

The Eucharist is a holy and special time where we can share in the body of Christ. We not only receive grace within us but we receive a unique call to discipleship and sharing the gospel when we share in the Eucharist, we are transformed and twisted with the mission of the church: to grow the faith both within our church community and the world.

When you think about the Eucharist: picture a well, filled with grace, nourishment, love, and truth. As we drink from this well, we become renewed and refreshed by God's endless love for us. The Eucharist compels us and calls us to be extensions of the love of Christ to spread His mission and ministry to those in most need. We are called to be hands to those in most need. We are called to be hands of healing, words of hope, and hearts of love to a world that so desires the love of Jesus.

The call to discipleship is not reserved for grand gestures and acts of showmanship. Sharing the spirit of the Eucharist begins with small acts of kindness, forgiveness and gratitude. The message of Christ begins with being present to others, offering a listening ear, showing compassion and being examples of Jesus and the love, he shows to each of us when we share His grace. We become strong and united in our mission to serve others.

Imagine a world where each person, after encountering the true love of God, becomes a living example of His grace. Through our words, actions, and experiences, we become soldiers for Christ, carrying the banner of our faith to all corners of the world. We hold the power to create a world filled with kindness and compassion that only comes from the divine love of God.

For a list of 40 ways to grow in dedication to the Eucharist, please see the church website, FB page and the Weekly email Blast.

40 ways to grow in dedication to the Eucharist

Personal Practices:

- 1. Frequent Mass Attendance:** Attend Mass regularly, not just on Sundays.
- 2. Daily Eucharistic Adoration:** Spend time in silent adoration before the Blessed Sacrament.
- 3. Receive Communion Reverently:** Approach the Eucharist with deep reverence and awe.
- 4. Read Eucharistic Scriptures:** Study and meditate on Bible verses related to the Eucharist.
- 5. Eucharistic Prayer Journal:** Keep a journal to document your prayers and reflections during Eucharistic adoration.
- 6. Eucharistic Fast:** Observe a brief period of fasting before receiving the Eucharist.
- 7. Participate in the Rosary:** Include Eucharistic intentions in your daily Rosary.
- 8. Spiritual Communion:** Make acts of spiritual communion when unable to receive the Eucharist physically.

Educational and Reflective Practices:

- 9. Eucharistic Retreats:** Attend retreats focused on deepening understanding of the Eucharist.
- 10. Read Eucharistic Theology Books:** Explore books that delve into the theology of the Eucharist.
- 11. Study Church Documents:** Familiarize yourself with documents like "Ecclesia de Eucharistia."
- 12. Eucharistic Reflection Groups:** Join or form a group to discuss and share reflections on the Eucharist.

Acts of Service and Outreach:

13. **Eucharistic Ministry:** Volunteer as a Eucharistic minister in your parish.
14. **Visit the Sick:** Bring the Eucharist to those who are unable to attend Mass.
15. **Share Eucharistic Resources:** Share books, articles, or online resources about the Eucharist with others.
16. **Organize Eucharistic Events:** Plan events like Eucharistic processions or adoration nights in your community.

Community Involvement:

17. **Participate in Eucharistic Processions:** Join processions to publicly express devotion to the Eucharist.
18. **Eucharistic Congress:** Attend Eucharistic congresses or conferences.
19. **Join Eucharistic Ministries:** Get involved in ministries that focus on Eucharistic adoration or education.
20. **Eucharistic Pilgrimage:** Plan a pilgrimage to a shrine or church dedicated to the Eucharist.

Acts of Devotion:

21. **Pray the Divine Mercy Chaplet:** Incorporate Eucharistic intentions into your Divine Mercy Chaplet.
22. **Attend Benediction:** Participate in Benediction services when available.
23. **Make Eucharistic Offerings:** Offer your day or specific actions for the glory of the Eucharist.
24. **Eucharistic Novenas:** Pray novenas dedicated to the Eucharist.

Continuous Learning:

25. **Online Eucharistic Courses:** Enroll in online courses on Eucharistic theology.
26. **Podcasts and Sermons:** Listen to podcasts or sermons that discuss the significance of the Eucharist.
27. **Attend Theological Lectures:** Attend lectures on the Eucharist by theologians or priests.

Creative Expressions:

28. **Eucharistic Art:** Create or appreciate art that depicts the Eucharist.
29. **Write Eucharistic Poetry:** Express your devotion through poetry or creative writing.
30. **Compose Eucharistic Music:** Create or listen to music inspired by the Eucharist.

Acts of Thanksgiving:

31. **Gratitude Journal:** Keep a journal expressing gratitude for Eucharistic blessings.
32. **Thanksgiving After Communion:** Spend a few moments in thanksgiving after receiving Communion.

Family Involvement:

33. **Family Prayers:** Include Eucharistic prayers in family prayer time.
34. **Teach Children:** Educate children about the importance of the Eucharist.

Engaging with Technology:

35. **Eucharistic Apps:** Use apps that provide daily reflections or Eucharistic prayers.
36. **Online Eucharistic Communities:** Join online communities discussing the Eucharist.

Acts of Sacrifice:

37. **Fasting for Intention:** Fast for a specific intention related to the Eucharist.
38. **Eucharistic Sacrifice:** Offer personal sacrifices for a deeper connection with the Eucharist.

Community Support:

39. **Spiritual Direction:** Seek spiritual direction to guide your journey of dedication.
40. **Join Eucharistic Associations:** Become a member of groups or associations focused on Eucharistic devotion.