

# **PILLAR I**

## **EUCCHARISTIC ENCOUNTER IN PRACTICE**

Ways of Encounter with our Eucharistic Lord.

One need not try to do all of these but could do at least some of them!

- Make sure to get to Mass on Sunday, or its Saturday afternoon/evening Vigil Mass.
- Attend Mass on all Holy Days of Obligation!
- Eucharistic Holy Hour once a week by yourself or with family member or friend.
- Join a Eucharistic Procession at a Parish near you! Eucharistic Processions are beautiful! They touch the heart, and give public witness to our faith in the Real, Substantial Presence of the living Lord Jesus, truly present in the Blessed Sacrament: Body, Blood, Soul, and Divinity.
- Ponder meditations on Eucharistic Institution Passages in New Testament:
  - Gospel of St. Matthew---Chapter 26: Verses 26-30
  - Gospel of St. Mark---Chapter 14: Verses 22-26
  - Gospel of St. Luke---Chapter 22: Verses 14-20
  - St. Paul's First Letter to the Corinthians---Chapter 11: Verses 23-32
- All of the Gospel of St. John, Chapter 6
- Visit the Ringling Museum of Art, Sarasota, FL and enjoy the Eucharistic Art Exhibit. The Rubens Room contains four immense canvasses of the "Triumph of the Eucharist" by 17<sup>th</sup> Century Artist, Peter Paul Rubens.
- Spend 10 minutes of silence per day sitting in a Catholic Church in front of the tabernacle. Just you and Jesus!
- Read one book this year on the Eucharist or on a Saint who was particularly known for his/her Eucharistic devotion, e.g. St. Peter Julian Eymard, St. Clare of Assisi, St. Pio of Pietrelcina, Ven. Fulton Sheen, etc. Lots of resources here <https://dioceseofvenice.org/eucharistic-congress/year-of-mission/> (scroll down to Resources for the Year of Mission).