

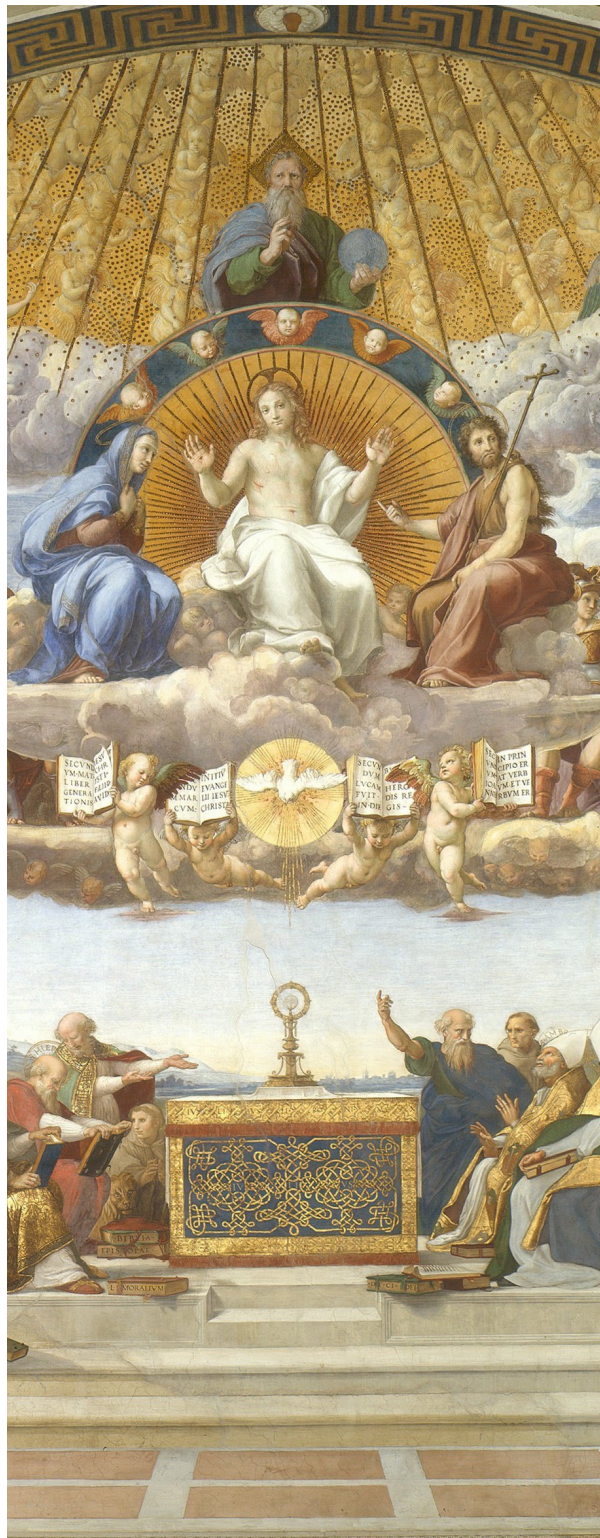
# The Eucharist in Family Life

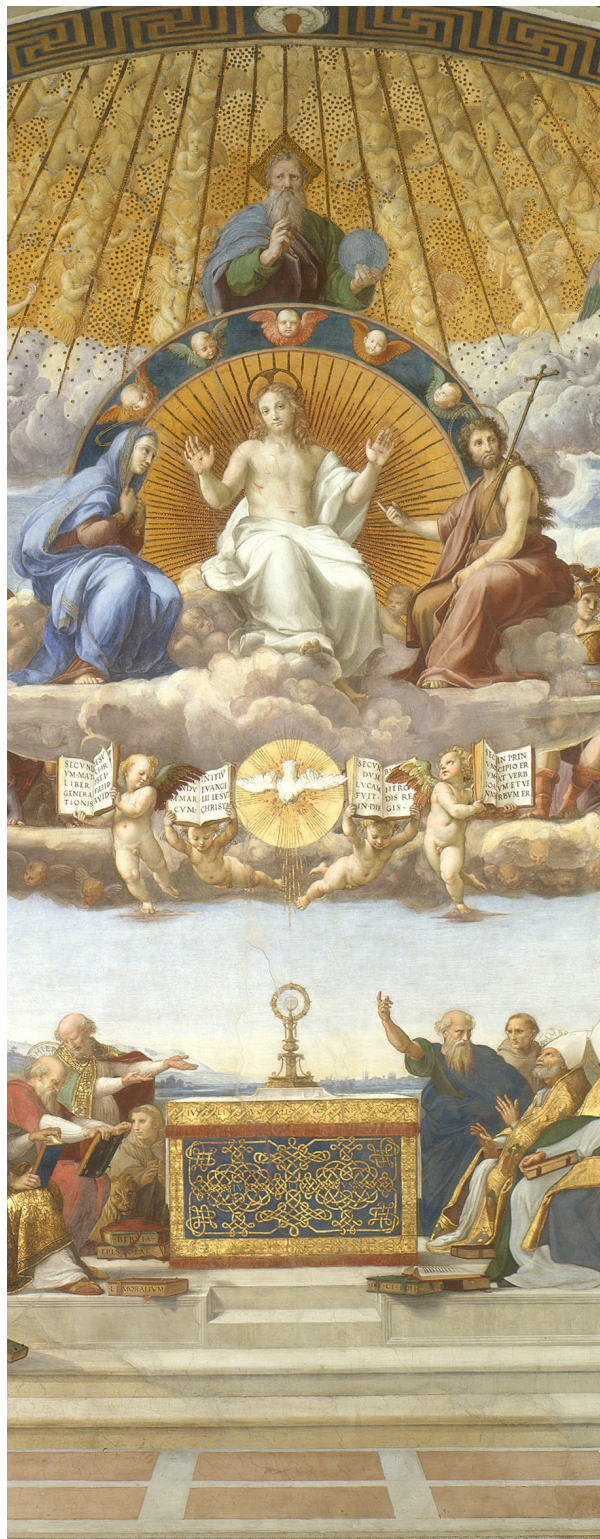
A young boy with dark, wavy hair is shown in profile, facing right. He is wearing a dark grey or black sweater over a white collared shirt. His hands are clasped together in front of his face, and his head is bowed low, resting on his hands. He appears to be in a state of prayer or deep concentration. The background is softly blurred, showing other people in a church setting, including a woman with pink hair and another person in a white shirt. The lighting is warm and focused on the boy.

Fr. Roger J. Landry • Mater Salvatoris College Preparatory School  
Stamford, Connecticut • November 26, 2024

# The National Eucharistic Revival

- The National Eucharistic Revival is a 3+ year initiative to renew the Church in the United States.
- It has four phases: Dioceses, Parishes, the Country as a whole and mission.
- The National phase involved the National Eucharistic Pilgrimage, which came here to Mater Salvatoris and that I was privileged to help lead.
- The National Eucharistic Congress in Indianapolis, the first since 1941.
- Now the Missionary Phase of the Revival: Walk-With-One and inviting people back to faith.
- But there is obviously meant to be a personal phase for everyone and a familial aspect!



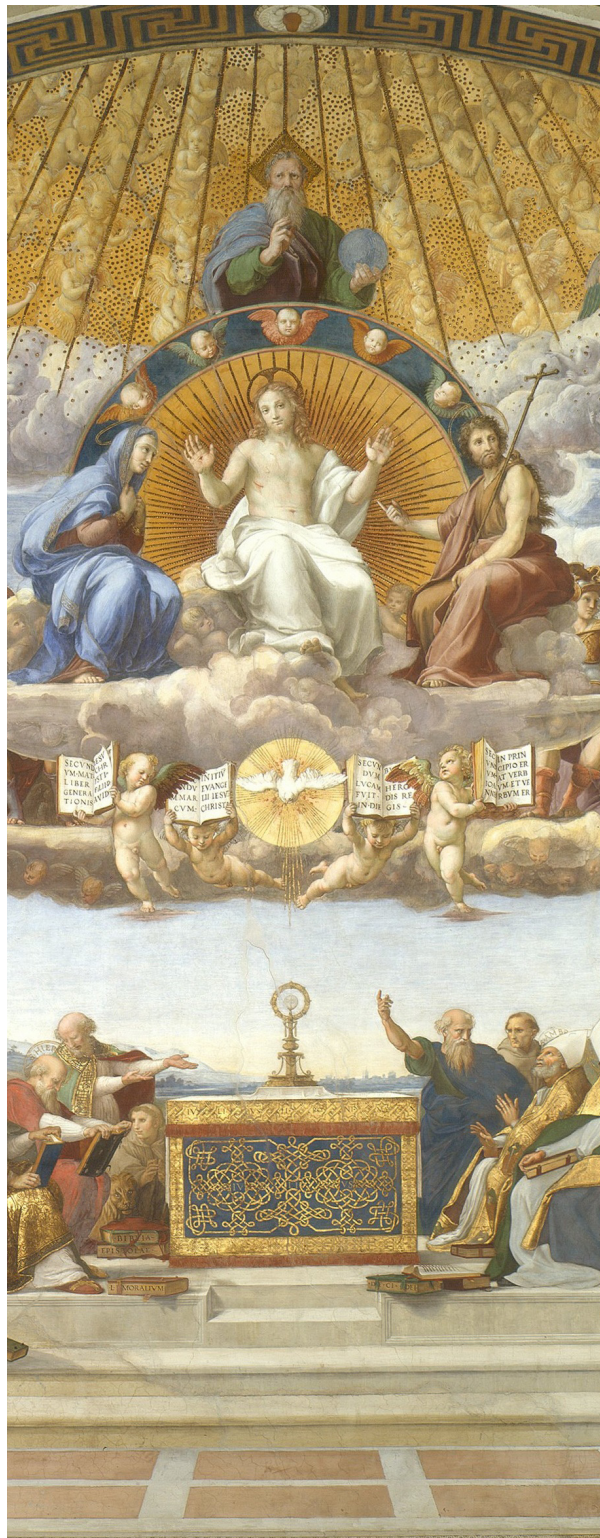


# The Eucharist in Family Life

- There are many ways to live the Eucharist in family life.
- The family of Blessed Carlo Acutis
- The family of St. Therese Lisieux
- We see that God can in fact make Eucharistic saints from different starting points. Everything is meant to cooperate with grace.
- But we would like to pass on as of the greatest importance what we ourselves have received.
- Goal is to make Jesus in the Eucharist the source, summit, root and center of the life of the family.

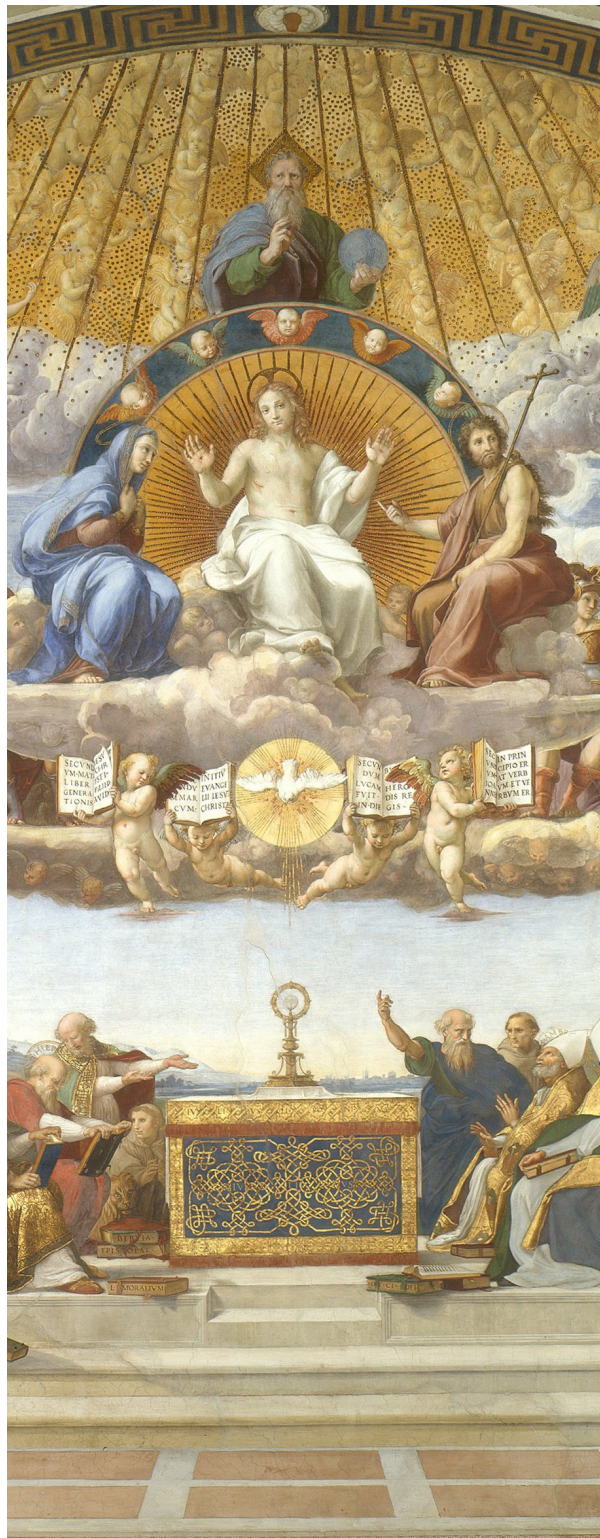
# Important Principles

- The Eucharist is a Person not a Thing
  - We must treat the Eucharistic Jesus the way we would treat the baby Jesus, the teen Jesus, the adult Jesus, the Jesus on the clouds.
  - We must speak about him accurately.
  - Children are capable of grasping when we explain to them the mysteries. Maria Montessori: “There is a deep mystery hidden in the Mass...: Jesus, at a certain moment, comes down alive on the altar. He is invisible, but he is truly present because the bread is changed into his Body and the wine into his Blood. We go to to Mass to find Jesus, to receive him. He is present there, He lives and will never leave us. This is our comfort, the greatest part of our faith!”



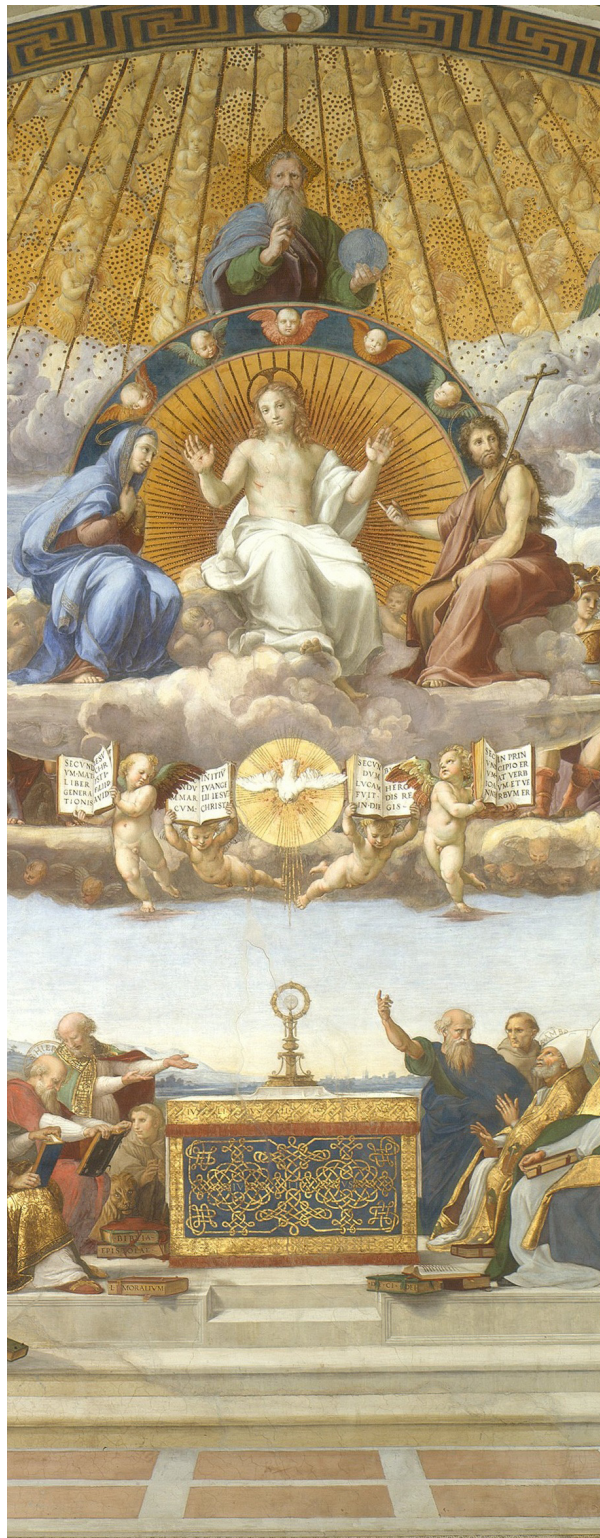
# Important Principles

- Reverence and Wonder
  - A sense of the sacred.
  - Some have said it would be hard to deduce the Real Presence of Jesus by the way most Catholics comport themselves before the Blessed Sacrament.
  - Reverence in the body. Genuflection. Hands. Eyes. Then interior.
  - Reverence in our words and way of speaking.
  - Reverence before the tabernacle, after the consecration, in the way we receive, in the way we pass Churches on the street.
  - Reverence begins with love. We cannot teach love without loving.



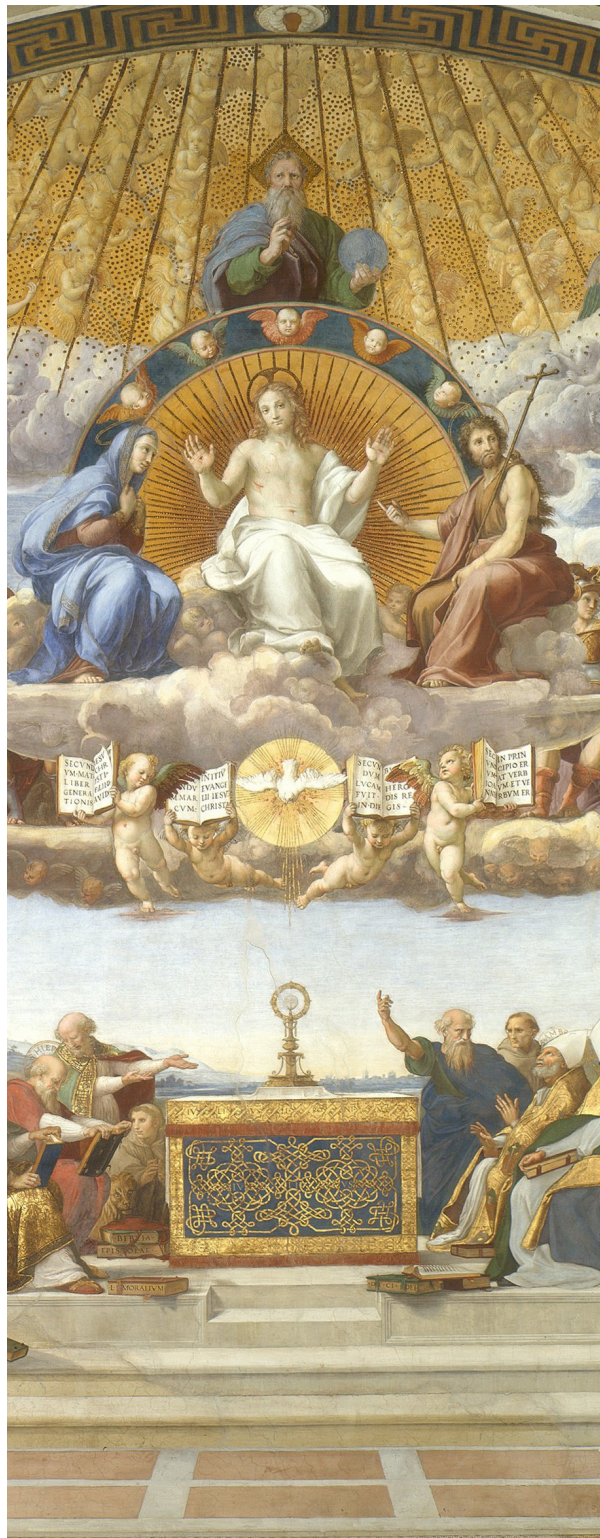
# Important Principles

- The Domestic Church – the Family
  - The family is meant to be a “church in miniature,” worshipping God, pondering his word, transmitting the faith, treating each other with charity, living in communion, sacrificing for God and others.
  - JP II: The Eucharist is the very source of Christian marriage. The Eucharistic Sacrifice, in fact, represents Christ's covenant of love with the Church, sealed with His blood on the Cross. In this sacrifice of the New and Eternal Covenant, Christian spouses encounter the source from which their own marriage covenant flows, is interiorly structured and continuously renewed. As a representation of Christ's sacrifice of love for the Church, the Eucharist is a fountain of charity. In the Eucharistic gift of charity the Christian family finds the foundation and soul of its "communion" and its "mission." ... Their sharing in the Body of Christ that is "given up" and in His Blood that is "shed" becomes a never-ending source of missionary and apostolic dynamism for the Christian family (FC 57)



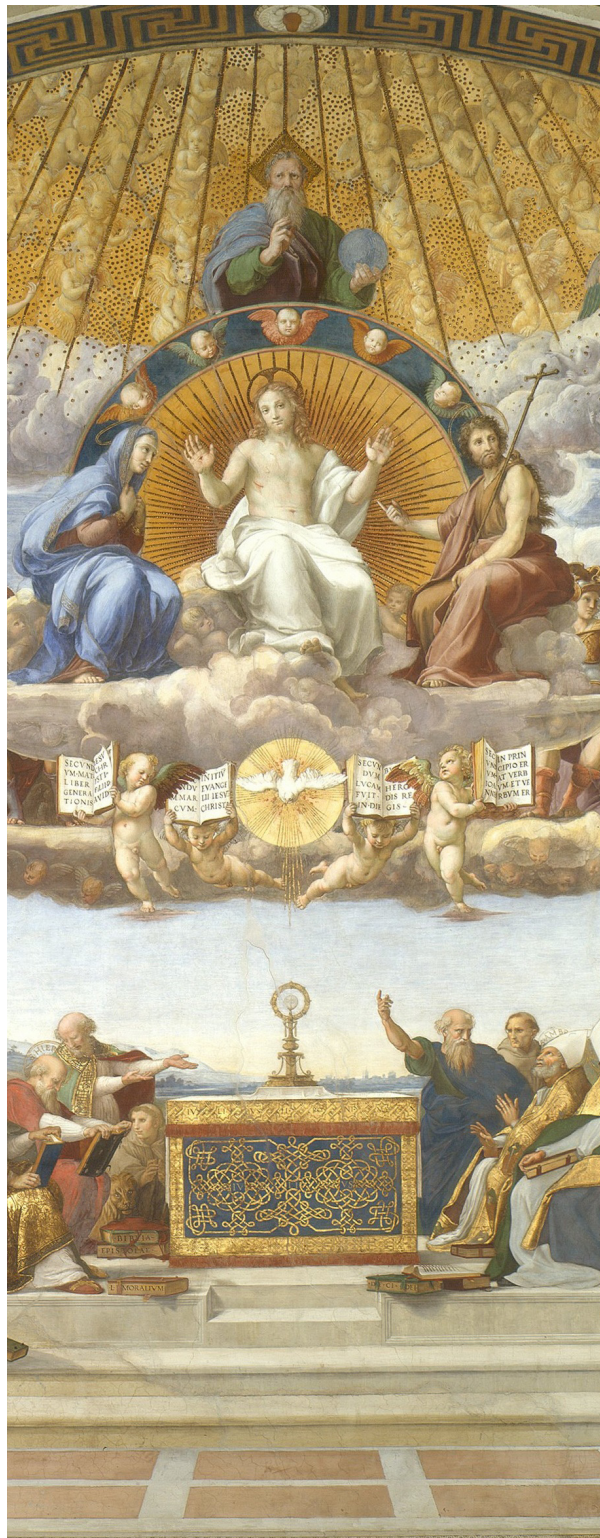
# Practical Tips for Focusing the Family on the Mass

- Preparation for the Mass
  - Excitement, rather than stress or excessive obligation. Going to meet God! Encounter Jesus!
  - Teaching them to prayer with reverence at home. Rosary.
  - Help them to understand the prayers, the sacred objects, gestures, symbols, vestments and colors, the various parts of the Mass. Books, videos, explanations.
  - Spiritual communions, perhaps at the end of the prayer after meals.
  - Singing Eucharistic hymns
  - Liturgical preparation of the readings, perhaps prayers.
  - Pray the night before.
  - Mass kit



# Practical Tips for Focusing the Family on the Mass

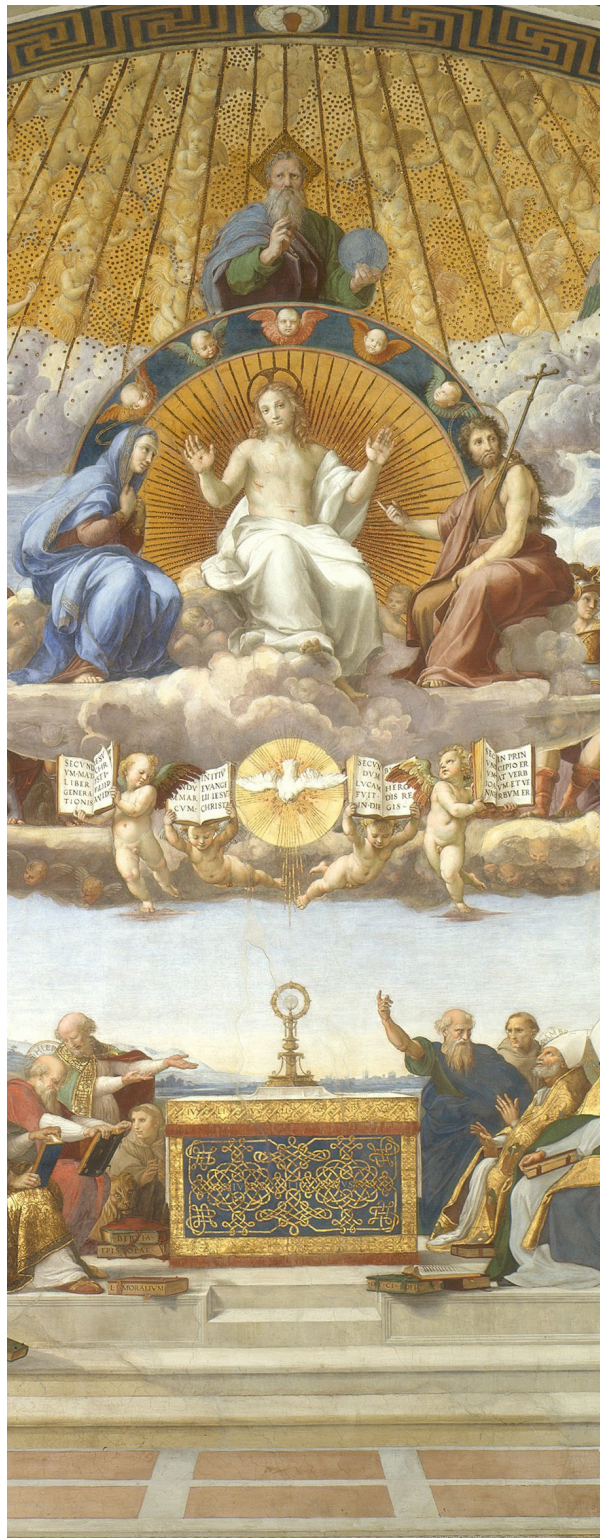
- Preparation for the Mass
  - Photos of the Eucharistic Jesus at home. First and subsequent communions.
  - Count down for the first holy communion, in years, months, eventually days.
  - Talk about what it's like to receive Jesus.
  - Care for the Church. Clean. Linens. Candles. Polishing. Grounds.
  - Celebrate anniversaries of first Communion in a big way. Share stories.
  - Learn prayers by heart and discuss them.
  - Retreats in preparation for first communion.
  - Sacrament of Confession!





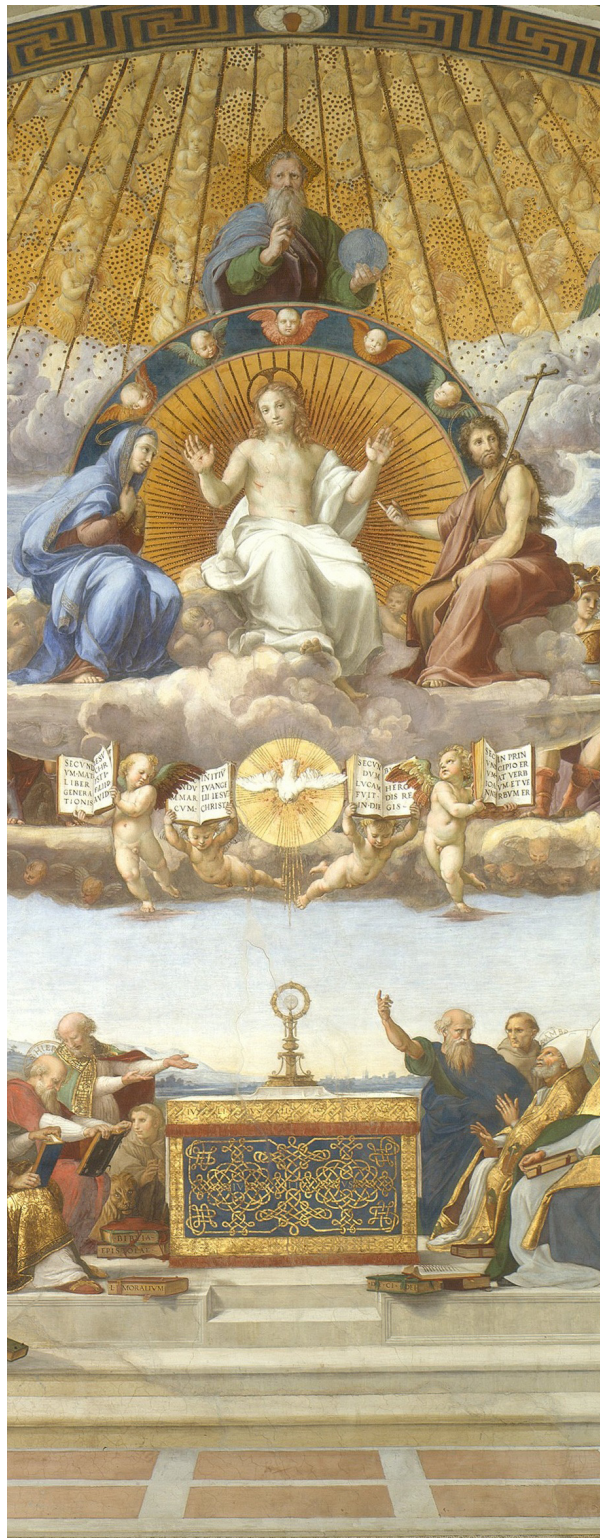
# Practical Tips for Focusing the Family on the Mass

- Celebration of the Mass
  - Sacrifice, presence and communion
  - Importance of vocabulary
  - How to listen to the Word of God and respond.
  - Perhaps prepare own familial Prayers of the Faithful.
  - “My Lord and my God!” and other aspirations.
  - Altar serving.
  - Thanksgiving during Mass.
  - Mass intentions for family members, living and deceased.



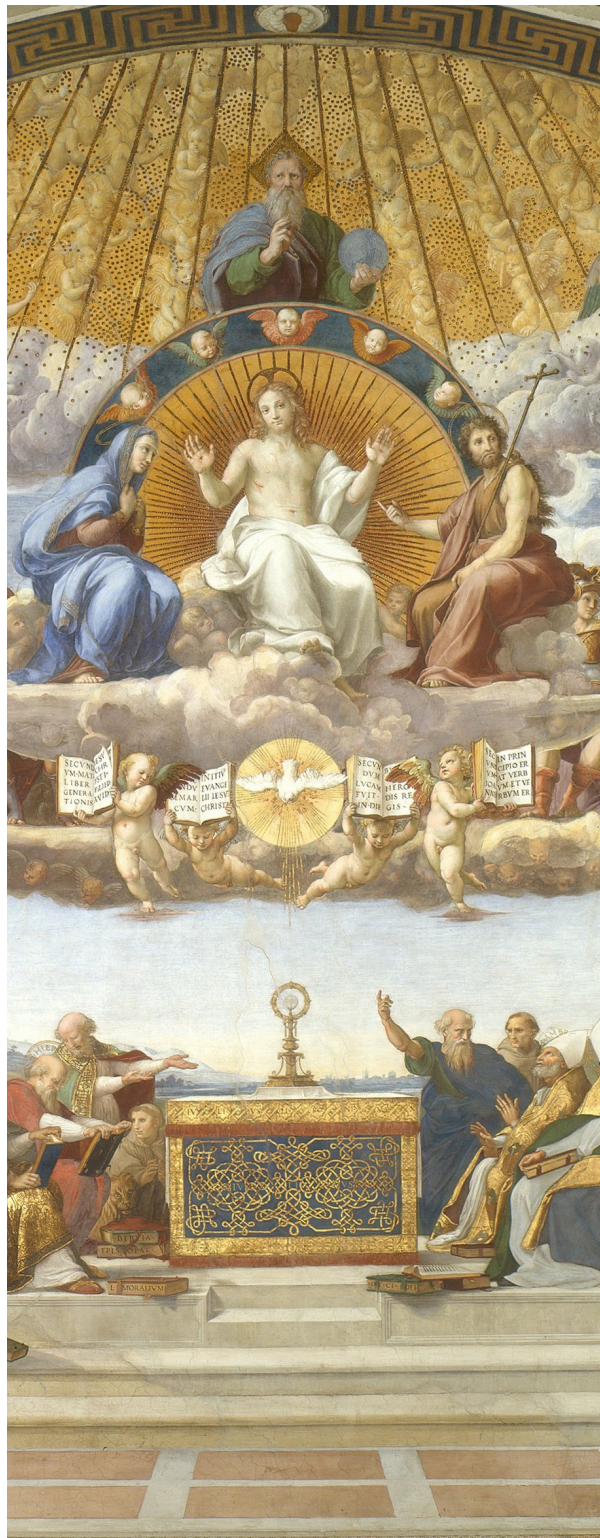
# Practical Tips for Focusing the Family on the Mass

- After and Outside of Mass
  - Take time around the Sunday table to discuss insights and fruits from the Mass.
  - *Epi-ousios*: Perhaps one or more Masses during the week, individually.
  - Become an EMHC to the sick and bring children with you?
  - Invite priests over to the house. Perhaps ask the priest to celebrate Mass in your house once a year and invite others over.
  - Pray for priestly vocations
  - Watch Mass from the Vatican and elsewhere.
  - Foster devotion for the Eucharistic saints.



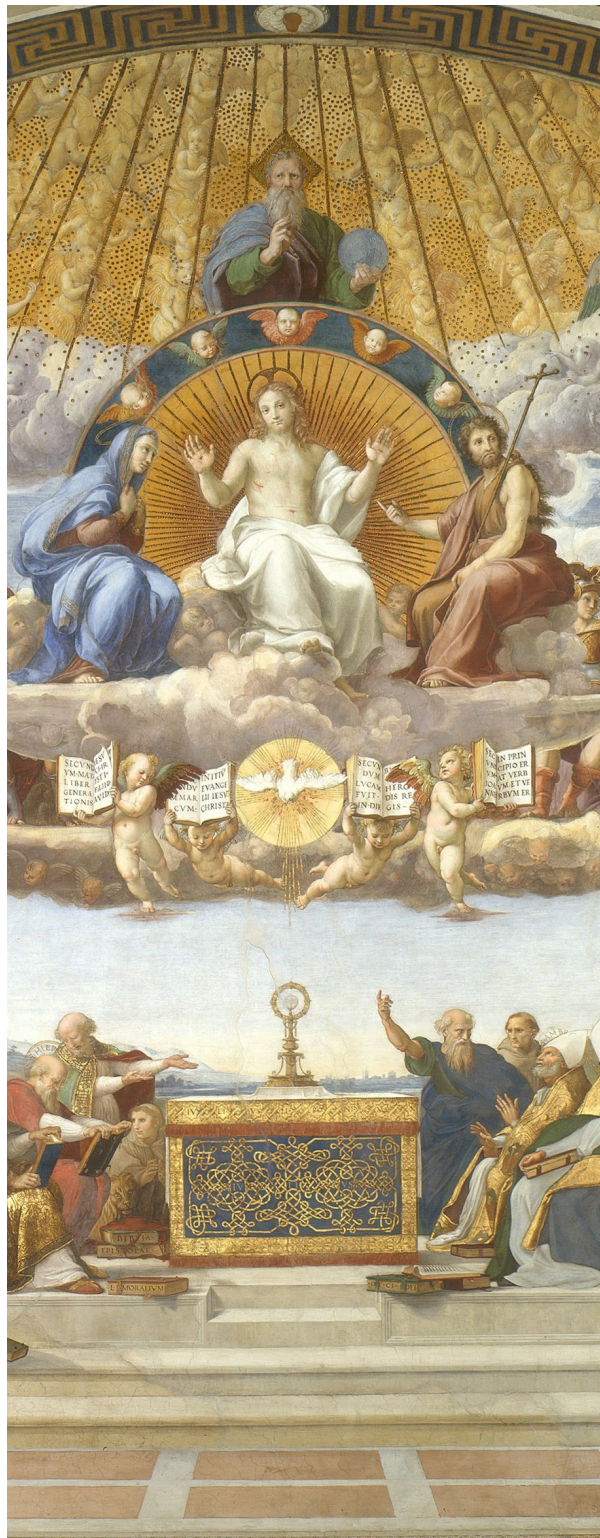
# Practical Tips for Taking Jesus' Real Presence Seriously

- Visits to the Blessed Sacrament
- Adoration
  - Train children how to speak and listen to Jesus
  - Communicate a sense of wonder and awe
  - Big Eucharistic events: Steubenville East, SEEK, Eucharistic Congresses in Diocese or Country.
  - Build up stamina.
- Eucharistic Processions
  - Great way of communicating truth of Real Presence.
  - Adventure for boys, act of love for girls



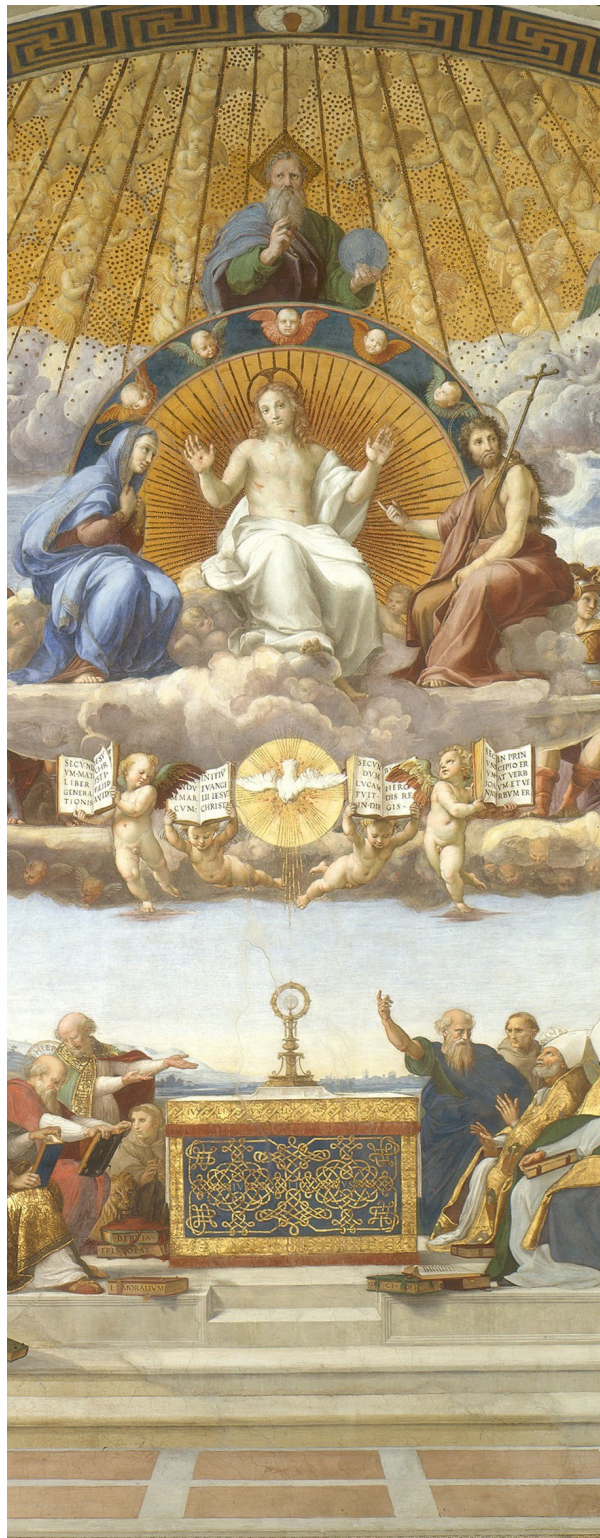
# John Paul II's Encouragement

- The *Eucharist* is truly a wondrous sacrament. In it, Christ has given us himself as food and drink, as a source of saving power. He has left himself to us that we might have life and have it in abundance (cf. *Jn* 10:10): ... The life that comes from Christ is a life for us. *It is for you, dear husbands and wives, parents and families!* Did Jesus not institute the Eucharist in a family-like setting during the Last Supper? ... And he is Emmanuel, God with us, in an even greater way whenever you approach the table of the Eucharist. It can happen, as it did at Emmaus, that he is recognized only in "the breaking of the bread" (cf. *Lk* 24:35). It may well be that he is knocking at the door for a long time, waiting for it to be opened so that he can enter and eat with us (cf. *Rev* 3:20). The Last Supper and the words he spoke there contain all the power and wisdom of the sacrifice of the Cross. ... There is no other power and no other wisdom by which you, parents, can educate both your children and yourselves. *The educational power of the Eucharist* has been proved down the generations and centuries. (*Letter to Families* 18)



# Benedict XVI's Encouragement

- The Eucharist, as the sacrament of charity, has a particular relationship with the love of man and woman united in marriage. A deeper understanding of this relationship is needed at the present time. ... The Eucharist is the sacrament of our redemption. ... The Eucharist inexhaustibly strengthens the indissoluble unity and love of every Christian marriage. By the power of the sacrament, the marriage bond is intrinsically linked to the eucharistic unity of Christ the Bridegroom and his Bride, the Church (cf. *Eph* 5:31-32). The mutual consent that husband and wife exchange in Christ, which establishes them as a community of life and love, also has a eucharistic dimension. Indeed, in the theology of Saint Paul, conjugal love is a sacramental sign of Christ's love for his Church, a love culminating in the Cross, the expression of his 'marriage' with humanity and at the same time the origin and heart of the Eucharist. For this reason, the Church manifests her particular spiritual closeness to all those who have built their family on the sacrament of Matrimony. The family – the domestic Church – is a primary sphere of the Church's life, especially because of its decisive role in the Christian education of children.





## Welcome!

I warmly welcome you to this website, put together at the insistence and with the assistance of friends.

During my diaconal ordination, Cardinal Edmund Szoka gave me the following instruction from the Ordination Rite as together we gripped the Book of the Gospels:

*"Receive the Gospel of Christ, whose herald you now are.  
Believe what you read.  
Teach what you believe.  
Practice what you teach."*

Those words have never lost their resonance.

Since that day -- October 8, 1998 -- I have tried to live up to that commission to be a "herald of the Gospel," by striving to teach what the Church believes, to practice what I preach to others, and to spread with joy and enthusiasm the truth Christ has entrusted to His church -- in and out of season, in and out of the pulpit.

This website is a chronicle of those attempts. You may also follow postings of articles, homilies and teachings on Facebook, Twitter and Youtube.

You can also subscribe to the podcast of daily homilies, lectures and talks through Apple Podcasts and Google Podcasts.

It constitutes the "five loaves and two fish" (or even less!) that I have placed into the hands of the Lord as an attempt to feed a hungry crowd, confident that, if He wishes, He can multiply and supplement that meager offering to nourish many more (Jn 6:1-14).

In Christ,  
Fr. Roger J. Landry



### Most Recent Homilies

God's Comfort and the Conversion Required to Receive It, Second Sunday of Advent (B), December 6, 2020

Accepting, Following and Announcing Jesus without Offense, Second Sunday of Advent (EF), December 6, 2020

Walking the Way of the Kingdom Jesus Indicates, First Saturday of Advent, December 5, 2020

Running to Meet Our Light, Strength and Salvation, First Friday of Advent, December 4, 2020

Listening to and Acting on the Long Awaited One's Words, First Thursday of Advent, December 3, 2020

Going Hungry to Meet Christ in a Three-Fold Banquet, First Wednesday of Advent, December 2, 2020

Childlike Eyes to See, First Tuesday of Advent, December 1, 2020

Singing the Song of the Lamb, 34th Wednesday (II), November 25, 2020

Turning to the Lord Who Comes to Judge the Earth, 34th Tuesday (II), November 24, 2020

Following the King and Lamb Wherever He Goes, 34th Monday (II), November 23, 2020

### Most Recent Articles

Our Duty and Salvation, The Anchor, November 27, 2020

Living the Reality of the Kingdom of Christ, National Catholic Register, November 19, 2020

The Knights Our Age Needs, The Anchor, November 13, 2020

Remembering Andrew Walther, November 7, 2020

Just a Parish Priest, The Anchor, October 30, 2020

Coming to Know the Original Three-Dimensional Carlo Acutis, The Anchor, October 16, 2020

A Good Shepherd Full of Christian and Priestly Virtues, The Pilot, October 5, 2020

Returning to the Sacrament of Divine Love, The Anchor, September 18, 2020

The Pastoral Malpractice of Liturgical Abuse, The Anchor, September 4, 2020

The Chosen, The Anchor, August 21, 2020

### Most Recent Talks

Receiving the Lord Jesus as Mary and Joseph, Advent Day of Recollection for the Leonine Forum, December 5, 2020

Novena in Preparation for the Immaculate Conception, Leonine Forum, November 28 to December 8, 2020

Blessed Michael McGivney and the Call to Holiness, McGivney Festival Young Adult Prayer Vigil, October 31, 2020

Apprenticeship in the Art of Living, Duc in Altum Virtual Schools Summit, October 28-30, 2020

Preaching on Marital Love and Accompanying Couples toward the Full Embrace of the Church's Teaching, Diocese of Gary Clergy Convocation, October 20, 2020

The Divorced and Remarried, Challenges and Triumphs in Pastoral Care, Diocese of Gary Clergy Convocation, October 20, 2020

The Heart of the New Evangelization: Meeting, Knowing and Loving Jesus Back, New Zealand Evangelion's In his Name Virtual Conference, October 10-11, 2020

Christian Anthropology: The Human Person in the Modern World, Leonine Forum Opening Lecture, October 8, 2020

Introduction to Catholic Social Teaching, UNSRC Catholic Club, August 27, 2020

Making Better Confessions, Catholic Information Conference, July 24, 2020

# For the Slides of this Talk

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## *Questions and Comments*

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