disabled and/or one has to attend to someone who needs urgent/crucial help.

NOTE: It is not morally justifiable when one can engage in work and/or go shopping, etc., and, then, just “attend” Mass online or live streaming. Is love

fulfilled and/or consummated via online or live streaming? How come God did not shout from the heaven above and inform us that we were already saved? How come that in the fullness of time He decided to be born, made His presence among us concrete(*shekinah*), lived, crucified, buried, and rose from the dead?

5. **ADORATION:** Make a daily or once-a-week Adoration or as often as possible.
6. **ACT OF CONSECRATION:** Make an Act of Consecration to the Most Holy Trinity
7. **PRAYING FOR THE HOLINESS OF ALL WHO SERVE THE CHURCH (THE PEOPLE OF GOD)**

Whether in the context of Mass or Adoration, pray from the depths of your heart a constant and tireless beseeching of the Eucharistic Heart of most holy Son of God, Jesus, the Christ, for the Pope, and all Cardinals, Bishops, Priests, Deacons, Religious Men & Women, the Lay Faithful, in whatever form of ministry or ministries, in the Church, and the People of God to be holy and joyful, as they engage in the mission of Jesus Christ amidst the turmoil/anxieties in the world, Church, and the family.

8. **THE DIVINE MERCY CHAPLET:** Pray the Divine Mercy Chaplet
9. **ACT OF CONSECRATION TO THE SACRED HEART OF JESUS:** Make an Act of Consecration to the Sacred Heart of Jesus.

## **B. MARY RELATIVE TO LETTER “M” IN THE EUCHARISTIC SPIRITUALITY SYMBOL & THE ROSARY**

Let us bring back Our Lady, the great Mother of God, the Blessed Virgin Mary most holy, the Queen and Mother of the Church, back into our lives, and in every family (in the home); parish; diocese; and the Universal Church. HOW? IN WHAT WAYS?

1. Encouraged by so many Popes, Martyrs & Saints, and commanded by Our Blessed Mother, The Blessed Virgin Mary, Our Lady of the Rosary, pray the Rosary every day. If it is possible, pray the Rosary with the family, appropriating/binding the family through prayer under the Family Rosary, with the world-wide popularized phrases through the leadership of Venerable Patrick Peyton -- made Venerable on December 18, 2017 – where “The family that prays together stays together” and “A world at prayer is a world at peace.”
2. With the Rosary, pray for the Pope, all Cardinals, Bishops, Priests, Deacons, Religious Men & Women, the Lay Faithful in whatever form of ministry or ministries in the Church, and the People of God, to be truly Spirit-filled and Spirit-led, set on fire as on the Day of Pentecost: that all these ministers of the Church become both holy and engaging in the mission of Jesus Christ amidst the anxieties and uncertainties of the world, in our time.

3. In particular, pray, make reparations/sacrifices and penance/repentance for the healing and unity of every family; for an end to the ongoing apostasy in the Church; and for peace in the entire world: that will be no third world war.

#### **C. THE STUNNING PROPHECIES OF OUR LADY OF GOOD SUCCESS ABOUT OUR TIMES**

1. Google “Prophecies of Our Lady of Good Success About Our Times” and after the 4<sup>th</sup> paragraph of this article, click the “FREE e-Book: A Spanish Mystic in Quito” and copy the entire e-book. This is an approved apparition. (*If you have a problem as to the procedure, please look for someone to help you.*) THEN, READ THIS ENTIRE E-BOOK ON ALREADY MORE THAN 400 YEARS OLD STUNNING PROPHECIES OF OUR LADY OF GOOD SUCCESS ABOUT OUR TIMES.
2. Be still and ponder on the Prophecies of Our Lady of Good Success About Our Times, and listen to what the Lord wants you to be and expects of you to become.

#### **D. DEVOTIONS TO ANGELS & SAINTS**

1. It is proper and truly right and just that one has a devotion to Angels & Saints.
2. There are many excellent available materials, in this regard, used by Saints themselves.

**E. FASTING:** not just from food/meals as prescribed by the Church, but also from bad habits, gossips; useless use of time relative to the social media, technology; from pride, self-centeredness, anger, resentments, vindictiveness; from being judgmental or negative, etc.

**F. S[PIRITUAL READING]:** of important writings of Saints (or viewing wholesome films or videos on lives of Saints, etc.).

**G. ALMSGIVING:** helping the poor and supporting the Church as this is part of being-Church.

#### **H. SACRAMENTS**

1. Each of the seven Sacrament is an encounter of Christ: the source of grace.
2. Thus, it is not complete to celebrate the Sacraments of the Confession and the Eucharist, as referred to earlier as there are 7 Sacraments.
3. There is the need to ensure that the the sick gets the Sacrament of Anointing and that all other Sacraments are diligently understood, conscientiously followed, and reverentially celebrated.

### **VIII – BLESSING & FINAL HYMN: LIFT HIGH THE CROSS**

SOURCE: John Birkhead – You Tube

(Run Time 3:41) 337,665 views, June 22, 2013

**NOTHING FOLLOWS AFTER THIS!**