



PRAYERS IN THE PEW™

National Eucharistic Revival Supplement – March 2024

During the National Eucharistic Revival, we are reminded of our need to be spiritually prepared to receive our Eucharistic Lord. The disciples on the Road to Emmaus discovered Him in the breaking of bread.



THE IMPORTANCE OF THE EUCHARISTIC FAST

Eucharistic Saint



St. Rose Philippine Duchesne (1769 -1852) – This French nun was a Sacred Heart Sister who came to evangelize the Native American tribes in the mission territory of St. Louis, Missouri. She could not learn the native languages so she spent countless hours praying before the Eucharist for the other missionary sisters instead. The Indians gave her the name of “The Woman Who Prays Always.”

Back to Basics

THE EUCHARISTIC FAST: Bodily fasting before receiving a spiritual gift has a long history in our tradition. Moses fasted for forty days before receiving the Ten Commandments (Ex 34:28), and the prophet Elijah journeyed for forty days through the desert before his experience of God on the mountain (1 Kgs 19:8).



The Eucharistic Fast has the same effect on us: it prepares us to be worthy vessels in which to receive our Eucharistic Lord. Canon Law states: *“One who is to receive the Most Holy Eucharist is to abstain from any food or drink, with the exception of water and medicine, for at least the period of one hour before Holy Communion.”* (Canon 919)

Physical mortification before receiving Communion makes us spiritually receptive to His grace.

Faith in Action



Two Exceptions – If a priest must celebrate more than one Mass in a day, he is obliged to keep the Eucharistic fast only before the first Mass. Likewise, the elderly, the sick, and those who care for them may receive Communion if they have eaten something within the preceding hour.

Twice In a Day – It sometimes happens that the faithful wish to receive the Eucharist more than once in a day. The Church allows a person who has already received the Eucharist to receive a second time on the same day, but it **must be within a Mass** (Canon 917).

“May my heart ever hunger for Thee and be nourished by Thee, whose sight the angels desire; may my innermost soul be filled by the sweetness of thy savor and ever thirst for Thee, the fount of life, the fount of wisdom and science, the fount of eternal life, the torrent of joy, the plentitude of the house of God. ~ St. Bonaventure

National Eucharistic Revival News and Resources

Make sure to keep up to date on the National Eucharistic Revival at the Bishops’ central website: www.EucharisticRevival.org. For news on the upcoming Eucharistic Congress, please see www.eucharisticcongress.org. You can also get the *Eucharistic Revival Edition* Prayer Cards at www.SitStandKneel.com for great evangelization resources to spread the Eucharistic fire!