



Remain in Me

A Process of Reflection on Take, Bless, Break, Share

The Eucharist as Summons to Participation

In this third reflection, based on chapter three of *Take, Bless, Break, Share: A Strategy for a Eucharistic Revival*, by Cardinal Blase Cupich, we are invited to pray about, contemplate, and discuss how the Eucharist, the Lord's action in his Paschal Mystery, beckons us to active participation in the Mass. When we are open to the Eucharist as the invitation of Jesus Christ himself, we become much more than passive guests at Mass. We begin to recognize and appreciate "*The Eucharist as Summons to Participation.*"

Reflection Questions

- What helps me to prepare for the Eucharistic celebration? What is one small change that I can make today to better prepare to encounter Jesus in the Eucharistic celebration?
- Pope Francis notes that in participating in the celebration of the Eucharist, it is because Jesus has drawn us there. When I participate in the Mass, do I feel as if I have been drawn there by Jesus Christ?
- In what ways do I externally participate in the celebration of the Mass? In what ways do I internally participate in the celebration of the Mass?
- In the end, the liturgy is about encountering the person of Jesus Christ. Which aspects of the liturgy most support this encounter for me? How could I enter more deeply into that personal encounter? How can I offer this encounter to others?

Small Group Discussion

In small groups, share and discuss your reactions to the video presentations and your responses to the following discussion questions. Some people in your group may also want to share their thoughts and experiences related to the personal reflection questions. Allow the Holy Spirit to guide your conversation with one another.

- How do you understand "full participation" in the Eucharistic liturgy? In what ways might you engage with the liturgy more intentionally? How can we help guide others in our life towards fuller and more meaningful participation?

- “But I don’t get anything out of Mass.” Do you or someone you know feel this way at times? If so, what might shift that perspective? How can we, as a faith community, better listen to and address the reasons people may feel less than fulfilled at Mass?
- Cardinal Cupich notes that we must take into account our response to the Eucharist. What do you think this means? What might be examples of how one might respond to the Eucharist.

Go Forth

Take a moment to reflect on the ways in which God has moved your heart and inspired you during this time of prayer and conversation.

In the Mass, the Lord’s Supper, Jesus Christ himself desires to encounter and to share his very life with us.

- Has your heart become more aware of, or open to, the invitation of the Lord and the summons to active participation in the mass?
- How can you prepare for Mass and reimagine your participation in the liturgy in new ways, so the experience may become more meaningful for you?
- Do you sense a different invitation from Jesus?

Write down a key “take-away” from today’s reflection and discussion, and then consider your first next-step to grow closer to Jesus in the Eucharist.

Prayer

Lord, Jesus, help us to be open to your invitation, and to remain mindful of what the Eucharist means - not only for our practice of worship, but also for how we leaven the world you have made for us. May our love for one another be strengthened and nourished by our celebration of the Eucharistic mystery together, and may this love be a source of unity and healing for the life of the world. We ask this through Christ, Our Lord.

Amen.