

Beautiful Eucharist

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Introduction: *Matthew Kelly* (pgs. 1 – 10)

Two times people **fled from Jesus:**

1). After His arrest and crucifixion

2). When He said, *I am the bread of life...Unless you eat the flesh of the Son of Man and drink His blood, you have no life in you.* (John 6:48, 53)

REFLECTION 1: *Will you flee from Jesus or remain by His side?*

REFLECTION 2: *What would happen to you if you left the Catholic Church?*

REFLECTION 3: *Danger! Danger! When go to Mass on Sunday, danger is thinking that the music and homily are the most important things...Why?*

Two aspects of Divine Revelation: Scripture and Tradition

QUOTE:

“Once we believe in the Eucharist, we are given the grace to look beyond a bad homily.”

“Great faith and great doubt often go hand in hand.” (Ref: Lanciano, Italy)

“You are a delicate composition of body and soul.” (Ref: Genesis 2:7)

“If you can prove everything scientifically, there would be no need for faith.”

“If you want a life-changing experience, go to an Adoration Chapel and sit there in Jesus’ presence.”

“Grace is the assistance GOD gives us to do what is good, true, noble and right.”

“The Eucharist is the ultimate superfood for the soul, loaded with grace to keep you spiritually healthy, give you the wisdom and strength to choose the right path, and fight off diseases like selfishness and other related vices and bad habits.”

Chapter 1: Mass was Boring...Until this Happened, Jackie Francois Angel (pgs. 11 -16)

“Mass (as a teenager) was like learning about another history fact...”

Considered himself a 50% Catholic...went through CCD, all sacraments, even World Youth day in Rome, he could appreciate the history and art work...but something changed when he was 18 yrs. old. Attended a youth retreat that lead up to a conference in Steubenville.

1). **Watched** and **listened** as others his age shared their faith and were alive with great joy, deep wisdom and knowledge (Divine Mercy Chaplet, Padre Pio, etc.)

2). Attended daily Mass for one week straight

3). Had multiple encounters with Eucharistic Adoration

4). Spent time singing, praying, journaling and being silent

Returned home, attended daily Mass, started reading every book, document, and teaching of the Church; began writing music about his love for Jesus; he learned:

- Eucharist/Mass is a covenant relationship
- Jesus is the bridegroom and we (Church) is His bride
- Every Mass is a wedding feast
- Every Mass is a foretaste of the eternal wedding feast of Heaven
- Eucharist is *where we become one flesh with GOD, our Beloved*

Pope Benedict XVI: The Spirit of the Liturgy:

“In the Eucharist a communion takes place that corresponds to the union of man and woman in marriage. Just they become ‘one flesh’, so in Communion we all become ‘one spirit’, one person, with Christ.”

Forms of Intimacy with GOD: His Word in Scripture, praying in silence, singing in praise, gazing at His face in Eucharistic Adoration and the greatest, most beautiful is the Eucharist; *“...the source and summit of the Christian faith...”* (CCC 1324); called **Holy Communion** because by *“...this sacrament we unite ourselves to Christ, who makes us sharers of His Body and Blood to form a single body.”* (CCC 1331)

QUOTE: *“The happiness you are seeking, the happiness you have a right to enjoy has a name and a face: it is Jesus of Nazareth, hidden in the Eucharist. (Pope Benedict XVI)*

READ: Mat 11:28:30; *Your God is Too Boring* (Jon Leonetti); YouTube Channel @JackieFrancois

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50 **Chapter 2: Why do you do that?**, *Father Mike Schmitz* (pgs. 17 - 21)

51 In college, Mass was celebrated with all around the altar and Eucharist was a loaf of bread that was
52 *ripped off* and given to all; crumbs fell on floor; everyone left except one person...he was on his knees
53 eating the crumbs off the floor. When asked. "Why?", he told this story:

54 **Location:** Communist China **Goal:** Suppress religion **Story:** Communist destroyed village church and
55 threw tabernacle out window where it broke open and Eucharist was scattered on the ground. The priest
56 was on house arrest and could not leave and watched in horror. That night a 12 yr. old girl from his parish
57 began picking up Eucharist from the ground with her tongue...she knew she could only receive one per
58 day and did this every night until she had eaten every one; on the last night, she made a noise that drew
59 the soldiers who beat her to death with butt of their rifles...

60 His reply to the question: That is why I do this because "...one drop of the precious blood of Jesus is
61 enough to save the world...He give His whole self to me...I cannot but give my whole self to Him."

62 **QUOTE:** "This morning my soul is greater than the world since it possesses You, You whom heaven and
63 earth do not contain." *St Margaret of Cortona*

64 **REFLECTION 4:** *When was the last time you did something wholeheartedly? How would your life change
65 if you gave your whole self to Him?*

66 **READ:** *How to Make Great Decisions* (Fr. Mike Schmidt); *Understanding the Mass: 100 Questions, 100
67 Answers* (Mike Aquilina)

68
69 **Chapter 3: Do you know where you're going?**, *Lisa M. Hendey* (pgs. 23 - 32)

70 Raised in devout Catholic family; pastor Fr Collins from war torn Ireland/Europe (learned Scripture was
71 meant to be read, shared, lived and Mass was a *vibrant act of worship*, Eucharist was *True Presence of*
72 *Jesus Christ*; taught early years by Poor Clare Missionary Sisters from Mexico (very strict)-learned
73 *spiritual discipline* and *intentional generosity*; then taught by Sisters of St Frances from Syracuse, NY with
74 skateboards and guitars (in 1960's-after Vatican II)-learned, "*God loved me unconditionally...*"

75 **Fr Collins:** Loved the Mass, transformed young parish into missionaries to live Church's *social teaching*.

76 **Family Life:** Sunday afternoons was *Mass Quiz Question* game; her father loved the Rosary and was part
77 of family culture of deep love for Jesus and trusting intercession of His Mother

78 **Education:** High School (1977): Catholic School: Routine of receiving Holy Communion daily, ministering
79 to each other; College (University of Notre Dame-1988); same beautiful routine; her studies included
80 travel and she visited/received Holy Communion at many churches – even though language barrier,
81 she ...*knew I was home*; married *love of my life* (22 yrs. old-he was not Catholic); attended *Pre-Cana*
82 classes together; he became Catholic after many years on God's time...

83 **Lesson Learned:** She tried to force her husband's conversion; learned to stop concentrating on him and
84 prioritize her own journey; (*wjf-Let go and let God...*); Others have to have their own faith journey and
85 God will lead them

86 **Other challenges to faith:** Parents deaths at young ages and two weeks apart and many other *life*
87 *challenges* but remained *fully, inexorably bound to the gift of Jesus Christ, truly present in the Eucharist*.

88 **When others question her belief**, she asks them to, "...*pray for me, that I may be worthy of the bountiful*
89 *love God shares with me. And I share that I hope that they too will experience this love.*"

90 **QUOTE:**

91 "*Loving God and being loved by God is not a magic bullet that helps us avoid suffering or hardship*
92 *in our lives. At times, my heart is so full of varying emotions after having received Communion*
93 *that I am moved to silent tears.*"

94 "*The Eucharist is not a potion for power or a portal to the perfect life. It is, rather, a balm,*
95 *a warm hug, an indescribable gift that compels us to, in turn, give to those around us...*
96 *we are called to **regenerative love**...through, with and in Him, hope overflows.*

97 "*The most deadly poison of our times is indifference. And this happens although the praise*
98 *of God should know no limits. Let us strive therefore to praise Him to the greatest extent of*
99 *our power.*" *St Maximilian Kolbe*

100 **READ:** *The Secret of the Shamrock* (Lisa M. Hendey); *Made for More* (Curtis Martin)

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101

102 **Chapter 4: What I Learned from a Muslim about Eucharistic Adoration**, Peter Kreeft (pgs. 33 - 40)

103 *“Every American knows our culture is in crisis. And every Catholic knows that crisis has*
104 *infected the Church as well as the world but what is at the root of the disease?”*

105 **ANSWER:** *“It is Christ-lessness...crisis of faith in Christ’s real presence.”*

- 106 • Parishes have many, many *Martha-like “activities”* but with a *“remoteness from The Person”*.
107 • Catholics have everything Protestants have...but they lack the *fulfillment* of Christ that
108 supersedes just the subjective and imperfect presence of Him in souls; He is fully present in the
109 Eucharist.

110 **Where is Christ present now?** 1). In His Church through the Sacraments (especially the Eucharist) and in
111 souls and lives of those who believe in Him.

112 **What will happen if we neglect especially if we neglect the Sacraments?...** sound of coffins being built

113 **What will we hear if we rediscover and adore Him?...** sound of *blazing fire, dry bones coming to life,*
114 *shouts of joy Scripture and music* from the soul.

115 **How do we get this joy back?** Recognize real presence and responding with adoration.

116 **What holds us back?** We only need ***faith*** and ***love***.

117 **What do you do when you adore?** Sit in silence...tap into *the root*...Blood and Body of Christ!

118 **QUOTE:** *“All the answers are in the tabernacle.”* Matthew Kelly

119 **READ:** *Jesus Shock* (Peter Kreeft); *Rediscover Jesus* (Matthew Kelly); *What I learned from a Muslim about*
120 *Eucharistic Adoration* (Peter Kreeft)

121

122 **Chapter 5: Come Away to a Quiet Place**, Jenna Greiwe (pgs. 41 - 46)

123 **Angie, the Youth Director:** Every week told the teens, *Jesus loves you; even if only person in the world,*
124 *He would still have died for you.* How did she know this for sure? Once per month, she took teens to pray
125 together, kneel or sit in front of altar and Blessed Sacrament... just spending time in silence and stillness
126 with Him, no phones, no social media, no distractions, just each of us with Him in silence. Jesus said,
127 ***“Come away by yourselves to a lonely place, and rest a while.”*** Mark 6:31

128 **Talking with Jesus:** Angie suggested to teens to *picture Jesus as if He is sitting up there on the altar –*
129 *because He is. He’s just talking to you and you’re talking to Him. What does He want to tell you? What do*
130 *you want to say to Him?*

131 **EVERYTHING Changed:** More time I spent in adoration, more personal the relationship with Him; in my
132 life was more stillness, calm, prayer, joy, even in chaos, problems and anxiety...He was always there...

133 **EUCCHARIST:** Holy Communion was *radically more meaningful*

134 **WORLD changed:** As became wife, mother, full time worker, hard to find the *quiet place*...but I do, even if
135 only 5 minutes (and I bring my kids), *peace and clarity* returns

136 Just talk to Him: *He will give you exactly what you need*...and then some.

137 **QUOTE:** *“We become what we love and who we love shapes what we become.”* St Clare of Assisi

138 **READ:** *Mindful Catholic: Finding God One Moment at Time*, (Dr Gregory Bottaro); *Stop Worrying and*
139 *Start Living*, (Gary Zimak)

140

141 **Chapter 6: Right Here, Right Now, No Other Place I’d Rather Be!**, Bishop Andrew Cozzens (pgs. 47 - 52)

142 Important to teach Real Presence in Eucharist: Helps understand what means to be a *disciple* (student,
143 learner of Gospel=*Jesus is Lord!*)

144 **Christ as front and center:** Talk with Him on what to do...He is REAL and in the Eucharist!

145 **ZAPPED!:** Bored young man at youth conference, priest inspired by Holy Spirit to tell him, *“God wants to*
146 *do something for you tonight!”* Eucharistic procession around stadium, young man *experience Jesus* and
147 his heart opened, *discipleship* became a *real thing* in his life; he ***sensed*** Jesus in his heart.

148 **Food for your Soul:** Most *intimate* way that Jesus comes to you as *food for your soul*.

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149 **Create the environment:** Adoration, devotions, music, candle-lit processions...we experience Him as
150 *embodied persons* not just intellects – that what changes our hearts.

151 **QUOTE:** “Lord, I leave the past in Your mercy, the future in Your providential care and the present
152 moment in Your love.” St Padre Pio

153 **READ:** *Do Something Beautiful for God: The Essential Teachings of Mother Theresa*

154

155 **Chapter 7: Your Most Urgent Need**, Bishop Fulton Sheen (pgs. 53 - 58)

156 “Our hearts were made for thee, O Lord, and they are restless until they rest in thee.” St Augustine

157 “If life is or if life is to live, it must nourish itself. If divine life is to live, it needs to be nourished and
158 demands nourishment that is suited to its nature...for the SOUL, that

159 is the Eucharist.”

160 “All life lives by other life and the joy of living is enhanced by communion with another form of life...”

161 **How is Man different from other forms of life?** He is *body* AND *soul*...both need nourishment

162 **Plants to body of Animals:** “Unless you eat me, you shall not have life in you...”

163 **Animals to the body of Man:** “Unless you eat me, you shall not have life in you...”

164 **Christ to soul of Man:** Unless you eat me, you shall not have life in you...”

165 **TRANSFORMATION:** Chemicals into plants, plants into animals, animals into man, and Man into CHRIST

166 **Pelican:** A pelican wounds itself in order that it might nourish its young; Christ is *Divine Pelican*; He is our
167 most urgent need.

168 **QUOTE:** “I am not capable of doing big things, but I want to do everything, even the smallest things, for
169 the greater glory of God.” St Dominic Savio

170 **READ:** *Finding True Happiness* (Fulton Sheen); *The Wisdom of Fulton Sheen*

171

172 **Chapter 8: The Eucharist: God’s Hiding and Our Seeking**, Bobby Angel (pgs. 59 - 66)

173 **Eucharistic Adoration at 17:** Weird...kneeling before piece of bread in a *Monstrance*? (Latin: “to show”)

174 **LIAR, LUNATIC or LORD:** Crazy Catholics – picked LORD (No in-between)

175 **Steubenville, Ohio - 2003:** Youth conference at Eucharistic Adoration-profoundly changed him;

176 understood that Jesus knew him, loved him and was waiting for him in Eucharist

177 **HIDE and SEEK:** Why does God hide from us? *God where are you?*

178 “God’s ways are not our ways...” (Is 55:8-9): We will not have all the answers...it is a great *mystery* to be
179 experienced...He promised to be with us and does this as *literal food* for the journey

180 **Hidden GOD:** Only Moses saw His back (Gen 33:20), otherwise He was always hidden

181 **The GAME:** The simplicity of the game *Hide and Seek* is being “*sought*” after and being “*seen*”. God
182 wants us to discover Him with our own eyes.

183 **PURSUE HIM:** “Only the childlike can inherit the Kingdom of Heaven.” (Matt 18:3); “God never ceases to
184 draw man to Himself...He never ceases to call every man to seek Him, so as to find life and happiness.”

185 (CCC 27-30); “See and you will find; knock and it will be opened to you.” (Matt 7:7)

186 **INVITATION:** Eucharist is God’s *eternal* invitation to find Him...go to the Eucharist.

187 **QUOTE:** “All darkness in the world cannot extinguish the light of a single candle.” St Francis of Assisi

188 **READ:** *Three Days: The Search for the Boy Messiah* (Chris Stepien)

189

190 **Chapter 9: The Ultimate Proof of God’s Love**, Father Eric Boelscher (pgs. 67 - 74)

191 **GOD loves YOU:** Often sounds like *empty phrase*; we demand *proof*; we long for that to be true (See 1
192 Cor 1:22-25); He gives counter-culture truth on the Cross and Scripture from beginning of time

193 (Adam/Eve, Abraham, Moses)

194 **SIGNS and more SIGNS:** Examples of God’s love and mercy as sacrifice throughout Old Testament; David

195 in Psalm 22 describes Lord’s crucifixion; Ezekiel 9, “...those who love *real worship* will receive God’s

196 mercy, and consequently be marked with a symbol upon their forehead...” that looks like a cross; Jesus

197 repeatedly tells us to take up our own cross

198 **New Testament Gospels:** Repeats cross’s *gift of mercy* through sacrifice (1 Cor, Revelations)

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199 **Sacrificial Worship:** In Heaven, happens by God's will, and takes place at the base of the **promised tree**
200 **of life!**

201 **"Sacrifice is the language of LOVE. MERCY comes from LOVE."**

202 **Breaking and Mending:** When human relationships break, *sacrifice heals*; Love and sacrifice is written on
203 every page of our lives.

204 **PROOF:** GOD loves YOU – found in every Catholic's eyes on every altar-the *re-presentation* of the *one,*
205 *eternal sacrifice of Christ on His Cross-* the **essence of the Eucharist**; Christ Himself offered to us now and
206 for eternity; arms on cross stretch from Heaven to earth...

207 **Carthusians:** Ancient order of nuns and monks motto, *"The Cross stands steady, as the world turns."*

208 **MERCY:** Christ's great MERCY is written in history and in our hearts as *immovable sign of His life* given in
209 every sacrifice in every Catholic Church.

210 **QUOTE:** *"We do pray for mercy; And that same prayer doth teach us all to render the deeds of mercy."*

211 William Shakespeare

212 **READ:** *Everybody Needs to Forgive Somebody* (Allen Hunt)

213

214 **Chapter 10: 30 Words that Revolutionized My Life,** *Dr. Allen Hunt* (pgs. 75 - 82)

215 *"The Lord Jesus, on the night He was betrayed, took bread, and when He had given thanks,*

216 *He broke it and said, 'This is My body, which is for you.'"*

217 These words revolutionized my life. (Dr Allen Hunt)

218 **Fr Steven (Catholic priest), Allen Hunt (Methodist pastor) and Sr Rose:** Met Fr. Steven in graduate
219 school; life-long friends; invited to preach at retreat for cloistered nuns; met Sr Rose, who asked him,
220 *"Why aren't you a part of The Church? (3x)*

221 **OBSTACLE:** Believing Eucharist is Real Body and Blood of Jesus Christ

222 **ANSWERS:** Sr Rose – St Paul to Corinthians, 1 Cor 11:23-26

223 **FAST FORWARD:** Crisis of Conscience: Over time, he had *"... a yearning to know Jesus in most intimate of*
224 *ways..."*; left pastorate of 15,000 people to become Catholic; experience *"...privilege and joy of receiving*
225 *Jesus in the Eucharist..."*

226 **CHALLENGE for us:** *"...never take for granted the extraordinary of the Eucharist..."*

227 **QUOTE:** *"Pray to be ever ready for God's will even when it takes you by surprise..."*, St Mary MacKillop

228 **READ:** *The Turning Point: Eight Encounters with Jesus that Will Change Your Life* (Dr Allen Hunt)

229

230 **Chapter 11: Why I Lied to My Pastor about First Communion,** *Sister Helena Burns, FSP* (pgs. 83 - 90)

231 **First Communion:** Seven years old and pretending to believe so can have the party, the white dress, the
232 gifts, the attention; was expected in very Catholic family; she was very *literal* child, always looking for
233 *deeper meaning*

234 **High School:** Was a *Deists*¹ (no personal, caring God, no Trinity)-alone in the world, and *existentialist*²,
235 became *suicidal* – *"...I did not why I was alive... what the purpose of human life was in general..."*

236 **CRY for HELP:** Decided to kneel and speak directly to the *impersonal God*, *"Oh God, if You can hear me, I*
237 *need Your help because I don't know why I'm alive and I don't want to live anymore..."*, went to sleep

238 **ANSWER to the CRY:** Next morning, could feel His presence, knew He loved her, knew answer to many of
239 her questions (*Infused knowledge*); *decided to go to different churches-started with Catholic Church*

240 **Why be Catholic?** The Most Blessed Sacrament! -She needed to *stop disbelieving*

241 **PRAYER for HELP:** She had to know if Jesus was truly in the Eucharist...went to Church, *"Jesus, if you are*
242 *in the tabernacle, I will accept the Catholic Church's teachings, lock, stock and barrel, and stop rejecting*
243 *them, and strive to understand them. So, are you there, Lord? Stared at tabernacle, "He said, 'YES!!!'"*.

244 **HER PURPOSE:** Four days later decided to become a Sister with the *Daughters of St Paul*.

245 *"What matters isn't that we grasp why. What matters is whether or not we say, 'YES'."*

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249 **Chapter 12: Why Didn't Anyone Tell Me This?**, Matt Warner (pgs. 91 - 98)

250 **Booze Cruise:** He was reading a borrowed, half-finished Catholic apologetics book while on beach in
251 Bahamas; had to face his religion not just a *personal preference* but was also TRUE... he wanted to know
252 MORE...

253 **CHANGE:** Wanted to know more; felt everything believed about the Church was *...straightforward and*
254 *logical* (not easy)

255 **EUCCHARIST:** 1). Scripture is clear on it, 2). 1st generation Christians believed it, 3). Early Christians *died* for
256 it, 4). Until 1500's, believed the Eucharist was Christ Himself; the "*...logical worldview as a Christian is a*
257 *Eucharistic one.*"

258 **QUESTION:** How do we share the *Good News* in a culture that thinks it's old news?

259 **ANSWER:** Multifaceted – 1). *limited by a person's capacity to receive it... 2). by the relationship with*
260 *person they are speaking with...3)...their WORLDVIEW..."*

261 **CRISIS of IMAGINATION:** Most important part of *imagination* is seeing things that are the most
262 *real...because most important parts of life are INVISIBLE...*"; Thoughts, values, angels, love, prayers,
263 forces that hold universe together (grace)...miracles hidden beneath the ordinary, EUCCHARIST

264 "*The modern imagination needs an expansion before it can understand the explanation.*"

265 **God's Story/Our Story:** We live in a *great adventure*, with a *meaningful mission*, in a *supernatural world*
266 that is both *natural* and *logical*: John 6:55, "*...my flesh is true food, and my blood is true drink...*"

267 **QUOTE:** "*Reason is in fact the path to faith, and faith takes over when reason can say no more.*" Thomas
268 Merton

269 **READ:** *Messy and Foolish: How to Make a Mess, Be a Fool, and Evangelize the World* (Matt Warner);
270 *Everybody Evangelizes About Something* (Matthew Kelly)

271 **Conclusion: Get Close and Stay Close**, Matthew Kelly (pgs. 99 - 106)

272 Early Life: Public Speaker/Writer at 19 yrs. old attending business school; grew up Catholic in Sydney,
273 Australia; experienced *vastness* of the Church and her beautiful churches – why the *beautiful churches?*

274 **ANSWER:** Because we truly believe that Jesus is present in Eucharist – you can *sense* the sacredness...

275 **ALL ANSWERS:** Ask Him in the Tabernacle; receiving Him in the Eucharist if the ultimate spiritual
276 experience...Jesus took this time often with His Father

277 **The Church's Greatest Gift:** The quiet places, churches, chapels, retreat centers, monasteries,

278 "*...the sooner you start taking your spiritual life seriously, the happier you will be...*"

279 **The China Story:** American missionary to China, then became a Priest returned to China (incognito)
280 where priests and bishops in prison for refusing to allow Communist government to control their
281 churches; 2nd night, awoke to noise of *people going to the wall* – a small, dilapidated wall that held a
282 *monstrance* where everyone knelt in silence for one hour of adoration ...they had no priest; they had not
283 had Mass for over 10 yrs. but risked their lives for 1 hour of adoration every two weeks. He told them he
284 was a priest; next night returned to wall, said Mass and replaced the HOST, "*...the highlight of his*
285 *priesthood...*"

286 **What are you seeking?:** Clarity, healing, peace, and purpose – *ALL THE ANSWERS ARE IN THE*
287 *TABERNACLE.*

288 **CHALLENGE for YOU:** This week, stop by a church for 10 minutes each day and spend time in quiet. Sit
289 before Jesus in the tabernacle, preferably in the morning

290 **CONCLUSION:** Jesus awaits you in the Eucharist. *Come into the silence and let Him change your life.*

291

292 ¹**Diets** (Noun): Belief in existence of a God on evidence of reason/nature only, with rejection of supernatural revelation
293 (distinguished from theism); belief in a God who created the world but has since remained indifferent to it. **Theism** (Noun):
294 Belief in existence of a god or gods, especially belief in one god as creator of the universe, intervening in it and sustaining a
295 personal relation to his creatures. There are many different forms of theism

296 ²**Existentialist** (Noun)

297 A philosophy of human nature that identifies people as having free will to determine the course of their lives. It emphasizes
298 individual responsibility to create meaning rather than relying on a higher power or religion to determine what is important,
299 valuable, or morally right.