Parish Resources

Diocesan Plan
Parish Guide
Witness Guide Sheet
Resources on the Eucharist
Calendar
Fewer than one-third of Catholics believe the Eucharist is the actual body and blood of Jesus Christ, the Pew Research Center found in a recent poll.

With this loss of understanding and authentic experience, the need for a year on the Eucharist was clearly evident. The following excerpt from St. John Paul's encyclical Ecclesia de Eucharistia clarifies why our belief in the Real Presence is essential. “The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates the heart of the mystery of the Church. In a variety of ways she joyfully experiences the constant fulfillment of the promise: “Lo, I am with you always, to the close of the age” (Mt 28:20), but in the Holy Eucharist, through the changing of bread and wine into the body and blood of the Lord, she rejoices in this presence with unique intensity. Ever since Pentecost, when the Church, the People of the New Covenant, began her pilgrim journey towards her heavenly homeland, the Divine Sacrament has continued to mark the passing of her days, filling them with confident hope.

The Second Vatican Council rightly proclaimed that the Eucharistic sacrifice is “the source and summit of the Christian life”. “For the most holy Eucharist contains the Church's entire spiritual wealth: Christ himself, our passover and living bread. Through his own flesh, now made living and life-giving by the Holy Spirit, he offers life to men”. Consequently the gaze of the Church is constantly turned to her Lord, present in the Sacrament of the Altar, in which she discovers the full manifestation of his boundless love.”

This document intends to serve as a guide, helping to establish or re-establish the Eucharist as the source and summit of the Christian life. Through parish and diocesan efforts, we aim to provide parishioners opportunities to increase understanding, deepen appreciation, and further experiences with Jesus Christ, in the Eucharist.

"Understanding" includes anything geared toward continuing education (talks, conferences, online resources, etc).

"Appreciation" would encompass things that serve to enhance people's ability to have a deeper encounter with Christ in the Eucharist - examples would include the arts (music, poetry, and visual arts), as well as people's personal witness about how the Eucharist has impacted them in their own life.

"Experience" would involve ideas for creating opportunities for encounters with the Real Presence.
**Understanding**

- Provide a series of catechetical materials specific to the Eucharist (one page resource attached)
- Educational monthly focuses for the year taken from Bishop’s Pastoral Letter encourage to be developed from September to May. These to be promoted in parishes and schools.
  1. Divine Physician in Time of Pandemic
  2. Eucharistic Images
  3. Vocation of the Holy Priesthood
  4. The Sacrament of Unity
  5. Threefold Communion
  6. Eucharistic Mission
  7. Eucharist and Catholic Schools
  8. Real Presence and Eucharistic Devotion
  9. Our Lady – The First Tabernacle
- Feature a Saint each month of the Year of the Eucharist (see calendar attached)
- Diocesan events will all have a focus on the Eucharist (Men’s Conference, Women’s Conference, Congreso and CYC)
- Plan and Host Eucharistic Congress, April 10 (Saturday Following Easter)
- Utilize Diocesan web page
- Provide a reflection booklet on Bishop’s Pastoral Letter for individual or group use

**Appreciation**

- Encourage prayer of the Anima Christi (prayer cards available)
- Feature video (written) testimonies from a wide array of Catholics from throughout the Diocese about their love of the Eucharist (guidelines attached). Post stories to the web page

**Experience**

- Invite parishes to provide more opportunities for Adoration to make more availability for parishioners to pray before the Blessed Sacrament
- Encourage First Friday Mass and Holy Hour at parishes and schools
  - Bishop Daly to preside at these First Fridays throughout the Diocese, being present in each Deanery for at least one Friday. Location to be determined by the Dean and date to be arranged with Bishop’s office.
- Maintain a calendar of Eucharistic Events hosted throughout the Diocese
- Tour Eucharistic Miracle exhibit throughout the diocese
**Understanding**

- Publish, Advertise, or Make Available Online Resources on the Eucharist
  - Formed.org
  - Bishop Barron's Series on the Mass
- Offer an Adult Formation Series Directly on the Eucharist
  - Tie in the Eucharist to other themes (e.g. covenant, marriage, etc.).
  - Sacrosanctum Concilium.
  - The Experience and Effects of “Fasting from the Eucharist.”
    - Personal experiences, devotions, and awareness of Christians who do not have ready access to the Eucharist.
- Homilies Emphasizing the Eucharist
- Monthly Bulletin Letter on the Eucharist (Parochial or, perhaps, diocesan)

**Appreciation**

- Eucharistic Posters Made/Displayed in Parishes/Halls/Schools
- Capture and publish written and video testimonials

**Experience**

- Adoration, Eucharistic processions, encouraging participation at daily Mass, etc.
- Increased Adoration Opportunities (Perpetual or Solemn Holy Hours).
  - St. Faustina’s Diary: Holy Hour of Eucharistic
  - Adoration as a vigil for every solemnity.
- Monthly Diocesan wide time for Eucharistic Adoration.
  - Eucharistic Procession (Corpus Christi, Holy
  - Thursday [transitioning the Blessed Sacrament to the Altar of Repose]).
- Prayer of Preparation prior to the beginning of Mass.
- Adding a Chant Mass to the Sunday schedule.
- Regional (or Diocesan) Eucharistic Congresses
- Encouraging Daily Mass Participation
- Host Eucharist Miracle exhibits
Creating Witness Video
To help celebrate the Year of the Eucharist, consider (with your pastor’s permission) creating witness videos that profess Christ’s true presence in the Eucharist. A witness video is a short video where one or more people directly address a camera and speak about the true presence and how that affects their lives. These do not need to be professional speakers and the videos do not need to be fancy or long. Short 30-60 second videos of ordinary people speaking from the heart, simply shot, will have the greatest impact.

Identify Candidates & Ask
Anyone who believes that Christ is truly present in the Eucharist and is comfortable sharing his or her faith is a perfect candidate for a witness video. Try to get a mix of people from different age groups and backgrounds. Extraordinary Ministers of the Eucharist, daily communicants, members of youth groups, adoration attendees, and members of small groups are all likely candidates. Introduce yourself and explain what you’re doing and why; ask if they’d be willing to share their faith. Answer any questions that they might have, and reassure them that after you film, you will allow them to view their response, and, if they so choose, delete it or redo it. It may be helpful to emphasize that their comments do not need to be profound, so long as they are honest. A simple but heartfelt witness is more desirable than an eloquent but insincere one. Be sure to have your subject grant permission to use their testimonial on your website or within your social media platforms.

Check Your Location
Make sure that you are in a suitable location for video. There should be ample light, a background that is not distracting, and it should be quiet enough that you will be able to clearly hear the subject’s witness. Make sure that your video will not disturb anyone else around you. Selecting a location where there is not a strong echo will help ensure that the audio is clear.

Practice
Offer your subject the opportunity to do a quick “dress rehearsal” of what they want to say before you start recording, or, if they prefer, start filming right away.

Record
Record the witness horizontally. Do your best to keep the camera or phone steady. If you have one, feel free to use a tripod or other type of support. Focus the camera on the speaker’s shoulders and head, that way you will be close enough to capture facial expressions and hear the speaker clearly.

Review
Play the witness back for the speaker. If both of you are satisfied, move on. Otherwise, give the speaker an opportunity to try again. Share Forward the video to the person who manages your parish, school, or ecclesial ministry website and/or social media accounts to post. The “witness” may want to share it to their social media as well. The more people we share our witness with the better!
RESOURCES ON THE EUCHARIST

Adult & Teen

- **Presence DVD Series** - Augustine Institute
- **4th Cup** DVD by Scott Hahn - St. Joseph’s Communication
- **Eucharist** (DVD study and leader guide), Bishop Barron - Word on Fire
- **Feast of Faith** by Marcellino D’Ambrosia - Luminous Media
- **LECTIO**: Eucharist with Brant Pitre - Augustine Institute
- **Catholicism, Episode 7: Word Made Flesh, True Bread from Heaven** - Barron/Word on Fire
- **The Eucharist: Bible Study for Catholics** - Fr. Mitch Pacwa, SJ
- **Biblical Walk Through the Mass** (book & DVD) - Ed Sri
- **Elements of the Catholic Mass** - video series on Formed.org
- **Devotional Journey into the Mass: How Mass can Become a Time of Grace, Nourishment and Devotion** - C. Carstens
- **Altaration for Teens: They Mystery of the Mass Revealed** - Ascension Press
- **Symbolon** - Episodes 2,3
- Various LifeTeen and YDisciple Lessons
RESOURCES ON THE EUCHARIST

Childrens Books & Programs

- **My First Holy Communion** - Bishop Marrow
- **My First Holy Communion** - Sophie Piper
- **My Mass Book** - Our Sunday Visitor Curriculum Division
- **My First Holy Communion** - Deirdre Mary Ascough
- **Your First Communion** - Pope Francis
- **Jesus Speaks to Me On My First Holy Communion** - Angela M. Burrin
- **From Mass to Mission** (Understanding the Mass and its Significance for Our Christian Life For Children) - Joyce Donahue
- **The Mass** - Susan Bateman
- **The Mass Book for Children** - Rosemarie Gortler and Donna Piscitelli
- **The Mass for Children** - Rev. Jude Winkler
- **The New Saint Joseph First Communion Catechism**
- **Friendship with Jesus** - Amy Welborn and Ann Kissane Engelhart
- **The Weight of the Mass, A Tale of Faith** - Josephine Nobisso
- **Jesus Speaks to Me About the Mass** – Angela Burrin
- **Stories of the Blessed Sacrament** - Magnificat, Ignatius
- **Blessed** (1st Communion prep) – Dynamic Catholic
- **Signs of Grace** (1st Communion prep) - Augustine Institute
- **Family of Truth**, Vol 2, January
RESOURCES ON THE EUCHARIST

Videos

**Eucharist**-- 1.07 minute on CatholicsComeHome.org
https://vimeo.com/119794643

**Real Presence: Do You Believe?** By Sensus Fidelium- 22.42 minutes
https://www.youtube.com/watch?v=410HsyU14pl

**The Hour that will Change Your Life** by Fr. Mike Schmitz - SEEK2015, 45.48 minutes
https://www.youtube.com/watch?v=LwWilkrLxTM

**The Eucharist** by Sophia Institute for Teachers SketchPad - 6.38 minutes
https://www.youtube.com/watch?v=QcB7Uem00n4

This video focuses on the Eucharist, explaining the connection between Original Sin, Christ’s death and Resurrection, and the Holy Mass.

**Resources on Formed.org:**
The Eucharist for Little Children (20m video)
There are many resources available for free on www.Formed.org for parishioners whose parish has a subscription. Do searches on EUCHARIST and MASS to see a large variety of options!
June
St. Juliana of Liège
June 14, 2020
The Most Holy Body and Blood of Christ (Corpus Christi)
Bishop’s Letter is announced
Diocesan dates are presented
Website is opened with dates and first testimonials are included
Anima Christi Prayer encouraged

July
St. Kateri Tekawitha & St. Tarcisius
July 6, 2020  *First Friday

August
St. Alphonsus Liguori
August 2, 2020  *First Friday

September
St. Clare of Assisi
**Educational Theme: Divine Physician in Time of Pandemic
September 7, 2020  *First Friday
September 14, 2020  Feast of the Holy Cross, Eucharistic Procession

*First Friday Deanery Celebrations with the Bishop throughout the Year
Northern, Western, Southern, Palouse, North Spokane, East Spokane, South Spokane
Details to be arranged with Dean and Bishop’s Office
**Educational Themes – Draw from Bishop’s Letter
**October**

Blessed Carlo Acutis & St Margaret Mary Alacoque

**Educational Theme: Eucharistic Images**

October 2, 2020  *First Friday*

October 10, 2020  Beatification of Carlo Acutis

**November**

St. Peter Julian Eymard

**Educational Theme: The Sacrament of Unity**

November 1-7, 2020  National Vocations Awareness Week

November 6, 2020  *First Friday*

November 22, 2020  Feast of Christ the King

**December**

St. Ambrose & St Catherine Labouré

**Educational Theme: Threefold Communion**

December 4, 2020  *First Friday*

Advent  Encourage participation in Reconciliation

“The Light is On”  Set a time for confessions across regions

**January**

St. Thomas of Aquinas

**Educational Theme: Eucharist and Catholic Schools**

January 1, 2021  *First Friday*
February
St. Therese of Lisieux and St. John Neumann
**Educational Theme: Eucharistic Mission

February 5, 2021  *First Friday
February 6, 2021  Men’s Conference (Eucharistic Theme)
February 13, 2021  Women’s Conference (Eucharistic Theme)
February 17, 2021  Ash Wednesday, (“The Light is On”)
February 26 -28, 2021  CYC (Eucharistic Theme)

March
St. Katherine Drexel
**Educational Theme: Real Presence and Eucharistic Devotion

March 5, 2021  *First Friday

April
St. John Chrysostom & St. Catherine of Siena
**Educational Theme: Vocation and the Holy Priesthood

April 1, 2021  Holy Thursday (Institution of the Eucharist)
April 10, 2021  Diocese of Spokane Eucharistic Congress

May
St. Paschal
**Educational Theme: Our Lady-The First Tabernacle

May 7, 2021  *First Friday

June
St. John Vianney

June 4, 2021  *First Friday
June 6, 2021  The Most Holy Body and Blood of Christ concluding celebration(s)