



PRAYERS IN THE PEW™

National Eucharistic Revival Supplement – October 2023

In this Year of the National Eucharistic Revival, we hope to have our hearts transformed like the disciples on the Road to Emmaus: the Light of Christ in the Eucharist burns within our hearts too!



THEME: THE INSTITUTION OF THE EUCHARIST

Eucharistic Saint



Blessed Bartolo Longo (1841-1926) was a priest in a satanic cult in his youth. He credits the Virgin Mary and a zealous priest for saving him from the darkness. Afterward, he dedicated himself to promoting devotion to Mary through the Holy Rosary. It is believed that Blessed Bartolo composed the *Luminous Mysteries of the Rosary*, the fifth of which is the Institution of the Eucharist.

Back to Basics

SPIRITUAL COMMUNION: There are many reasons why people cannot receive the Lord sacramentally in Holy Communion, and we are cautioned by St. Paul against receiving the Body and Blood of Christ unworthily (1 Cor 11:27).



The Eucharist, however, is *so full of light* that, even if we cannot receive Him sacramentally, we can still receive the *grace* of the Holy Sacrifice of the Mass through an act of spiritual communion. According to our Catechism, the Eucharist actually keeps the Church – and our souls – *in existence*:

"The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the People of God by which the Church is kept in being." (CCC, 1325)

Calls to Action



Disposition of Heart – Receiving grace, sacramental or otherwise, is entirely a question of how open our heart is to God's action. The Parable of the Sower (Matt 13:23) says we can receive thirty-, sixty-, or a hundred-fold.

Practice – Even if someone cannot go to *Communion* for whatever reason, we can always encourage that person to *go to Mass*. An immense treasury of grace overflows at every Mass like a river of light into the hearts of those who are disposed to receive it.

St. Peter of Alcantara used a glorious image for spiritual communion: *"Our Lord in the Blessed Sacrament has His hands full of graces, and He is ready to bestow them on anyone who asks for them."* All that is necessary for us is to visit Him... and ask!

"That love-glance of my God / that smile of holy fire / Oh, this is heaven for me!"
~ St. Therese of Lisieux (Poem: *My Heaven on Earth*)

National Eucharistic Revival News and Resources

Keep up to date on preparations for the Eucharistic Congress in July of 2024, and get the Bishops' Spark Series – nine short daily reflections for Eucharistic renewal.

Make sure to get the official Prayers in the Pew *Eucharistic Revival Edition* prayer cards at www.SitStandKneel.com for evangelization resources to spread the Eucharistic fire!