

Lesson 17 • January 16, 2022 • 2nd Sunday in Ordinary Time



Holy Communion assures me that I will win the victory; and so it is. I fear the day when I do not receive Holy Communion. The bread of the Strong gives me all the strength I need to carry on my mission and to do whatever the Lord asks of me.

—Saint Faustina Kowalska

Our spiritual life is a series of battles. Every day brings its own challenges—opportunities to do good and temptations to do wrong. Receiving Holy Communion is a source of strength for us. It gives us the grace we need to do battle with evil. It assures us that we can overcome the temptations we encounter. And it also gives us the strength that we need to do the will of God in our lives. Every one of us has a mission from God. If we don't fulfill our mission, it does not get done. The Eucharist empowers us to know and complete our mission each and every day.

Lesson 18 • January 23, 2022 • 3rd Sunday in Ordinary Time/ Sunday of the Word of God



Jesus has made Himself the bread of life to give us life. Night and day, he is there. If you really want to grow in love, come back to the Eucharist, come back to that adoration.
—Saint Teresa of Kolkata (Calcutta)

There is a difference between a Catholic church and churches of other Christian denominations. Jesus Christ is always present in a Catholic church in the Blessed Sacrament that is reserved in the tabernacle. We know that Christ is present in a church when we see a lamp burning near the tabernacle. Night and day, Jesus is always there for us to visit. So many people do not take the opportunity to come and spend time with Jesus outside of Mass. And many don't even come to Mass to receive him in Holy Communion. Both receiving Jesus and coming to pray in his presence give us spiritual fuel. We should stay close to Jesus in the Eucharist and encourage others to do the same.

Lesson 19 • January 30, 2022 • 4th Sunday in Ordinary Time



The Eucharist is the summit of God's saving action: the Lord Jesus, by becoming bread broken for us, pours upon all of us his mercy and his love, as to renew our hearts, our lives, and our way of relating to him.
—Pope Francis

A summit is a high point. Jesus, through his Death and Resurrection, showed us the saving action of God—he saved us from our sins. This was the summit of God's love for us. And that love is re-presented each time we celebrate the Eucharist. The bread and wine become Jesus' Body and Blood. When we receive Holy Communion, Christ's mercy and love are poured out on us. We can relate to him in a different way because he is truly present. This relationship renews us every time we receive him.

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Lesson 20 • February 6, 2022 • 5th Sunday in Ordinary Time

Lord Jesus, you are truly present, Amen!



Christ is present in the Eucharist, in the sacrament of his death and resurrection. In and through the Eucharist, you acknowledge the dwelling-place of the living God in human history. —Saint John Paul II

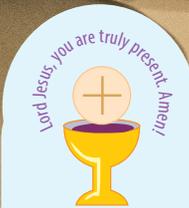
Probably the biggest difference between the Judeo-Christian tradition and that of other religions is that Jews and Christians believe that God is actively involved in human history. Many other religions don't believe that God (or gods) are active in the world and care about human beings. The Eucharist is probably the greatest sign of God's activity in the world. It makes present once again that most loving of all actions—Jesus' Death and Resurrection. Jesus is not just a historical figure. He is a present and active part of human history.

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Lesson 21 • February 13, 2022 • 6th Sunday in Ordinary Time



The Eucharist bathes the
tormented soul in light and love.
—Saint Bernadette Soubirous

The spiritual life is not easy. It is a continuous battle between good and evil. Sometimes we fall into evil thoughts, words, and actions. We call that sin. And sometimes, our spiritual life is just difficult. Perhaps we do not feel close to God or are having trouble praying. When these things happen, the Eucharist can bring us comfort and consolation. Our souls can feel tormented by an absence of God or by our sin. And along with the Sacrament of Penance and Reconciliation, receiving Holy Communion can restore our souls to a good place. Jesus is always there for us to receive. Even when our souls don't feel him, he brings us grace.

Lesson 22 • February 20, 2022 • 7th Sunday in Ordinary Time



The Holy Eucharist is the perfect expression of the love of Jesus Christ for man.

—Saint Maria Goretti

Saint Maria Goretti was a young girl who gave her life for the faith at age twelve. She knew Jesus in her heart from an early age. She loved him enough to give her life for him. But she knew that giving her life was only a reflection of the love that Jesus showed for her, and for all of us, by giving his life for us. Jesus never sinned. His giving of his life was a perfect expression of love. He paid the price for our sins. And the Eucharist makes that sacrifice of the Cross present again. We are given the gift of Jesus' Body and Blood as a constant reminder of how much he loves humanity.

VEGETARIANA GHIERA

IN OCCASIONE DELLA
XXXII GIORNATA MONDIALE

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Lesson 23 • February 27, 2022 • 8th Sunday in Ordinary Time



What you see is the bread and the chalice; that is what your own eyes report to you. But what your faith obliges you to accept is that the bread is the body of Christ and the chalice is the blood of Christ. —Saint Augustine

Things are not always what they look like. Within something that looks very simple can be something profound. That is the way it is with the Eucharist. To our eyes, the bread and wine simply look like bread and wine. But Jesus tells us that after the words of consecration, they are no longer bread and wine, but his Body and Blood. Saint Thomas Aquinas, in his hymn for the Solemnity of the Most Holy Body and Blood of Christ (*Corpus Christi*), said that only by our hearing—not by sight, taste, or touch—can we come to believe in the reality of the Eucharist. What our physical eyes tell us is no longer real. What we have heard and what our eyes of faith show us is the deeper reality.

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Lesson 24 • March 6, 2022 • 1st Sunday of Lent



The Eucharist is meant to be God's regular nourishment for us, daily manna to keep us alive within the desert of our lives.

—Father Ron Rolheiser, OMI

In the Old Testament, when the Israelites were freed from slavery in Egypt, they wandered in the desert for forty years. God gave them a food called manna, which kept them alive in the desert. Only through this miracle were they able to live. It was their regular nourishment. Our spiritual lives can be like deserts too. Sometimes we wander, looking for what God wants us to do. We need nourishment as well, and that is where the Eucharist comes in. Just like the manna was the Israelites' physical food, so the Eucharist is our spiritual food that strengthens us for our Christian mission. Without it, we are weaker people, and it is more difficult to live Christian lives.