

“I do believe, help my unbelief!”

Mark 9:24



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CCC1386 Before so great a sacrament, the faithful can only echo humbly and with ardent faith the words of the Centurion: **“Lord, I am not worthy that you should enter under my roof, but only say the word and my soul will be healed.”**

Like Mary, who was asked to believe that Christ would take shape within her, we are asked to believe that Christ becomes fully present under the auspices of bread and wine at the Eucharistic sacrifice.

The Eucharist and the Church; Encyclical of St John Paul II

Dear Parish Family,

Thank you for sharing in our parish-wide effort to pray for a greater belief in the Real Presence of Jesus Christ in the Eucharist. By taking this Chalice into your home, your prayers are joined with other Catholic families across the United States as together we pray for a renewal in our belief that Jesus Christ is truly present in the Eucharist. As Jesus told His disciples at the Last Supper, "This is my body, which will be given for you." Luke 22:19

At Mass, your family was presented with a Chalice from St Patrick's Church. It had been used for many years here at St Pat's. This Chalice is a visible reminder of your commitment to pray together as a family this week, and as a reminder that the Mass does not end with the closing prayer. We take home two things from Mass; the joy and gratitude of receiving Jesus in the Eucharist, and the mission to share the love of Christ with others in our families and our workplaces.

This Chalice, like all those used at Mass, is consecrated (reserved for sacred use) to hold the Precious Blood of Jesus. Please do not drink out of it at home. Please place the Chalice in a prominent spot in your home as a visible reminder when you gather as a family to pray. Using the suggested prayers, we ask that your whole household pray together once each day for a deeper belief in the Real Presence of Jesus Christ in the Eucharist. We have included recommended prayers for each day and optional prayers, but use your own judgement/creativity to make this a meaningful experience for your family and to encourage discussion and reflection on this belief. We have included activities for children as well. If you will not be using the QR code to access the prayers, paper copies are available in the vestibule in the wood rack hanging on the wall. They are also available on the church website.

You may wish to invoke the intercession of St Manuel Gonzalez Garcia and Blessed Carlo Acutis, the two saints we are asking the intercession of during this National Eucharistic Revival.

At the end of the week, please return the Chalice box to the front porch of the rectory by noon on Saturday. The prayer sheets are yours to keep.

Thank you for your commitment to pray for a greater belief among Catholics in the Real Presence of Jesus Christ in the Eucharist.

Any problems or questions please call Ken @ 630-818-6261 or the parish office @ 309-444-3524.

DAY 1

"The food which has been made into the Eucharist by the Eucharistic prayer which has been set down by Him . . . is both the Flesh and the Blood of that incarnated Jesus." St Justin Martyr

Catechism:

1373 "Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us," is present in many ways to his Church:¹⁹⁵ in his word, in his Church's prayer, "where two or three are gathered in my name,"¹⁹⁶ in the poor, the sick, and the imprisoned,¹⁹⁷ in the sacraments of which he is the author, in the sacrifice of the Mass, and in the person of the minister. But "he is present . . . most especially in the Eucharistic species."¹⁹⁸

1374 The mode of Christ's presence under the Eucharistic species is unique. It raises the Eucharist above all the sacraments as "the perfection of the spiritual life and the end to which all the sacraments tend."¹⁹⁹ In the most blessed sacrament of the Eucharist "the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained."²⁰⁰ "This presence is called 'real' - by which is not intended to exclude the other types of presence as if they could not be 'real' too, but because it is presence in the fullest sense: that is to say, it is a substantial presence by which Christ, God and man, makes himself wholly and entirely present."²⁰¹

1376 The Council of Trent summarizes the Catholic faith by declaring: "Because Christ our Redeemer said that it was truly his body that he was offering under the species of bread, it has always been the conviction of the Church of God, and this holy Council now declares again, that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called transubstantiation."²⁰⁴

Scripture: Mark 14:22-26

While they were eating, he took bread, said the blessing, broke it, and gave it to them, and said, "Take it; this is my body." Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." Then, after singing a hymn, they went out to the Mount of Olives.

Reflect:

"This is the wonderful truth, my dear friends: The Word which became flesh 2000 years ago, is present today in the Eucharist." Pope St John Paul II

Pray together:

Heavenly Father, thank you for the gift of your Son Jesus Christ, who is truly present in the Eucharist. In our day, many Catholics either do not know or do not believe that the bread and wine become Your son Jesus, truly present to us in His Body, Blood, Soul and in His Divinity. We pray that there may be a reawakening to Christ's presence in the Eucharist, as He dwells, truly present, in all the Tabernacles throughout the world. We ask these prayers through Christ our Lord. Amen



Day 2

"Being in his presence helps me see clearly that I am loved, that he has given everything for me. It's where I'm renewed in strength when I falter and where I receive the strength to do whatever he asks me each day. My time with Jesus in Mass and in Adoration is always the best part of my day. The Eucharist is the true sacrifice of Christ that we are invited into. It's the perfect worship of God. It's our foretaste of heaven It's a sacrament of healing. It's a sacrament of unity and communion. It's the most nourishing thing that we can experience."

Quotes from Fr Luke Spannagel who was chosen to preach across the country on the National Eucharistic Revival.

Catechism:

1380 It is highly fitting that Christ should have wanted to remain present to his Church in this unique way. Since Christ was about to take his departure from his own in his visible form, he wanted to give us his sacramental presence; since he was about to offer himself on the cross to save us, he wanted us to have the memorial of the love with which he loved us "to the end,"²⁰⁷ even to the giving of his life. In his Eucharistic presence he remains mysteriously in our midst as the one who loved us and gave himself up for us,²⁰⁸ and he remains under signs that express and communicate this love. The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.²⁰⁹

1392 What material food produces in our bodily life, Holy Communion wonderfully achieves in our spiritual life. Communion with the flesh of the risen Christ, a flesh "given life and giving life through the Holy Spirit,"²²⁶ preserves, increases, and renews the life of grace received at Baptism. This growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.

Scripture: Matthew 28:18-20

Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."

Reflect:

"Day and night, He is there. If you really want to grow in love, come back to the Eucharist." St Mother Teresa of Calcutta

Pray together:

Heavenly Father, thank you for the gift of your Son Jesus Christ, who is truly present in the Eucharist. In our day, many Catholics either do not know or do not believe that the bread and wine become Your son Jesus, truly present to us in His Body, Blood, Soul and in His Divinity. We pray that there may be a reawakening to Christ's presence in the Eucharist, as He dwells, truly present, in all the Tabernacles throughout the world. We ask these prayers through Christ our Lord. Amen



Day 3

"If, in the presence of this mystery, reason experiences its limits, the heart, enlightened by the grace of the Holy Spirit, clearly sees the response that is demanded, and bows low in adoration and unbounded love." Pope St John Paul II

Catechism:

1356 If from the beginning Christians have celebrated the Eucharist and in a form whose substance has not changed despite the great diversity of times and liturgies, it is because we know ourselves to be bound by the command the Lord gave on the eve of his Passion: "Do this in remembrance of me."¹⁸¹

1404 The Church knows that the Lord comes even now in his Eucharist and that he is there in our midst. However, his presence is veiled. Therefore we celebrate the Eucharist "awaiting the blessed hope and the coming of our Savior, Jesus Christ,"²⁴³ asking "to share in your glory when every tear will be wiped away. On that day we shall see you, our God, as you are. We shall become like you and praise you for ever through Christ our Lord."²⁴⁴

Scripture: John 6:25-35

And when they found him across the sea they said to him, "Rabbi, when did you get here?" Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." So they said to him, "What can we do to accomplish the works of God?" Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." So they said to him, "What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: 'He gave them bread from heaven to eat.'" So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

Reflect: Written by Greg Erlandson/Amid the Fray. November 2021. Reprinted in the Catholic Post.

At their fall meeting, the bishops will have a chance to review, amend and vote on a draft statement titled "The Mystery of the Eucharist in the Life of the Church."

... the real content of the document, a reflection on the church's teachings on the Eucharist over the centuries.

It contains many moving quotes and passages that all of us could benefit from contemplating every time we go to Mass. Here's a sampling:

Dorothy Day, while known best as a peace activist, had a profound devotion to the Eucharist. Her reflection is timely, as many Catholics may be slow to return to Mass after the pandemic closures.

"Once, when told by someone she no longer saw the point of going to daily Mass, the servant of God Dorothy Day reflected: 'We go eat of this fruit of the tree of life because Jesus told us to. ... He took upon himself our humanity that we might share in his divinity. We are nourished by his flesh that we may grow to be other Christs. I believe this literally, just as I believe the child is nourished by the milk from his mother's breast.'"

Dorothy Day was a 20th-century Catholic. St. John Chrysostom was born only 300 years after Christ, yet he shared Day's sense of the Eucharist as life giving:

When you see the body of Christ, he preached, "set before you (on the altar), say to yourself: Because of this body I am no longer earth and ashes, no longer a prisoner, but free: because of this I hope for heaven, and to receive the good things therein, immortal life, the portion of angels, (and closeness) with Christ."

The document quotes St. Teresa of Kolkata: "When you look at the crucifix, you understand how much Jesus loved you then. When you look at the sacred host, you understand how much Jesus loves you now."

The draft document notes that "the word 'Eucharist' literally means 'thanksgiving.' Even our manner of giving thanks comes from God, for we do so by following the command of the Lord: Do this in memory of me."

It also says that it "is called Holy Communion precisely because, by placing us in intimate communion with the sacrifice of Christ, we are placed in intimate communion with him and through him, with each other."

St. Justin Martyr was born around the year 100, just a few decades after Christ walked the earth. Yet he was a witness to the early eucharistic faith of the church: "It is not 'ordinary bread and ordinary drink' that we receive in the Eucharist, but the flesh and blood of Christ, who came to nourish and transform us, to restore our relationship to God and to one another."

This communion turns us outward, recognizing our neighbor in the poor and the vulnerable. The Catechism of the Catholic Church teaches that "to receive in truth the body and blood of Christ given up for us, we must recognize Christ in the poorest, his brethren."

The last word goes to Pope Benedict XVI: The "love that we celebrate in the sacrament is not something we can keep to ourselves. By its very nature, it demands to be shared by all."

Amen.

Pray together:

Heavenly Father, thank you for the gift of your Son Jesus Christ, who is truly present in the Eucharist. In our day, many Catholics either do not know or do not believe that the bread and wine become Your son Jesus, truly present to us in His Body, Blood, Soul and in His Divinity. We pray that there may be a reawakening to Christ's presence in the Eucharist, as He dwells, truly present, in all the Tabernacles throughout the world. We ask these prayers through Christ our Lord.
Amen



Day 4

"He willed to give us the very life we slew; to give us the very Food we destroyed; to nourish us with the very Bread we buried, and the very Blood we poured forth." Venerable Fulton Sheen

"The greatest love story of all time is contained in a tiny white host." Venerable Fulton Sheen

Catechism:

1357 We carry out this command of the Lord by celebrating the memorial of his sacrifice. In so doing, we offer to the Father what he has himself given us: the gifts of his creation, bread and wine which, by the power of the Holy Spirit and by the words of Christ, have become the body and blood of Christ. Christ is thus really and mysteriously made present.

1410 It is Christ himself, the eternal high priest of the New Covenant who, acting through the ministry of the priests, offers the Eucharistic sacrifice; and it is the same Christ, really present under the species of bread and wine, who is the offering of the Eucharistic sacrifice.

Scripture: 1 Corinthians 11:23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Reflect:

In one of his sermons on the Eucharist, the great English Catholic preacher Ronald Knox made the following observation. The vast majority of Jesus's commands – to love one's enemies, to turn the other cheek, to forgive seventy times seven times, etc. - have been rather consistently disregarded. (As Chesterton has pointed out, it is not that Christianity has been tried and found wanting, but rather that it has been found difficult and never tried.) However, Knox says, amid all of these commandments honored, at best, in the breach, there is one command of Jesus that has, up and down the centuries, been massively obeyed. Throughout the long history of the church, through a whole series of dramatic successes and failures, despite the stupidity and wickedness of so many Christians, the command "Do this in memory of me" has been and continues to be obeyed. It is as though Christians, in all of their sin, have realized from the beginning that their spiritual life depends upon the Eucharist the way the physical life depends upon food, oxygen, and water. And so, almost despite themselves, they do what Jesus told them to do in His memory. Bishop Barron

Pray together:

Heavenly Father, thank you for the gift of your Son Jesus Christ, who is truly present in the Eucharist. In our day, many Catholics either do not know or do not believe that the bread and wine become Your son Jesus, truly present to us in His Body, Blood, Soul and in His Divinity. We pray that there may be a reawakening to Christ's presence in the Eucharist, as He dwells, truly present, in all the Tabernacles throughout the world. We ask these prayers through Christ our Lord. Amen



Day 5

"When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now." St Teresa of Calcutta

Catechism:

1375 It is by the conversion of the bread and wine into Christ's body and blood that Christ becomes present in this sacrament. the Church Fathers strongly affirmed the faith of the Church in the efficacy of the Word of Christ and of the action of the Holy Spirit to bring about this conversion. Thus St. John Chrysostom declares:

It is not man that causes the things offered to become the Body and Blood of Christ, but he who was crucified for us, Christ himself. the priest, in the role of Christ, pronounces these words, but their power and grace are God's. This is my body, he says. This word transforms the things offered.²⁰²

and St. Ambrose says about this conversion:

Be convinced that this is not what nature has formed, but what the blessing has consecrated. the power of the blessing prevails over that of nature, because by the blessing nature itself is changed.... Could not Christ's word, which can make from nothing what did not exist, change existing things into what they were not before? It is no less a feat to give things their original nature than to change their nature.²⁰³

Scripture: John 6:48-58

(Jesus said) "I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. 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." The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Reflect:

I believe that Jesus Christ, true God, true man, is here in the Eucharist, exposed on the altar. Body, Soul, Flesh and Blood, humanity, divinity. He told me so. "I am with you always, even to the end of the age." Matt 28:20.

Under the form of bread and wine, for my nourishment, lest I faint by the way, his Real Presence. I am fainting always, yet I know I will endure this journey, some of it steeper, stiffer than others. Dorothy Day

Pray together:

Heavenly Father, thank you for the gift of your Son Jesus Christ, who is truly present in the Eucharist. In our day, many Catholics either do not know or do not believe that the bread and wine become Your son Jesus, truly present to us in His Body, Blood, Soul and in His Divinity. We pray that there may be a reawakening to Christ's presence in the Eucharist, as He dwells, truly present, in all the Tabernacles throughout the world. We ask these prayers through Christ our Lord. Amen



Day 6

"The Church produces the Eucharist, but the Eucharist also produces the Church." Henri de Lubac

Catechism:

1396 The unity of the Mystical Body: the Eucharist makes the Church. Those who receive the Eucharist are united more closely to Christ. Through it Christ unites them to all the faithful in one body - the Church. Communion renews, strengthens, and deepens this incorporation into the Church, already achieved by Baptism. In Baptism we have been called to form but one body.²³⁰ The Eucharist fulfills this call: "The cup of blessing which we bless, is it not a participation in the blood of Christ? the bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread."²³¹

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.²³²

Scripture: 1Corinthians 10:16-17

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

Reflect:

Living the Word / Sister Rachel Bergschneider, OSB

Twenty-Sixth Sunday in Ordinary Time / Sept. 25, 'Catholic Post'

Amos 6:1a,4-7; Psalm 146:7,8-9,9-10; 1 Timothy 6:11-16; Luke 16:19-31

Abou Adam was wealthy according to every earthly measure. At the same time, however, he sincerely strove to be spiritually wealthy as well. One night he was aroused from his sleep by a fearful stomping on the roof above his head. Alarmed, he sat bolt upright in his bed and shouted, "Who's there?"

"A friend," came the reply from the roof. "I've lost my camel."

Perturbed by such stupidity, Abou screamed, "You idiot! Are you looking for a camel on the roof?"

"You idiot!" the voice shot back. "Are you looking for God in silk clothing, lying on a golden bed?"

In today's readings, Amos describes people who look for God in their own pleasure; in the Gospel, the unnamed wealthy man looked for God in a comfortable, luxurious lifestyle. He was clothed in "purple and fine linen and feasted sumptuously every day." (Luke 16:19) And Lazarus, whose name means "God will help" sits outside the comfortable entrance of the wealthy man surrounded by dogs and described "as if his wounds were his attire," hoping only for a scrap of leftovers. He was totally ignored by the wealthy man.

Lazarus died and was carried to the bosom of Abraham. Abraham, known for his hospitality, was the perfect antidote for the wealthy man who cared for no one except himself. When the wealthy man found himself in Hades, a place of torment, he called to Abraham to help him. It was too late.

CHOOSING TO SEE

Luke recounts this story Jesus told to shake up his audience. We are the audience today. While most of us will never hear a camel walking on our roof, our pursuit of happiness and search for God can take many strange turns.

We think we are on a spiritual path, but the way for us can become narrow and self-focused. Life can get very complacent, no matter who we are. Comfort in our ordinary surroundings and routine become seductive. We can follow in the footsteps of the wealthy man and find ourselves stepping over the Lazaruses in our life.

A story of a young woman which I recently read makes the point quite poignantly. "I missed my first flight to LA yesterday and was so upset, but now I know why. When I went to the baggage area to claim my luggage, I stopped in the bathroom. I heard a woman crying so hard. I was wondering if I should say something like, 'It's gonna be OK,' but I was nervous, and she was speaking Spanish so I didn't know if she'd even understand me. I left and came back to the bathroom like four times while I was waiting for my bags. I heard her say, 'But the bus doesn't come until tomorrow.'

"My heart dropped, so I asked her if she had CashApp. She said no. So, I asked her if I could pay for a hotel until tomorrow and she stopped crying and opened the stall door and I saw the sleeping kids. I felt so happy to help her, knowing I'd just be spending my little money on nothing. She rode with me to the Marriott, and I got her a room. I wanted to share this because I kept thinking, 'How many people came into the bathroom, heard her crying for hours, and kept going.'" (Cyn Symone)

God is present in so many ways. We have the eyes to see if we choose to see. We have the ability to respond if only we have the heart to feel and respond to the need. What would Lazarus look like at our "door" . . . and would we notice him?

Pray together:

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Day 7

“He remains among us until the end of the world.” St Maximilian Kolbe

Catechism:

1336 The first announcement of the Eucharist divided the disciples, just as the announcement of the Passion scandalized them: "This is a hard saying; who can listen to it?"¹⁵⁸ The Eucharist and the Cross are stumbling blocks. It is the same mystery and it never ceases to be an occasion of division. "Will you also go away?"¹⁵⁹ The Lord's question echoes through the ages, as a loving invitation to discover that only he has "the words of eternal life"¹⁶⁰ and that to receive in faith the gift of his Eucharist is to receive the Lord himself.

1407 The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church.

Scripture: Mark 9:23-24 & John 6:60-69

Jesus said to him, "If you can! Everything is possible to one who has faith." Then the boy's father cried out, "I do believe, help my unbelief!"

John 6:60-69 Then many of his disciples who were listening said, "This saying is hard; who can accept it?" Since Jesus knew that his disciples were murmuring about this, he said to them, "Does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life. But there are some of you who do not believe." Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted him by my Father." As a result of this, many [of] his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, "Do you also want to leave?" Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God."

Reflect:

The happiness you are seeking, the happiness you have a right to enjoy has a name and a face: it is Jesus of Nazareth, hidden in the Eucharist. From the Eucharist comes strength to live the Christian life and zeal to share that life with others. St John Paul II

"I do believe; help my unbelief."

Mark 9:24

Pray together:

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