



### *Opening Prayer*

*Like the deer that yearns for running streams,*

*So my soul is yearning for you, my God.*

*My soul is thirsting for you, the living God.*

*(Psalm 42: 1-2)*

### **Lumen Gentium    The Document on the Eucharist    Vatican Council 11**

The Eucharistic sacrifice, the source and summit of the Christian life, is where we offer the divine victim to God and ourselves along with it. So it is that, both in the offering and in the Holy Communion, each in her own way, has her part to play in the liturgical action. Then strengthened by the body Christ in the Eucharistic communion, she manifests in a concrete way that unity of the People of God which this holy sacrament aptly signifies and admirably realises. (para. 11)

Through the Eucharist, as well as through reading Scripture and times of quiet prayer, Vincent and Louise tried to unite themselves with Christ. Indeed, the Christian journey is nothing else than ‘putting on Christ’. By feeding the hungry, clothing the naked, befriending the prisoner...by being the love of Christ we ‘put on Christ’. **We manifest in a concrete way that unity of the People of God which the Eucharist aptly signifies and admirably realises.**

### **Reflection**

- How do I prepare for the Eucharist?
- How attentive am I during the mass?
- Do I take the opportunity to spend time in front of the tabernacle?

## AIC Reflection

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- Do I attend special times of Eucharistic Adoration?
- What role does the Eucharist have in my relationship with Christ?
- What role does the Eucharist have in my relationships with other people?

### Suggestion

Create an opportunity for all the members of the group to attend mass together or to have time before the Blessed Sacrament together.



### The Words of Louise

I long for you with all my heart, O Bread of Angels. Do not consider my unworthiness which keeps me away from You, but listen to Your love which has so often invited me to approach you. Give Yourself entirely to me, my God. May Your precious body, your holy soul, and Your glorious divinity, which I adore in this Holy Sacrament, take complete possession of me. Sweet Jesus! Gentle Jesus! My God and my All! (SWL. p834)

### *Closing Prayer*

*The bounty of God's grace, through the gift of the Holy Spirit, empowers you to grow strong in your innermost self. Thus Christ may dwell in your heart through faith. So rooted and growing in love with all the People of God, you shall have the strength to take hold of the whole Way. Embraced by the love of Christ which is beyond comprehension, you will be filled with the utter fullness of God. All glory to God whose power working in us can accomplish far more than we can ask or imagine. Glory to God forever.*

*(Ephesians 3; 16-21)*