

Year of the
EUCHARIST

SOLEMNITY OF CORPUS CHRISTI 2020 - 2021
CATHOLIC DIOCESE OF SPOKANE

Reflection Guide

Pastoral Letter

The Most Holy Eucharist

Bishop Thomas Daly



INTRODUCTION TO YEAR OF THE EUCHARIST DIOCESAN AND PARISH PLANS

*“Now that our Eucharistic exile is over, let us return to our churches and joyfully **reflect** on the Eucharist together.” -Bishop Daly*

To reflect, is to think deeply or carefully about something. May we use this reflection guide as an aid to gain the most from the Bishop’s Pastoral Letter on the Most Holy Eucharist. Allow us to grow in **understanding**, and **appreciation** of Jesus fully present in the Eucharist through discussion and reflection guided by the Holy Spirit.

Secondly, may we **experience** the fullness of the gift of Christ himself. As Bishop Daly states, “the great wedding gift of Christ the Bridegroom to His Bride the Church...is the Most Holy Eucharist.” May we experience Jesus in the Eucharist allowing Him to “satisfy our spiritual hunger, filling us with an intense love of God and an ardent charity toward our neighbor.”

With Bishop Daly’s Pastoral Letter on the Eucharist as our primary guide for discussion, may we fully discover that “the Eucharistic sacrifice is the source and summit of the Christian life.”

Included are reflection questions for the nine sections of Bishops Pastoral Letter. The reflection questions can be used for personal reflection or used in a group setting.

Suggestions for group setting:

1. Identify a facilitator who helps keep discussions focused and manages time.
2. Allow everyone to share to the degree they feel comfortable.
3. Create an atmosphere that allow all to explore where they currently are in their relationship to Christ.
4. Begin and close with prayer.
5. Allow Bishop’s letter to guide group members closer to Jesus through the Most Holy Eucharist.

Resources

Bishop's Letter: dioceseofspokane.org/yearoftheeucharist

Bible: usccb.org/bible

Catechism of the Catholic Church: <http://ccc.usccb.org/flipbooks/catechism>

THE DIVINE PHYSICIAN IN A TIME OF PANDEMIC

Read

Pastoral Letter (pages 2-5)

Matthew 26:26-30 "The Last Supper"

Matthew 9:18-26 "Healing of the Official's Daughter and Hemorrhaging Woman"

Understanding

- Explain Jesus as the Divine Physician?
- Bishop speaks of "healing and unifying effect of the Eucharist," where do we need healing and unity in our world?
- How does the Eucharistic Meal bring healing to someone's life?

Appreciation

- How do you express gratitude to Jesus, especially when he brings wholeness and healing to your life?
- How have you shared what Jesus has done for you with others?
- How can Jesus in the Eucharist become your "overflowing core of love" and source of "inexhaustible life?"

Experience

- Where do you need healing in your life?
- How have you received healing from Jesus?
- As a member of the church how have you brought healing to others?

EUCCHARISTIC IMAGES

Read

Pastoral Letter (pages 5-8)

1 Peter 2:1-6 "Jesus, the Living Stone"

Luke 2:8-14 "Gloria"

Isaiah 6:1-3 "Sanctus"

Understanding

- What is the significance of Jesus as the living stone? How are we like living stones being assembled into a spiritual house?
- How do the stories of Abel, Melchizedek, and Abraham foreshadow the sacrifice of Christ himself?
- What is the significance of joining the angelic hymns? Why do we give praise to God?

Appreciation

- "Where the Eucharist is celebrated there is the threshold of heaven and earth." What aspect of the Mass are you most grateful for, because it gives a glimpse of this miraculous encounter?
- What visible sign in your parish (architecture, art, or music) are you grateful for? How does it guide you to the Real Presence?

Experience

- "Between one's first and last day, there are those many days when one first skips, then strolls, and finally shuffles to the altar of sacrifice to receive the Body and Blood of Christ. How are you approaching the altar? How has this changed with time?
- What images at your parish guide you toward Christ? How do they guide you?
- How do you see the priest in light of this statement, "In the words he speaks and in the actions he performs we encounter the unseen High Priest?" Describe a time when you have seen Jesus evident in your priest.

THE SACRAMENT OF UNITY

Read

Pastoral Letter (pages 9-11)

Catechism of the Catholic Church (CCC) 1396-1398

Understanding

- How does participation in the Mass make us "one" in light of the words following the consecration; "grant that we, who are nourished by the Body and Blood of your Son and filled with Holy Spirit may become one body, one spirit in Christ?"
- What unites those who belong to Jesus?
- How does this unity communicate Jesus to the world?

Appreciation

- What have I done to preserve unity amongst the Mystical Body of Christ?
- How can we strengthen bonds "between the faithful and the pastors of your people?"

Experience

- From Bishop's letter, relate St. Augustine's image to your life experience of becoming the Mystical Body of Christ. How have you been refined; like grains of wheat are ground and grapes are crushed to become bread and wine and thus miraculously transformed into the Body and Blood of Jesus?
- Bishop states, "there is no room for division amongst us," how can we preserve unity, especially in a world that is divisive?
- How have I helped and/or hindered the church from becoming a "prophetic sign of unity and concord?"

St. Augustine, "If you are the body and members of Christ, then it is your sacrament that is placed on the table of the Lord; it is your sacrament that you receive. To that which you are you respond "Amen" ("yes, it is true!") and by responding to it you assent to it. For you hear the words, "the Body of Christ" and respond "Amen." Be then a member of the Body of Christ that your Amen may be true."

- How can you let your "Amen" resound so the world might know Christ?

THREE-FOLD COMMUNION

Read

Pastoral Letter (pages 11-14)

Matthew 6:9-15 "The Lord's Prayer"

Matthew 5:23-24 "Be Reconciled"

Luke 22:14-20 "The Last Supper"

Understanding

- What are the three communions present in the Eucharistic Rite?
- How do these communions connect us with God and with one another?
- "In the Eucharist Kiss we receive Christ, the Incarnate Word. Our mouths become sacred, consecrated with the Body and Blood of Christ." How does this transform how I communicate with others and about others?
- How does Communion nourish us for our earthly journey?

Appreciation

- Have you shared these "divine provisions" with others?
- In what ways can we hold fast in our hearts the gifts we are given through Communion?

Experience

- How have you received peace in the context of the Mass?
- How does this intimate communion with God impact your life? And the lives of those around you?
- How have you experienced becoming what you have received?

EUCCHARISTIC MISSION

Read

Pastoral Letter (pages 14 -16)

Matthew 28:16-20 "Commissioning of the Disciples"

Romans 12:1-2 "Living Sacrifice"

Understanding

- What does it mean to "Go forth...?"
- How do we go forth and who do we go forth to?
- The church of Antioch was warned by St. John Chrysostom about receiving the Eucharist and failing to love their neighbor. How are you called to love your neighbor?

Appreciation

- The mission of the Church is evident in the concluding words of Mass.
- We are commissioned to take what we have received to the world. We respond with "Thanks be to God." Is our attitude always grateful?
- How do we share hope with a broken world?
- How do we let grace and the Holy Spirit guide our response to Jesus' invitation to go?

Experience

- Pope Benedict XVI challenges all with these words: "A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented." How have I demonstrated love following the reception of the greatest gift of love?
- How have I gone forth following Mass?
- How have others gone for forth, carrying the mission of the Church?

THE REAL PRESENCE AND EUCHARISTIC DEVOTION

Read

Pastoral Letter (pages 17-19)

John 6 "Bread of Life Discourse

CCC 1322-1404 or the IN BRIEF 1406-1419

Understanding

- What is "transubstantiation?"
- How would you explain the Real Presence to someone else?
- Why do we have various Eucharistic devotions?
- How do encounters with the Real Presence form and transform us?

Appreciation

- "From her beginning, the Church adored the Eucharistic Food she received as the Body and Blood of Christ. How and why do you adore?"
- How do we celebrate the Eucharist to be truly Jesus and not just a symbol?
- If we believe that the Eucharist is truly Jesus, how have we shared this with others?

Experience

- Describe an encounter you have had with Christ during Mass and/or other Eucharistic devotion.
- Why is an understanding of the Eucharist, as the Real Presence" essential to our Catholic faith?
- How can you grow in your relationship with Jesus through encountering the Real Presence?

EUCCHARIST AND OUR CATHOLIC SCHOOLS

Read

Pastoral Letter (page 20)

Understanding

- What is the value of a Catholic school?
- How can a Catholic school provide Eucharistic Catechesis?
- "The Church is only able to fulfill her mission in this world if she nourishes her children spiritually and intellectually on the Eucharist." How do we participate in this process?
- What do you know about the seventeen Catholic schools in our diocese?

Appreciation

- How do we celebrate the gift of our Catholic Schools?
- How do you encourage and support students and parents?
- How can you support Catholic school teachers and catechists?

Experience

- If you were a Catholic school student, how has this formed you, especially around your understanding of the Eucharist?
- How were you formed spiritually and intellectually on the Eucharist?
- How have we seen Christ evident in the formation of children?
- In which ways can you support our Catholic schools?

OUR LADY – THE FIRST TABERNACLE

Read

Pastoral Letter (page 21-22)

Luke 1:26-56 "The Annunciation and the Visitation"

Understanding

- How is Mary's response to the angel at the Annunciation and our "Amen" at communion related?
- Mary as the first tabernacle teaches us how we ought to be as recipients of Christ in the Eucharist. What can we learn from Mary's example?
- By beholding Mary, how do we better behold her Son in the Eucharist?

Appreciation

- How do you talk to others about Mary?
- Do you believe that the Son of God fully present in the Eucharist comes to reside with you each time you receive Communion? How does this create a sense of awe and wonder within you?
- How would those around you describe your life? Would they see all your words, thoughts and actions as someone who is a tabernacle that Jesus resides within?

Experience

- How has Mary revealed her Son, Jesus, to you?
- What is your relationship with Our Lady like?
- How would someone know you are a tabernacle?