



CELEBRATION AND EUCHARISTIC ADORATION

3

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"In the first place, every day we should wholeheartedly celebrate the mystery of the Eucharist, Keeping close to Christ our Lord as he proclaims the words of life, offers himself for his brothers and sisters, honors his Father and builds up the unity of the Church. We should cherish conversation with Christ our Lord by visiting and worshipping him in the Holy Eucharist" (*Constitutions*, 35)

In the Lord's Prayer we ask God: "Give us each day our daily *bread*." The Eucharist is the only bread that we need. This is why we celebrate it every day on our road of life with diverse Christian communities, with our own brothers, on travels, when we are alone, when circumstances require. We never refuse the fresh bread offered to us daily by our Father.

We celebrate the Eucharist, over all, to unite ourselves with the Lord. We welcome his word, we join with his sacrifice and praise to the Father, through him we build up a community of brothers.

The Eucharist goes beyond the actual celebration: it extends throughout the day. In the tradition of the Church and in the practice of our Founder there are two practices which help us continue a Eucharistic tone in our missionary life: visits to and adoration of the Blessed Sacrament. The Constitutions ask us to develop these practices with "great devotion".

Unity with the Lord, lived with intensity, will produce in us fruits of new life. Our mission will have a new vitality.

It is always possible to continue growing.

Do I daily celebrate the Eucharist, not just as a routine, but filled with the Spirit?

How can I put more meaning into my visits to the Blessed Sacrament and Eucharistic adoration?

THE FATHER GIVES US EACH DAY OUR DAILY BREAD