

Beautiful Eucharist Discussion Guide



ST. MARY'S
CATHOLIC CHURCH

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If you have any questions or would like more information, please contact Alison Hancock (ahancock@stmarysglensfalls.org).



Father Scott will share a video reflection each Monday to correspond with section of the book to be discussed in your Small Group. These are available on his YouTube Channel (Fr. Scott VanDerveer) and the parish website (stmarysglensfalls.org).



"For in the warmth of his presence, our lives change. Without him, everything would truly be gray. Adoring the Body and Blood of Christ, let us ask him with our heart: Lord, give me the daily bread to go forward, Lord, satisfy me with your presence!"

-POPE FRANCIS, Angelus June 19, 2022

Introduction

Every Mass we attend, we experience the miracle of the Eucharist. The transubstantiation that takes place right before our eyes is so integral to our faith as Catholics, we would not be Catholic without it. Unfortunately, too many don't know or fully believe in this miracle. As we read in the synopsis of *Rebuilt: The Story of a Catholic Parish; Awakening the Faithful, Reaching the Lost, and Making Church Matter*, to grow our parish we must first get the lost through the doors of the church. Then we can deepen their faith with a fuller appreciation of the Eucharist.

As we work on this within our parish, the US Catholic Bishops are have organized a 3 year National Eucharistic Revival, with the mission to "renew the Church by enkindling a living relationship with the Lord Jesus Christ in the Holy Eucharist."

In 2019, Pew Research Center reported that 31% of Catholics believe in the presence of Christ in the Eucharist. Now this is only one study, but one that helped spur the Bishops to dedicate three years to a Eucharistic Revival. As the revival website says: "We all need healing, yet many of us are separated from the very source of our strength. Jesus Christ invites us to return to the source and summit of our faith – his real presence in the holy Eucharist."

**I am the living bread that came down from heaven;
whoever eats this bread will live forever; and the bread
that I will give is my flesh for the life of the world.**

JOHN 6:51

What is the Eucharistic Revival?

We are in the midst of the three-year Eucharistic Revival! As Bishop Andrew Cozzens explained, "The Church in the United States is responding to the bishops' call for us to be healed, converted, formed, and unified by an encounter with Jesus in the Eucharist..." We are being asked to deepen our relationship with Jesus, through the celebration of the Eucharist. Then we will be able to spread our faith to a world that desperately needs it.

Prayer for Eucharistic Revival

Lord Jesus Christ,
You give us your flesh and blood for the life of the world, and you desire that all people come to the Supper of the Sacrifice of the Lamb.
Renew in your Church the truth, beauty, and goodness contained in the Most Blessed Eucharist.

Jesus living in the Eucharist, come and live in me.
Jesus healing in the Eucharist, come and heal me.
Jesus sacrificing yourself in the Eucharist, come and suffer in me.
Jesus rising in the Eucharist, come and rise to new life in me.
Jesus loving in the Eucharist, come and love in me.

Lord Jesus Christ, through the paschal mystery of your death and resurrection made present in every Holy Mass, pour out your healing love on your Church and on our world.
Grant that we live you up during this time of Eucharistic Revival, your Holy Spirit may draw all to join at the Banquet of Life.
You live and reign with the Father and the Holy Spirit, God forever and ever.

Our Lady of Guadalupe, Mother of the Eucharist, Pray for us.

"If you took all if the good world done by all of the humans who have lived in all of history and stacked them all up and multiplied them by a million, they wouldn't equal the merit, the virtue and the worth of one Mass."

ST. TERESA OF AVILA

Timeline for the Eucharistic Revival



Four Pillars of the Eucharistic Revival

Personal Encounter with Christ
Reinvigorating Devotion
Deepening Formation
Missionary Sending

**Man should tremble, the world should quake, all
Heaven should be deeply moved when the Son of God
appears in the altar in the hands of the priest.**

ST. FRANCIS OF ASSISI

Reminder: It is okay if you do not get to every question.

Week One

1. What are your overall thoughts on the Eucharistic Revival?
2. What do you recall from your first Holy Eucharist?
3. In what ways do you hope this revival and this small group might change or strengthen your faith?



Week Two

1. What in these chapters spoke to you?
2. Was there an experience you had that strengthened your belief that Jesus is truly present in the Eucharist?
3. When was the last time you did something wholeheartedly? Jesus gives his whole self to you in the Eucharist. How would your life change if you gave your whole self to Him?
4. Every chapter of your life so far has been touched by God's grace, even if you couldn't see it at the time. In reflection, is there a time you can share that exemplifies God's grace?



Week Three

1. Was there anything in the reading that you had not considered before?
2. Every problem you face, you have solved in Jesus' presence. How can you better invite Him to participate in the events of your life?
3. If we truly believe Jesus is present in the Eucharist, what should our communion line look like?
4. Jesus wants to do something in your heart right now. Will you let him? Bring whatever uncertainty you are currently facing to Jesus in the Eucharist and ask: Jesus, "What do you think I should do?"

Week Four

1. What stood out to you in this week's readings?
2. Reflect on all the many ways human beings experience hunger.
Use the four aspects of the human person as a starting point for your reflection - physical, emotional, intellectual, and spiritual.
3. Are you chasing the wrong things?
4. What area of your life do you need God and others to pour mercy into?



Week Five

1. What stood out to you in this week's readings?
2. There is one thing that God is trying to say to you at the moment.
You are resisting it, avoiding it, ignoring it? Why?
3. Next time you think that God has stopped speaking to you, consider the alternative reality that perhaps you have stopped listening to His voice in your life. How can that conversation be meaningfully restarted?



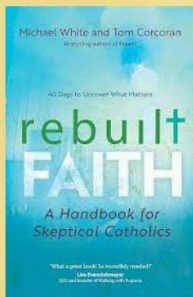
Week Six

1. Do you sense that God is calling you to step away from the comfort that defines your life and participate in life more meaningfully?
2. The third year of the Eucharistic Revival is a "Year of Going Out on Mission." What can you or the parish as a whole do to bring the Eucharist to more of the community?

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others."

POPE JOHN PAUL II

NEXT FOR SMALL GROUPS...



Rebuilt Faith: A Handbook for Skeptical Catholics

By the authors of:

- *Rebuilt: The Story of a Catholic Parish; Awakening the Faithful, Reaching the Lost, and Making Church Matter*
- *Seriously, God?*

SMALL GROUP SCHEDULE

Week of -

April 7: Meet & Greet (optional for established groups)

April 14: Get to Know Jesus

April 21: Serve

April 28: Tithe and Give

May 5: Engage in Christian Community

May 12: Practice Prayer and the Sacraments

May 19 (Pentecost): Share Your Faith

If you have any questions about Small Groups please contact St. Mary's Volunteer Coordinator, Alison Hancock for assistance.
(518) 792-0989 ext 111/ahancock@stmarysglensfalls.org



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