

# National Eucharistic Revival Supplement – April 2024

*The Easter Season is about the joy of the Resurrection! During the Eucharistic Revival, we feel joy in the Eucharist just like the disciples on the Road to Emmaus experienced in the breaking of bread with Jesus.*



## THEME: THE JOY OF THE EUCHARIST

### Eucharistic Saint



**St. Catherine of Siena** (1347-1380) was a lay woman who is best known for reconciling warring cities in Italy and bringing the pope back to Rome from his exile in France. She was gifted with intense visions of Jesus who told her how to reform the Church. When Catherine died at the young age of 33 she had lived her entire adult life on no food except the Holy Eucharist.

### Back to Basics

**EASTER DUTY:** In order to emphasize that the Eucharist is the most important institution and reality of our faith, the Catholic Church actually *requires* the faithful to receive Communion during the Easter Season.



This practice is called the “Easter Duty” and is considered one of the five precepts of the Church: *You shall humbly receive your creator in Holy Communion at least during the Easter season.* (Catechism, 2041–2043)

In an age where people receive the Eucharist frequently, this may not seem like a “duty” as such, but it is connected with another equally important precept: *You shall confess your sins at least once a year.* Thus, every year, the Church reminds each of us to keep our spiritual priorities in the proper order.

### Calls to Action



**Concern for Souls** – The Eucharist gives us spiritual strength for our journey through life. Perhaps you know fallen away Catholics who are spiritually “starving” from being away from the Bread of Life for so long. Easter may be a time to invite them back to the joy of the Eucharist.

**Evangelize** – Make sure to be a teacher and evangelizer of the Eucharist to non-Catholics also by handing out prayer cards and materials for people to learn about this great gift of our Catholic faith.

*“When we work hard, we must eat well. What a joy that you can receive Holy Communion often! It's our life and support in this life. Receive Communion often, and Jesus will change you into himself.”*

~ St. Peter Julian Eymard

### National Eucharistic Revival News and Resources

Keep up to date on the National Eucharistic Revival at the Bishops' website: [www.EucharisticRevival.org](http://www.EucharisticRevival.org). For news on the upcoming Eucharistic Congress, go to [www.eucharisticcongress.org](http://www.eucharisticcongress.org). Also, get the *Eucharistic Revival Edition Prayer Cards* at [www.SitStandKneel.com](http://www.SitStandKneel.com) for great evangelization resources to spread the Eucharistic fire!