

## **LIVING AS PEOPLE OF THE EUCHARIST**

**For as often as you eat this bread and drink the cup,  
you proclaim the Lord's death until He comes.**

**1 Corinthians 11:26**

### **IN PRAISE OF GOD**

**Welcome all you noble Saints of old As now before your very eyes  
unfold The wonders all so long ago foretold.**

**Response: GOD AND MAN AT TABLE ARE SAT DOWN (Repeat twice)**

**Elders, martyrs, all are falling down Prophets, patriarchs are  
gathering round What angels longed to see, now man has found.**

**Response:**

**Who is this who spreads the victory feast Who is this who makes or  
waring cease Jesus Risen, Savior, Prince of Peace.**

**Response::**

**Beggars, lame, and harlots also here Repentant publicans are  
drawing near Wayward sons come home without a fear.**

**Response:**

**Worship in the presence of the Lord With Joyful songs, and hearts in  
one accord And let our Host at table be adored.**

**Response:**

**When at last this earth shall pass away When Jesus and His Bride  
are one to stay The Feast of Love is just begun that day.**

### **PRAYER**

**We grateful hearts we praise You, O Lord Jesus, for the gift of Your  
Body and Blood in the Holy Sacrament of the altar. You are our food  
for the journey, You are our hope in times of despair, You are the  
Healer of our woundedness. You are our Way, our Truth and our Life.  
May we continue to be Eucharistic people – people who are filled  
with joy and thanksgiving for Your abiding presence among us.**

**O Sacrament most Holy, O Sacrament Divine,  
all praise and all thanksgiving be every moment Thine. Amen.**

### **Eucharist**

**by Terry Anderson**

**Five men huddled close  
against the night and our oppressors,  
around a bit of stale bread  
hoarded from a scanty meal,  
and a candle, lit not only as  
a symbol but to read the text by.  
The priest's as poorly clad.  
as drawn with strain as any,  
but his voice is calm, his face serene.  
This is the core of his existence,**



the reason he was born.  
Behind him I can see  
his predecessors in their generations,  
back to the catacombs,  
heads nodding in approval,  
hands with his tracing  
out the stately ritual,  
adding the power of their suffering  
and faith to his, and ours.  
the ancient words shake off  
their dust, and come alive.  
The voices of their authors  
echo clearly from the damp, bare walls.  
The familiar prayers come  
straight out of our hearts.  
Once again Christ's promise  
is fulfilled; his presence fills us.  
The miracle is real.

#### **WE COME TO YOUR FEAST**

We place upon Your table a gleaming cloth of white  
The weaving of our stories, the fabric of our lives,  
The dreams of those before us, the ancient hopeful cries,  
The promise of our future, our needing and our nurture  
Lie here before our lives.

We come to Your Feast, we come to Your Feast,  
the young and the old, the frightened, the bold,  
the greatest and the least.

We come to Your Feast, we come to Your Feast,  
with the fruit of our lands and the work of our hands  
we come to Your Feast

We place upon Your table a humble loaf of bread,  
The gift of field and hillside, the grain by which we're fed,  
We come to taste the presence, of Him whom we feed,  
To strengthen and connect us, to challenge and correct us,  
To love in word and deed.

We place upon Your Table a simple cup of wine,  
The fruit of human labor, the gift of sun and vine  
We come to taste the presence of Him we claim as Lord  
His dying and His living, His leading and His giving,  
His love in cup out poured.

#### **LUKE 24: 13-34**

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him.

He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to Him in reply, "Are You the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

And He replied to them, "What sort of things?" They said to Him, "The things that happened to Jesus the Nazarene, Who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed Him over to a sentence of death and crucified Him.

But we were hoping that He would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find His body; they came back and reported that they had indeed seen a vision of angels who announced that He was alive.

Then some of those with us went to the tomb and found things just as the women had described, but Him they did not see."

And He said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into His glory?" Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the scriptures.

As they approached the village to which they were going, He gave the impression that He was going on farther. But they urged Him, "Stay with us, for it is nearly evening and the day is almost over." So He went in to stay with them. And it happened that, while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized Him, but he vanished from their sight.

Then they said to each other, "Were not our hearts burning within us while He spoke to us on the way and opened the scriptures to us?"

So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!"

**The Gospel of the Lord!**

## **REFLECTION**

In the reception of the Eucharist, the most blessed of sacraments, we receive nothing other than Jesus Himself. The Council of Trent teaches, "As sacrament, the Holy Eucharist is the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ Who is truly, really and substantially present." The Eucharist is not a symbol, but a reality: Christ really, truly, substantially among us. Because of this, the Mass itself is not something that we do for God, but something that God does for us. In the Mass, God allows us to truly be at, and receive the fruits of, Calvary where death was defeated and our salvation was won. How often we too, are like the Emmaus disciples, failing to see the Lord Jesus in our midst. It is in the breaking of the Bread which is

now the Lord's Body, and in the sharing of the Cup which is now the Lord's Blood that we know that Jesus is eternally with us.

What happens to us in Holy Communion? We are transformed! He gives Himself to us in this way that we might be transformed and become more like Him. In becoming more like Him, we don't become less who we are, but more as we are meant to be. We become more fully human, and in becoming such, we grow in true joy and happiness. We are transformed so that what God the Father sees and loves in Jesus, He may see and love in us.

#### **PRAYERS OF INTERCESSION**

**1. We pray for farmers who work long hours to grow corn, rye and wheat for our bread.**

**May they have the right weather - wet enough to grow the grain and dry enough to harvest it.**

**Lord in Your mercy ... (Hear our prayer.)**

**2. We pray for bakers who get up early to bake our bread. May they continue to use their skill well.**

**Lord in Your mercy ... (Hear our prayer.)**

**3. We pray for people who do not have enough bread to eat. May their hunger be satisfied.**

**Lord in Your mercy ... (Hear our prayer.)**

**4. We pray for people who do not know that Jesus is the Bread of Life.**

**May they realize that Jesus came to save all people.**

**Lord in Your mercy ... (Hear our prayer.)**

**5. We pray that all people will be nourished by God's Holy Word and the Sacrament of the Eucharist.**

**Lord in Your mercy... (Hear our prayer.)**



**Blessed are You, most Holy, in Jesus Christ,  
Who came among us as a servant and a friend  
to reconcile us to Yourself.**

**We thank You for that life of love,  
the good news of Your reign,  
and the promise of a banquet  
where all Your children shall be free.**

**For your gift of Christ we praise You  
we worship and adore You.**

**To You indeed be glory, almighty God,  
because on the night before He died,  
Your Son, Jesus the Christ, took bread;  
when He had given You thanks,  
He broke it, gave it to His disciples, and said:  
Take, eat, this is My Body  
which is given for you;**

**do this to remember Me.**

**After supper He took the cup;  
when He had given You thanks,  
He gave it to them and said:  
This cup is the new covenant in My Blood  
poured out for you;  
do this as often as you drink it  
to remember Me.**

**For new life in Christ we praise you  
we worship and adore you.**

**For all members of the Christian Community that we may be  
nourished by the Word of God and the Holy Sacrament of the  
Eucharist, we pray the prayer that Jesus taught us: Our Father...**

### **BLESSING**

**Lord Jesus Christ, You gave us the Eucharist  
as the memorial of Your suffering and death.  
May our worship of this sacrament of Your Body and Blood  
help us to experience the salvation You won for us  
and the peace of the kingdom  
where You live with the Father and the Holy Spirit. Amen.**

**Lord Jesus Christ,  
we worship You living among us  
in the Sacrament of Your Body and Blood.  
May we offer to our Father in heaven  
a solemn pledge of undivided love. Amen.**

**Lord Jesus Christ, You share Yourself in the Holy Sacrament of the  
Eucharist.**

**May we offer to our brothers and sisters  
a life poured out in loving service of that kingdom  
where You live with the Father and the Holy Spirit**

### **ON BEING PEOPLE OF EUCHARIST**

**"It is the small things we can do.  
We can do very little for the people;  
but at least they know that we love them,  
and that we care for them, and  
that we are at their disposal."**

**(Mother Teresa, Calcutta, India)**

**"We consecrate ourselves to God  
and dedicate ourselves to the needs of others."**

**Live Jesus in our hearts. Forever!**