



Cabrini Notes

Volume 7 Number 3

December 2, 2017

Saturday, December 2, 2017

Advent Retreat SFXC Dec. 2, 2017 Living the Eucharist

(Begin with reading Acts. 2: 42-47 which gives us an example of how to live the Eucharist.)

What is the most important part of the Mass?

(Various answers, all essential and important) However, the most important is:

"Ite Misa Est" We translate as "Go the Mass is ended. But perhaps more accurately "Go the Mass is.....(not ended but continuing with our being, our heart, mind and hands.) We are being encouraged to take the Mass with us into our work-a-day world. How often do we just walk out the door and then it is business as usual? If we are living the Eucharist, it can't be business as usual for us. What do I mean? St. Paul in his letter to the Romans talks about his ministry. (Romans 15:16) It is interesting that the Greek word that he uses for ministry and minister gives us the English word, "liturgy" which we use for the Mass. This word in Greek means "public work." It could be repairing the streets, building the aqueducts or carrying out the work of the government, like collecting taxes. So "liturgy" is the public prayer, or rather work of the church.

The Mass is liturgy, Benediction is liturgy, the prayers that priests, monks and nuns recite is called the Liturgy of the Hours. What was St. Paul's work? (preaching, teaching, traveling, writing letters, offering the sacrifice of the Mass.) So, too, since we are part of the Body of Christ, the Church, we have work to do. We must live the Mass with our hearts, with our minds, with our hands.

Let me give you a image. Imagine if there were a camera on the ceiling of the church where you attend Mass each weekend. It is videoing all that happens from Saturday afternoon until Sunday after the last Mass for several weeks. What would you see in that video? (people coming and going) Now imagine that the film is speeded up, until individuals are not recognizable, only colored blobs coming and going. What might that look like? (various answers) It might look a lot like the blood circulating in the body. We are the blood cells. The blood cells travel through the body distributing O₂ and nutrition and return to the lungs when depleted; they fill up on O₂ and are pumped back through the body. So, too, we come to Mass to be renewed, refilled with Jesus to carry him to the world.

We come to Mass to be renewed, refilled so what is our relationship with Jesus like? Like the early Christians we come to be with one another, "break bread," (an expression that meant celebrating the Last Supper and sharing the Body and Blood as we do today at Mass. So how do we grow in our relationship with Jesus?



Cabrini Notes

Volume 7 Número 3

December 2, 2017

Saturday, December 2, 2017

The same way we become friends with any other person. We spend time with him/her; we talk with him/her. We find out their history, what they like to eat, to do, etc. In our relationship with Jesus this means prayer. We spend time with Jesus listening to his Word (read the Scriptures) thinking about it: how does this affect me? talk to Jesus about it. Go to Mass more often even during the week; avail ourselves of the Sacrament of Penance. We can say an act of Spiritual Communion. At anytime we wish and are not able to receive Jesus in the Eucharist for any reason, I can tell him of my love, my desire to receive him and ask him to come to me. And, he does! This is our interior life, spiritual life, or our heart life.

We use our minds as we come to know Jesus better. The early Christians listened to the teaching of the Apostles. How can we listen to them? Reading Scripture or books on the faith, for example the CCC, lives of the saints, or Catholic authors on various topics, conferences on Catholic teaching. There are also many Catholic sites on the web where we can seek answers to our questions. If we take just 15 minutes a day consistently, we will learn more and more about the faith.

The early Christians "held all things in common, sold property to share with the community, gave to the needy. So we our hands, well with our eyes, mouths and feet! As we come to know and love Jesus more, we desire to serve him. He told us "what you do to the least of my family, you do unto me." Where do you see Jesus in your family, your neighborhood, at work, in the parish? There are countless ways: visiting the sick, volunteering in the parish, collecting food for the food cupboards, helping out a neighbor who needs something, teaching a grandchild how to pray. The important elements are the how and the why.

We strive to act as Jesus did--act in the ways Jesus did. He never put anyone down; he listened to others; he accepted all those who came to him--children, women, the lepers, even the Pharisees; he was patient; he spoke to truth to those who sought to trap him; he forgave his enemies. St. Paul tells us to put on the mind of Christ (Philippians 2:5-11 and Romans 12:1-2) Put on the attitude of Christ.

- The second important thing is to be intentional--seeing that it is Christ to whom I am speaking, it is Christ whom I am helping.
- The Morning offering is a wonderful prayer that helps us put our intention into our work. We offer our prayer, work, joys and suffering (all liturgy) to Jesus.

Let me give you another image: As we leave Mass we are walking Monstrances; The word monstrance comes from the Latin word "to show," as in demonstrate. The monstrance shows us Jesus in the Blessed Sacrament. So we should be, as we leave the church after Mass. We show Jesus to the world by our attitudes, our words and actions.

I invite you now to listen to a testimony from fellow parishioners who strive to live the Mass.



Cabrini Notes

Volume 7 Número 3

December 2, 2017

Saturday, December 2, 2017

A Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You have already come, and unite myself wholly to You. Never permit me to be separated from You. Amen.

A Morning Offering

Oh Jesus, through the Immaculate Heart of Mary I offer you my prayers, my work, my joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, the reunion of all Christians. I offer them for all the intentions of the bishop, the Apostles of Prayer and especially those recommended by our Holy Father this month.