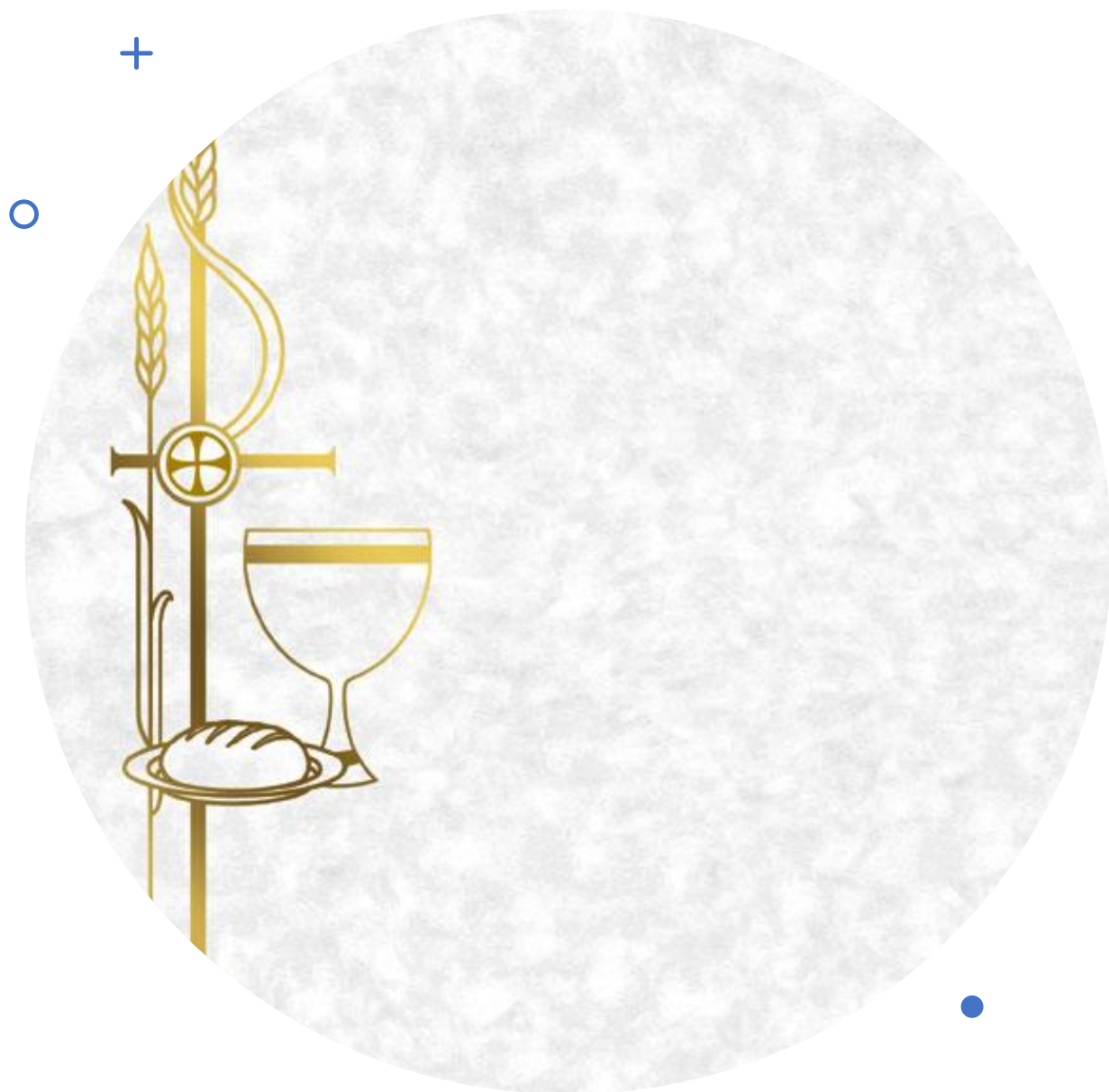




Lenten Reflections

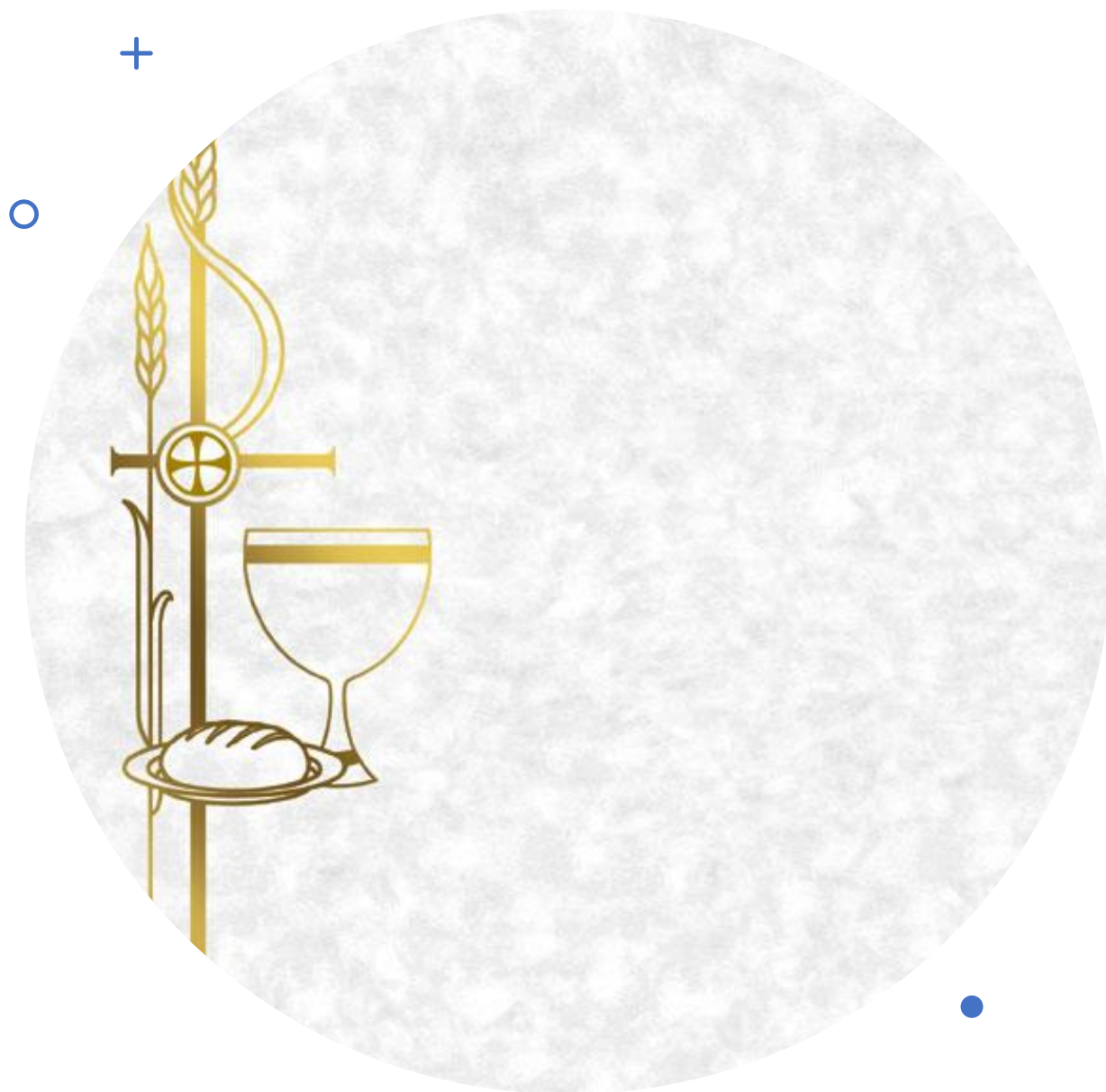
The Holy Eucharist

Catholic Faith Formation
St. Ignatius Church, Tokyo
April 3, 2022



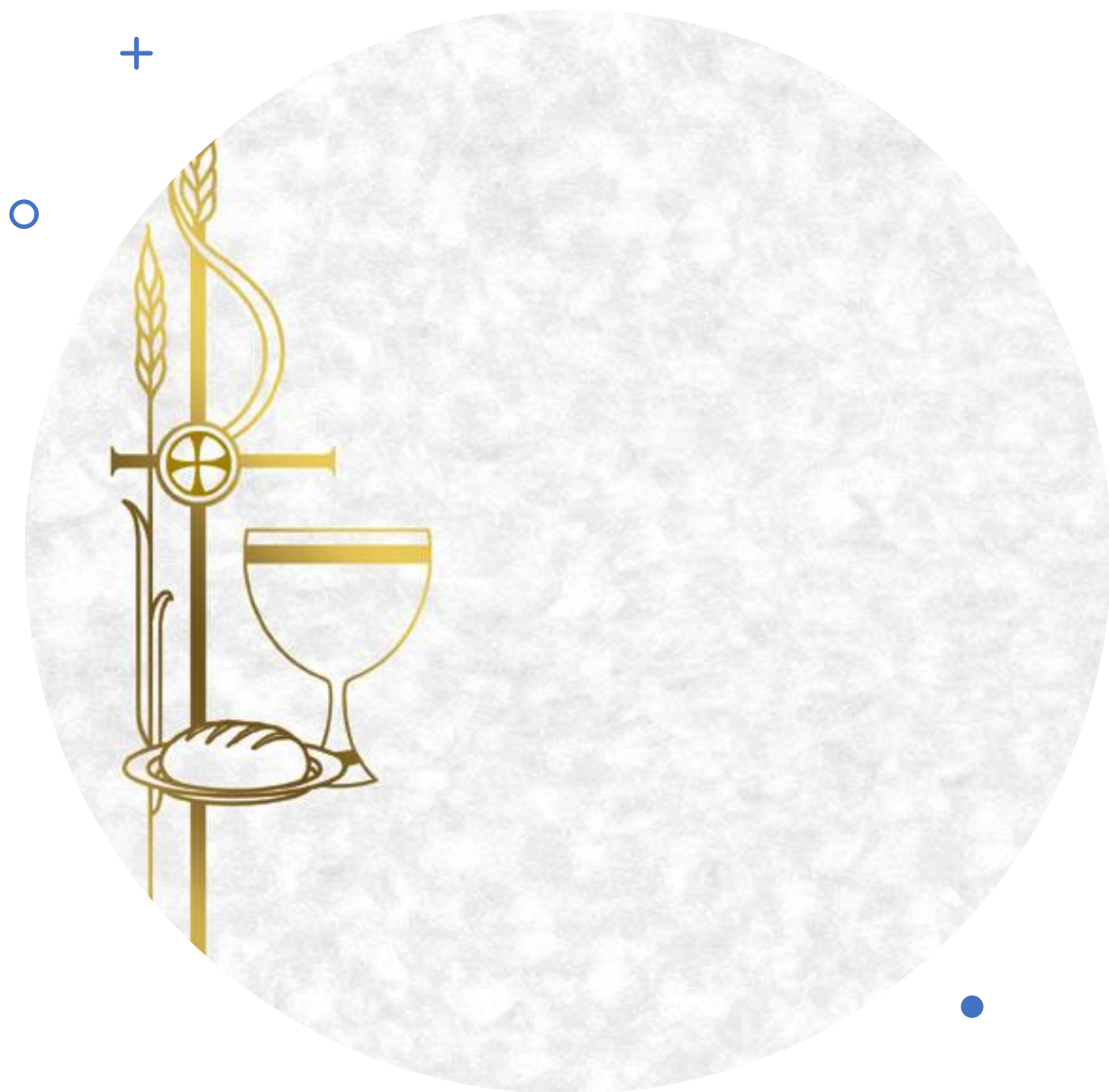
Who is the Eucharist?

- [*The Beauty of the Eucharist \(4 Minutes\)*](#)
- During this time of being unable to receive the Eucharist physically, Sr. Mary Elizabeth Albers reminds us of how crucial, and how beautiful this gift is.



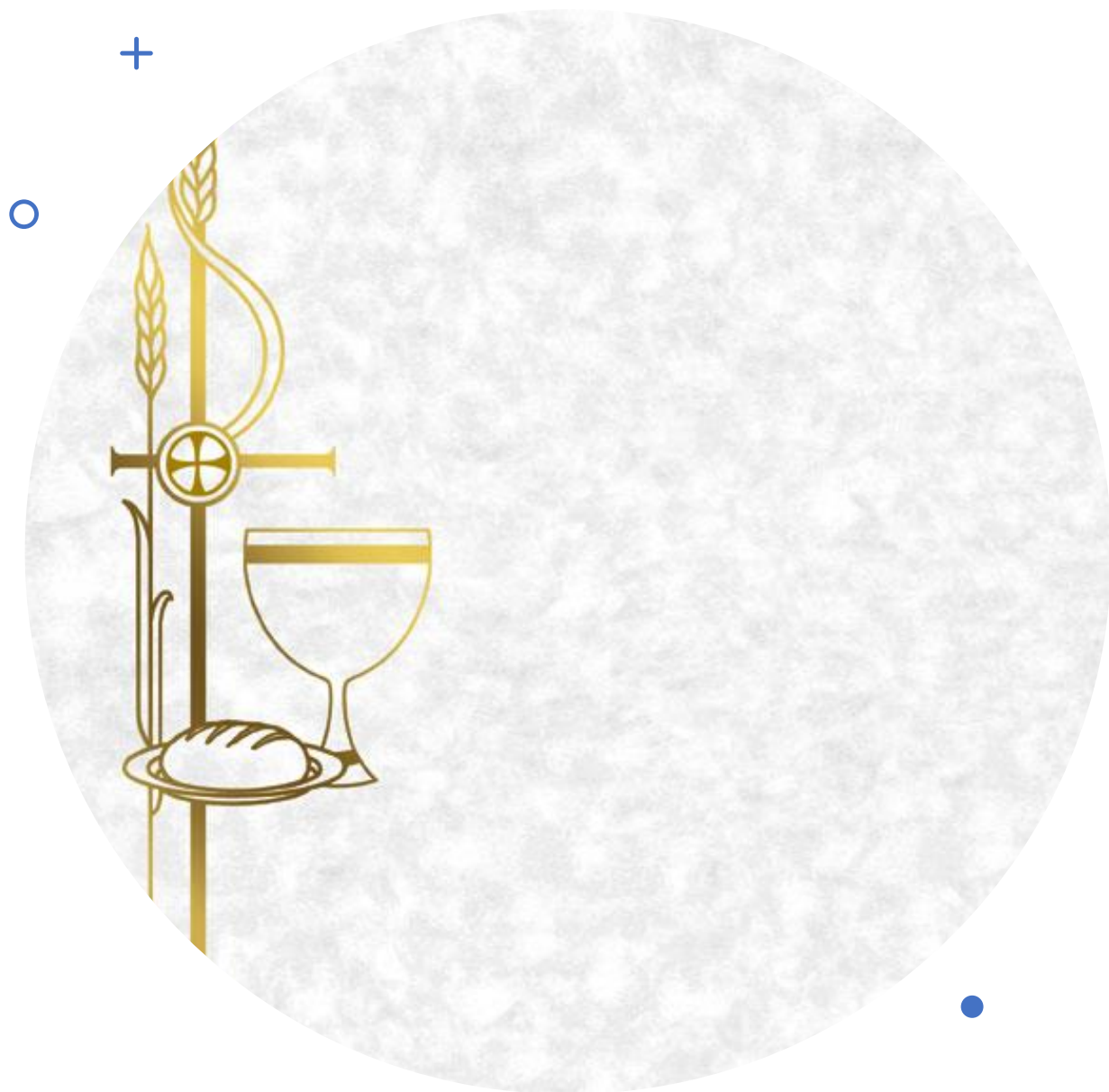
Who is the Eucharist?

- [*Discover the Beauty of the Holy Eucharist Presence Catholic Sacraments \(3 Minutes\)*](#)
- Too many Catholics approach the Holy Eucharist with indifference. The Augustine Institute provides a much-needed tonic. PRESENCE is a lively and compelling series on the central reality of the Catholic religion. It is ideal for catechists, teachers, parents of children preparing for First Communion, and anyone who finds himself longing to love Our Lord in the Blessed Sacrament more but not knowing where to begin."
- Although the Eucharist appears to be simple bread and wine, it is actually the "source and summit" of the Christian life. Presence: The Mystery of the Eucharist explores the truth and beauty of Christ's Real Presence in the Eucharist, from its origins in Sacred Scripture to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation.
- Augustinian Institute - <http://augustineinstitute.org>



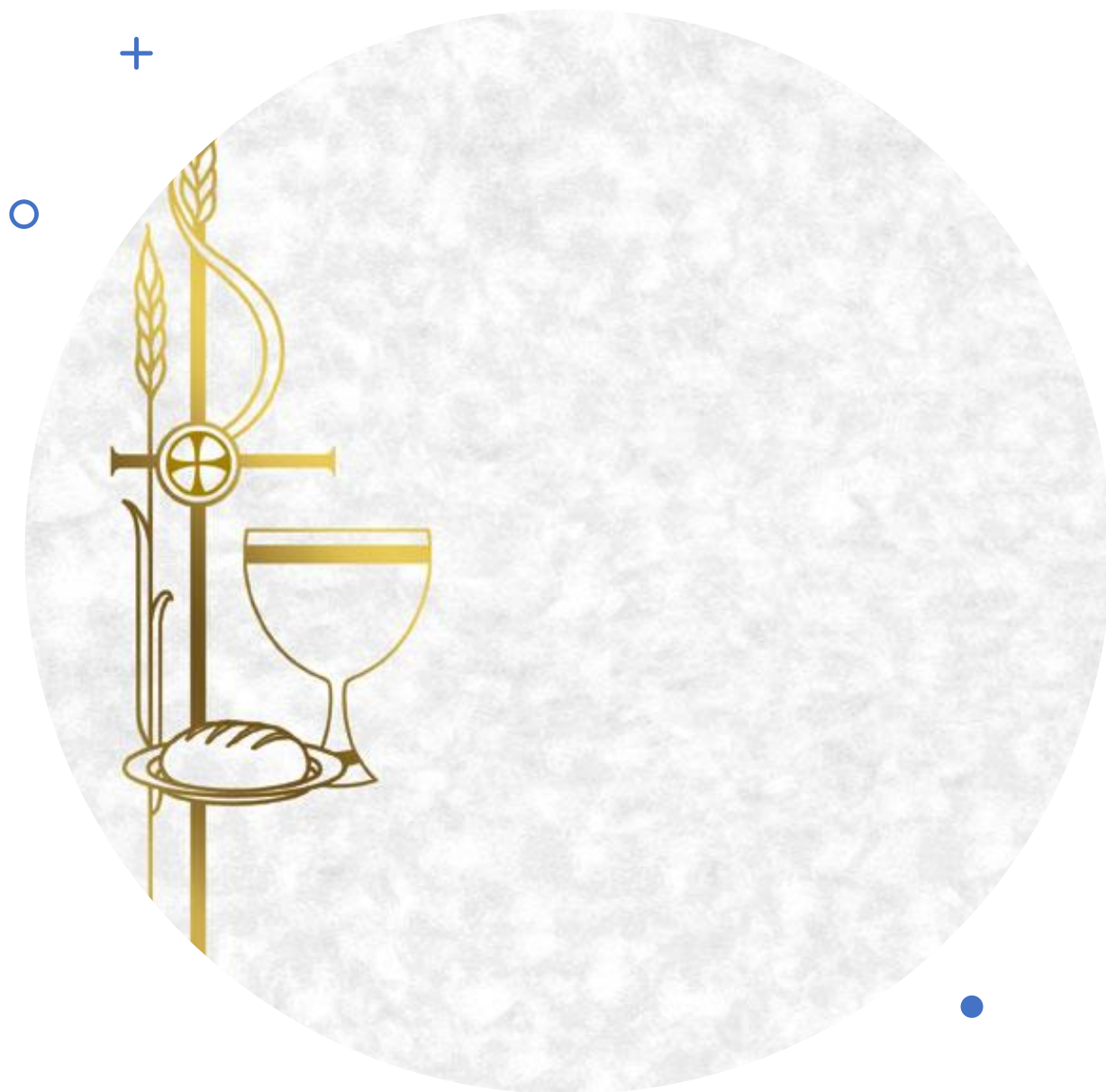
Who is the Eucharist?

- [Presence: The Eucharist and Transubstantiation / Catholic Sacraments / Catholic Communion \(35 Minutes\)](#)
- Presence: The Mystery of the Eucharist explores the truth and beauty of transubstantiation and Christ's Real Presence in the Eucharist, from its origins in Sacred Scripture to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation.



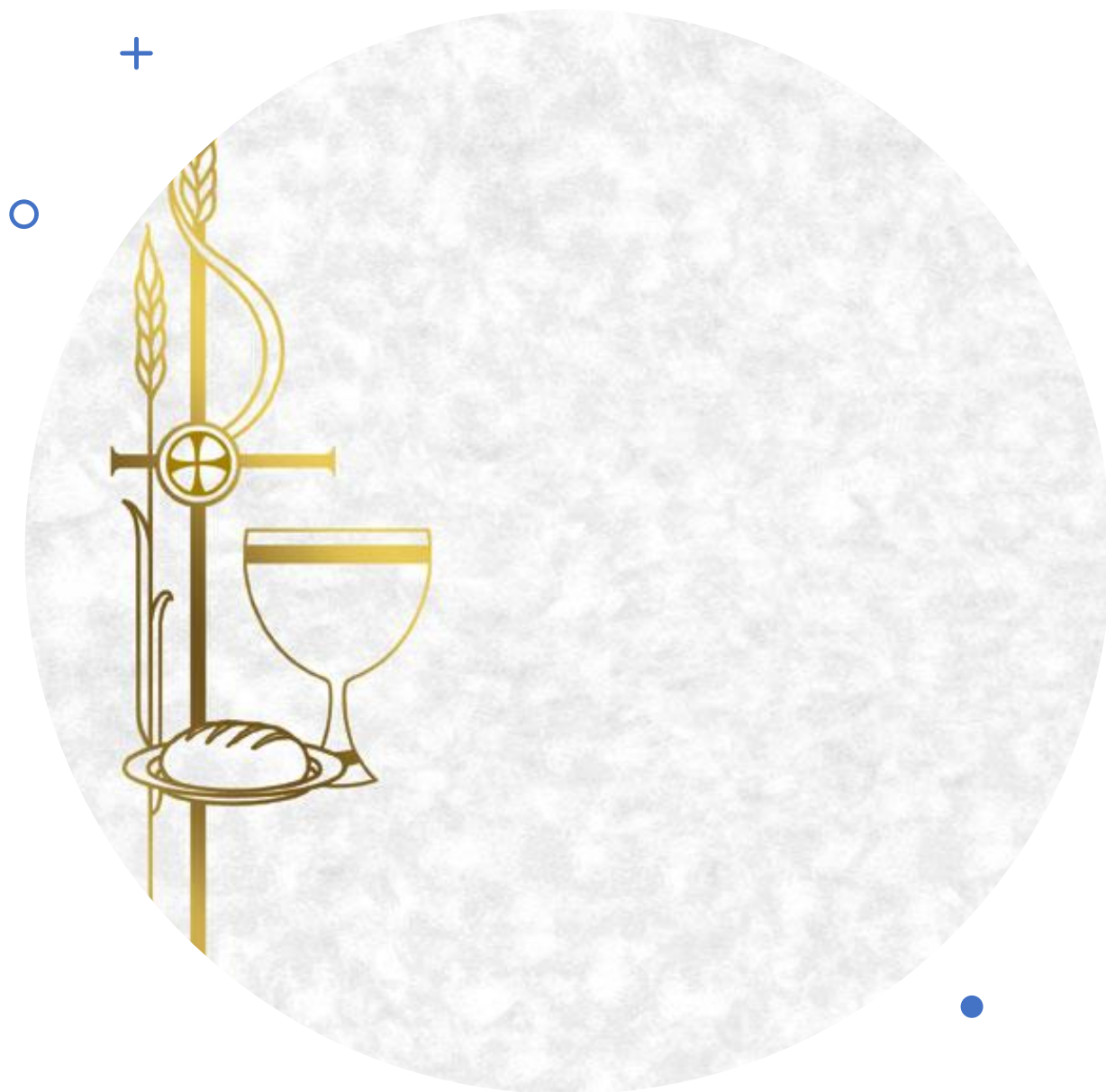
Who is the Eucharist?

- [*The Truth About The Eucharist - Fr. Mike Schmitz \(6 Minutes\)*](#)



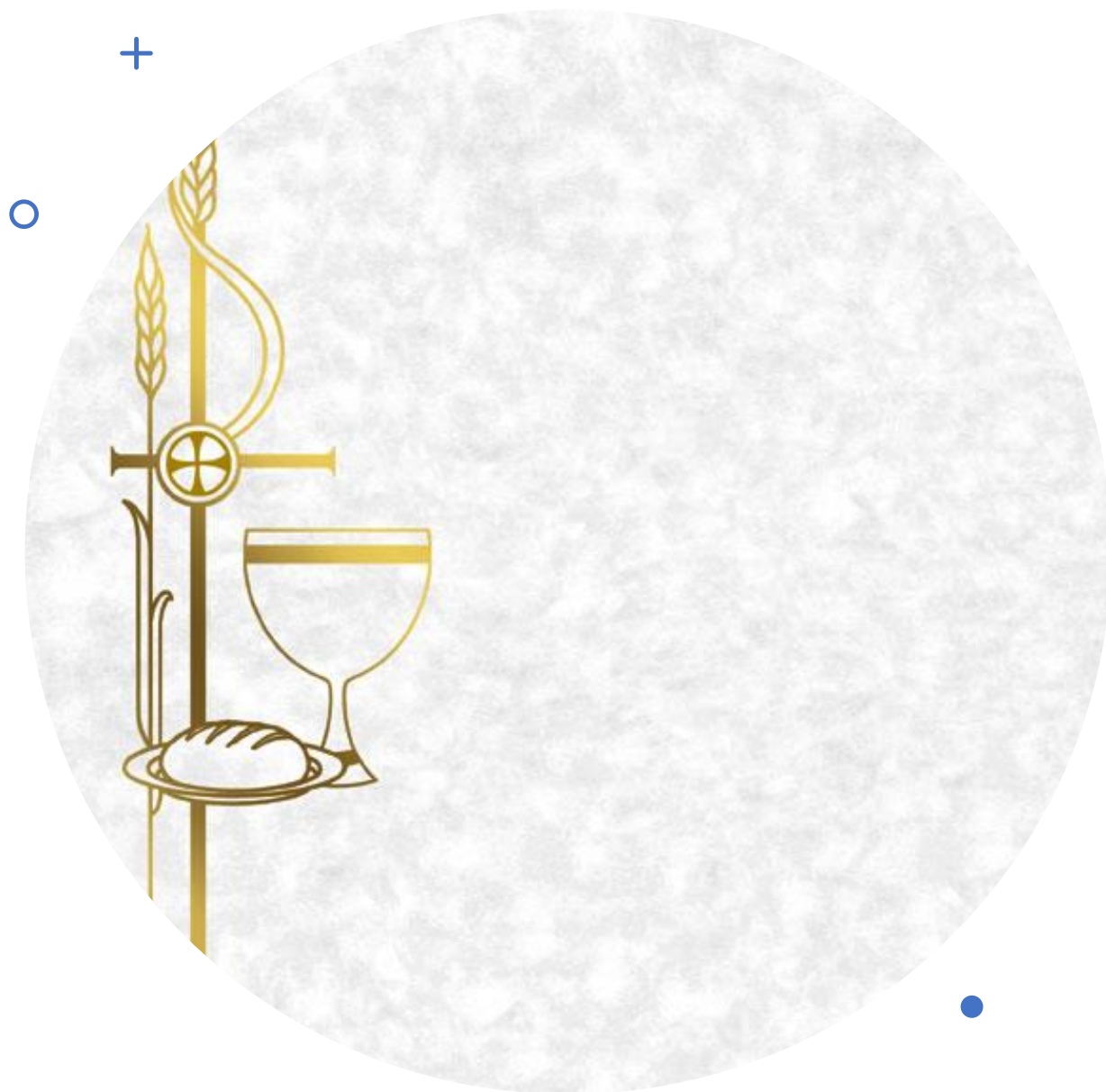
Who is the Eucharist?

- [*The Eucharist w/ Fr. Dominic Langevin, O.P. \(Aquinas 101\) \(8 Minutes\)*](#)
- "My flesh is food indeed, and my blood is drinking indeed. He who eats my flesh and drinks my blood abides in me and I in him." (John 6)
- From the Lord's supernatural sustenance, we can keep on our spiritual feet and continue with the hard earthly journey toward heaven. The Eucharist unites us with Christ's sacrificial love and obedience, and enables us to offer the spiritual sacrifice of our physical lives, to take up our crosses daily, and to serve our neighbors daily.



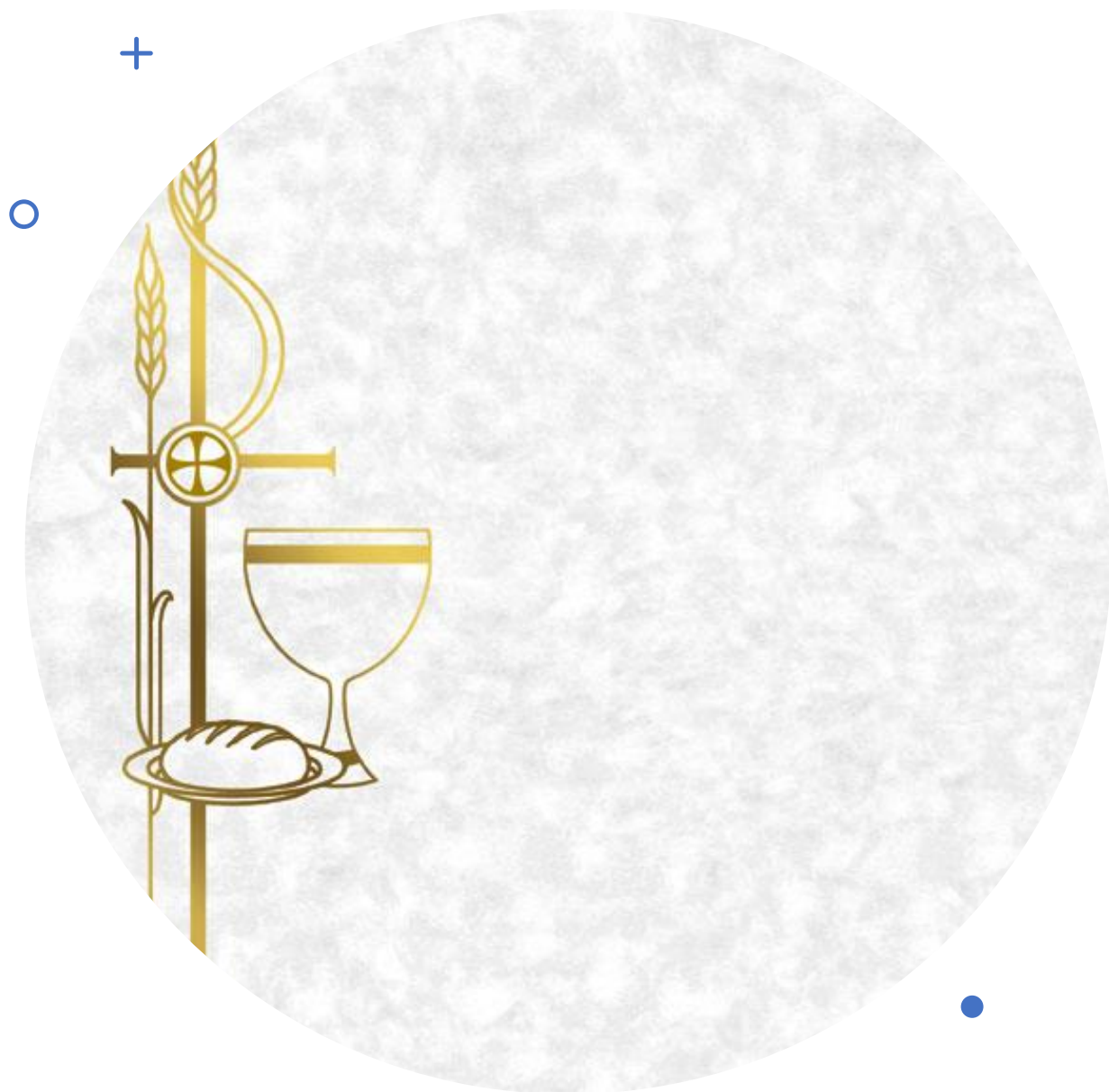
Who is the Eucharist?

- **THE BRENDAN OPTION | Sunday Homily: Tomorrow's Bread Today - The Eucharist (12 Minutes)**
- Join Fr. Brendan Kilcoyne for his Sunday Homily where he discusses the journey to eternity ("It's meant to be hard!") and the spiritual food God gives us in the Bread of Eternal Life so that we may reach the destination of Heaven.
- Sunday Mass Readings for the 19th Sunday in Ordinary Time – Year B
- First Reading – 1 Kings 19:4-8: God's angel wakes Elijah and tells him to eat. Responsorial Psalm – 34: 2-3, 4-5, 6-7, 8-9: "Taste and see the goodness of the Lord." Second Reading – Ephesians [4:30](#)-5:2: Do not be bitter and angry, but kind and compassionate. Gospel – John [6:41](#)-51: Jesus declares He is the Bread of Life. "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."
- **Fr. Brendan Kilcoyne** - Parish Priest, Galway, Ireland



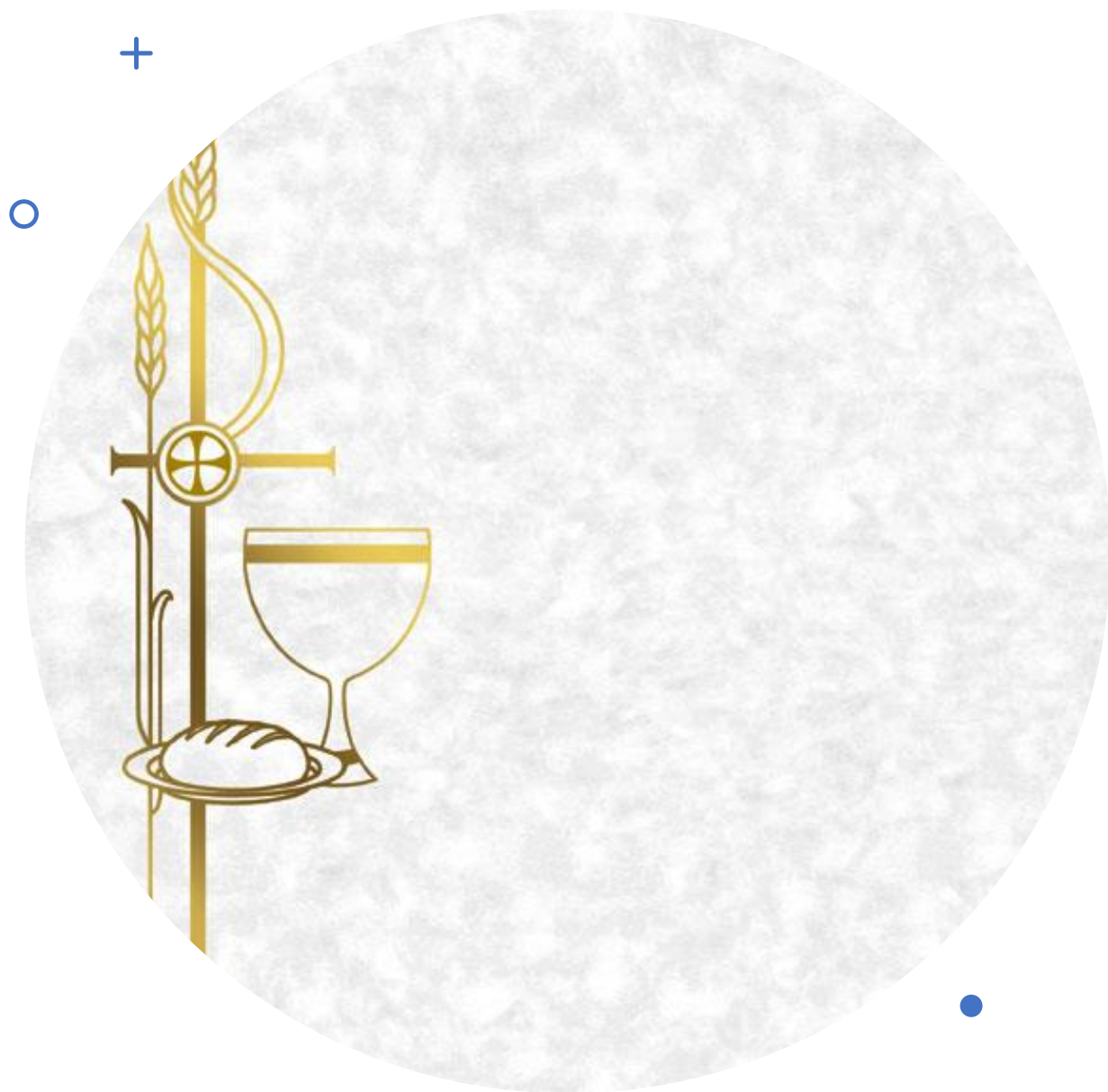
Who is the Eucharist?

- **THE BRENDAN OPTION / Sunday Homily: Bread of Life: Don't Forget to Wash your hands (10 Minutes)**
- Join Fr. Brendan Kilcoyne for his Sunday Homily where he discusses the journey to eternity ("It's meant to be hard!") and the spiritual food God gives us in the Bread of Eternal Life so that we may reach the destination of Heaven.
- Sunday Mass Readings for the 19th Sunday in Ordinary Time – Year B
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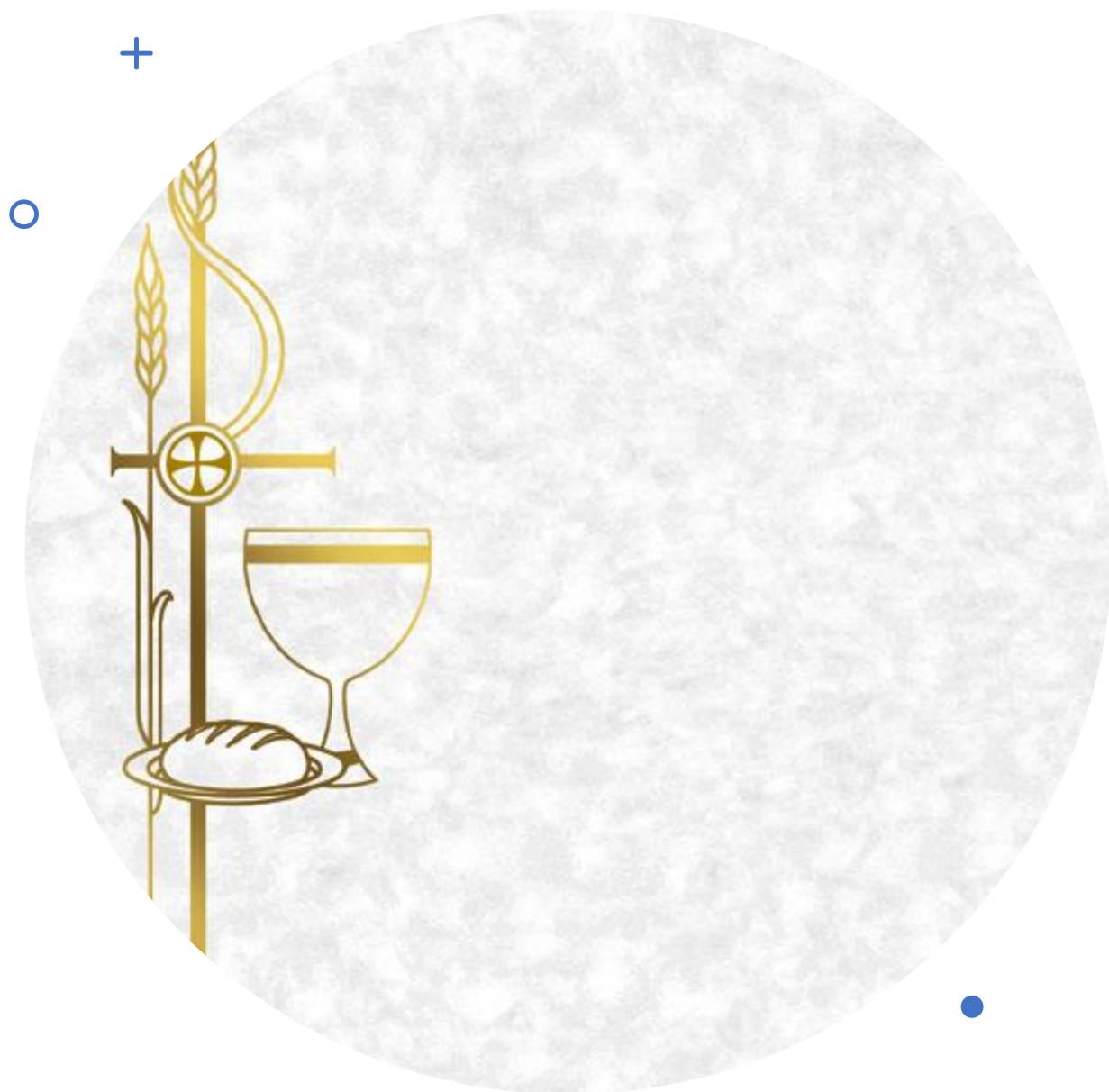
God is Present

- [Tucker hosts explosive interview with actor Jon Voight on faith \(7 Minutes\)](#)
- [Jon Voight](#)



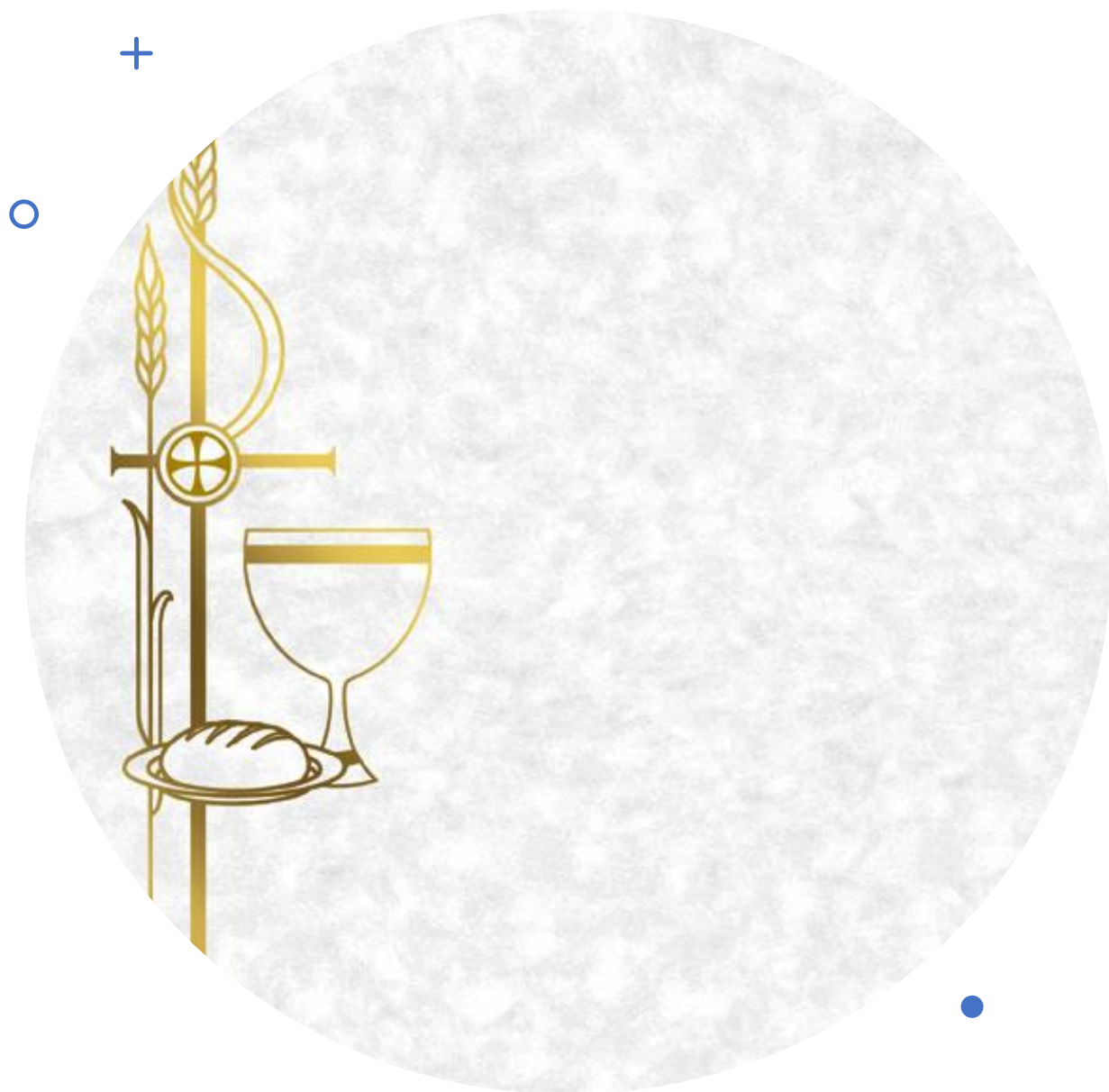
God is Present

- *The Holy Eucharist - the living Jesus among us from Bethlehem to Golgotha, during The Holy Mass (7 Minutes)*



God is Present

- *April month of holy Eucharist / April month Catholic devotion*
- *(3 Minutes)*



God is Present

- *Spirituality for the Synodal Pathway: 'The Stream by the Wayside' | THE BRENDAN OPTION (10 Minutes)*