



INTRODUCTION

Ask members of the group:
 What could be greatest thing you could become of yourself?

Stress that each person could become great in their attitude, in level of achievement, or anything they could become of themselves in service of others.

In today's Gospel reading, Jesus could have chosen to become something spectacular. The greatest that Jesus could become is to turn himself into the appearance of bread and wine. Let us see what Jesus would like to mean by this as we celebrate the Solemnity of the Most Holy Body and Blood of Christ.



OPENING PRAYER

Anima Christi (Soul of Christ)

Soul of Christ, sanctify me.
 Body of Christ, save me.
 Blood of Christ, inebriate me.
 Water from the side of Christ, wash me.
 Passion of Christ, strengthen me.
 O good Jesus, hear me.
 Within thy wounds hide me.
 Suffer me not to be separated from thee.
 From the malicious enemy defend me.
 In the hour of my death call me and bid me come unto thee
 That with thy saints I may praise thee forever and ever.
 Amen.



PHASE ONE REMEMBER THE STORY OF JESUS

1.1 Proclamation of the Gospel Story - Mark 14: 12-16. 22-26

Enthroned the Bible on a table with lighted candle)

A moment of prayerful silence

We will not be able to understand the Word of God unless God himself opens our hearts. Let us now welcome Jesus as he speaks to us through his Word

12 On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, "Where do you want us to go and make the preparations for you to eat the Passover?" 13 So he sent two of his disciples, saying to them, "Go into the city, and a man carrying a jar of water will meet you; follow him, 14 and wherever he enters, say to the owner of the house, The Teacher asks, where is my guest room where I may eat the Passover with my disciples? 15 He will show you a large room upstairs, furnished and ready. Make preparations for us there." 16 So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal. 22 While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." 23 Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. 24 He said to them, "This is my blood of the covenant, which is poured out for many. 25



Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God." 26 When they had sung the hymn, they went out to the Mount of Olives.

*Reader: The Gospel of the Lord
 All: Praise to you. Lord
 Jesus Christ*

1.2 Brief Guided Silent Meditation / Personal Prayer

Which part of this text struck you most and why?

1.3 Text in Context

The Jews celebrate the Feast of Passover to recall the big night when the firstborn of Israel, were saved from death with the sign of the blood of the lamb at their door post, leading them to get out of slavery from Egypt. (Exodus 1-29) The Gospel brings us to the scene of the Last Supper with his disciples. This meal is special because it is the last dinner of Jesus with them on the Feast of the Passover. He knew he would not stay long with them and would face his death soon. But the disciples see it as part of the normal celebration of the yearly Passover.

- 1.How did Jesus make the preparation for the Passover?
- 2.What did the disciples ask Jesus?
- 3.What exactly did the disciples find out as they followed Jesus' instruction?
4. Describe the place where they would have the Last Supper?
5. What does the action of Jesus mean when he breaks the bread saying: "Take and eat! This is my body which will be given up for you!"
6. What does this text remind you?

PHASE II REFLECT the Story of the Church (Teachings of the Church)



All the Gospels except John used the same expression to show Jesus, instituting the Eucharist. Here is a part of Matthew's narration.

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "**Take; this is my body.**"

Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "**This is my blood of the covenant, which is poured out for many.**"

Jesus himself celebrated the Last Supper with his disciples and anticipated his death on the occasion of Passover. He gave himself to them under the signs of bread and wine and commanded them on, even after his death, to celebrate the Eucharist.

“Do this in remembrance of me” (1 Cor. 11:24)

On Passover, Jews kill lambs in the altar of sacrifice where the blood is sprinkled in atonement for their sins. Years after years, thousands of animals would be killed as offering to cleanse them from all their impurities.

At the Last Supper, Jesus does not re-enact the Passover. With the simple bread, he said, *this is my body, this is my blood of the new covenant*. Jesus is the Paschal Lamb who willingly offers his life for us as a sign of his unending love through his death on the cross. The eternal love of God goes beyond death. His presence among us is eternal in his rising again (resurrection). His body and blood are a pledge of his eternal presence among us.

Each time the Holy Eucharist is celebrated Jesus Christ gives his Body and Blood - his very self to us in the form of bread and wine. In receiving him in Holy Communion, Jesus unites with us in love and we are called to give ourselves to him in return.

Jesus is telling us: *I am all yours. Take my love*

God would have given us something if he had had something greater than himself (St. John Vianney). His Body and Blood in the form of sacred host is the real presence of Jesus himself- in his risen and glorified body.

All we have to do is to give our big YES to him. What is my attitude and response to him when I go for Mass and when I receive Jesus in Holy Communion? St. Thomas says that the actual effect of the Eucharist is the transformation of man into God.

How are my ways of thinking and behaving influenced by our love of God in the Eucharist?

If we treat one another as brothers and sisters regardless of who we are, we are joined with the one Body of Christ, the Church. We are not a Church because we get along well, or because we happen to end up in the same parish community, but rather because in the Eucharist we receive the body of Christ, we are increasingly transformed into the Body of Christ. This is how important the Eucharist is for the Church. (YOUCAT 211)

No wonder why we cannot be indifferent to our world suffering from COVID 19 pandemic because we belong to the Body of Christ. How do I unite myself to many people contracted with this virus that has come even to our own community and family? Do I believe in the power of prayer? With the little thing I can do, what help can I offer?

PHASE THREE RESPOND – with/ in my personal faith /community faith story

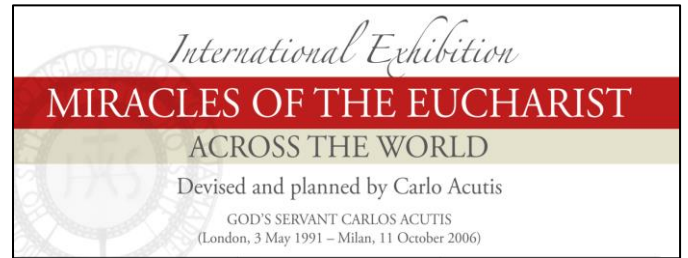
Carlo Acutis was beatified on October 10, 2020 in Assisi, Italy, moving him a step closer to becoming the first millennial to be declared a Catholic saint.

Carlo died at the age of 15. He strived to live a holy life from a young age. He enjoyed soccer, Pokémon, action films and his many pets. Well-liked by teachers and classmates, he had a good sense of humor.

Carlo [was a lover of the Eucharist] and believed that if people knew that Jesus was truly present in the Eucharist, they would turn to God. He could not understand why sport stadiums were full of people and churches were empty.

<https://todayscatholic.org/blessed-carlo-acutis-and-the-full-beauty-of-the-eucharist/>

He collected lots of stories on Eucharistic Miracles and created a website when he was just 14 years old. This marks the beginning of The Eucharistic Miracles of the World, an international exhibition which highlights such occurrences.



Today, those stories are put into exhibit and have been locally going around for people especially children to see. You may want to take a virtual visit of the sites where these miracles took place and download the panels at www.carloacutis.com and www.miracolieucaristici.org.

Talk about these stories and deepen your love to Jesus in the Eucharist. Be ready to share his love with others through those stories and with your own life story.



CLOSING PRAYER

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

BACKGROUND FOR THE CATECHISTS

CCC 1340 By celebrating the Last Supper with his apostles in the course of the Passover meal, Jesus gave the Jewish Passover its definitive meaning. Jesus' passing over to his father by his death and Resurrection, the new Passover, is anticipated in the Supper and celebrated in the Eucharist, which fulfills the Jewish Passover and anticipates the final Passover of the Church in the glory of the kingdom

CC 1328 The inexhaustible richness of this sacrament is expressed in the different names we give it. Each name evokes certain aspects of it. It is called: Eucharist, because it is an action of thanksgiving to God. The Greek words *eucharistein* and *eulogein* recall the Jewish blessings that proclaim – especially during a meal – God's works: creation, redemption, and sanctification.

CCC 1329 The Lord's Supper, because of its connection with the supper which the Lord took with his disciples on the eve of his Passion and because it anticipates the wedding feast of the Lamb in the heavenly Jerusalem.

The Breaking of Bread, because Jesus used this rite, part of a Jewish meal when as master of the table he blessed and distributed the bread, above all at the Last Supper. It is by this action that his disciples will recognize him after his Resurrection, and it is this expression that the first Christians will use to designate their Eucharistic assemblies; by doing so they signified that all who eat the one broken bread, Christ, enter into communion with him and form but one body in him...

