

SOURCE ⊕ SUMMIT

A newsletter about the National Eucharistic Revival | Volume 3, Issue 3

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Living a Eucharistic Life during Lent

By Sr. Mary Catherine Kasuboski, TOR

What do we do when we want to give someone a gift, but have no money? We usually have to get creative, and often the result is a gift that includes something of ourselves.

For many years, I have served our community as the General Treasurer, which means I manage the material resources for the whole community. It is a role that involves a massive amount of responsibility, leaving me very little time to devote to our communal ministries. However, I feel within me a deep hunger to do ministry, because I didn't enter religious life to take care of the finances.

A Hidden Opportunity

Recently, after a couple of ministry events came up for me and subsequently fell through, I felt rather disappointed. As I took my still hungry heart to the Lord, I felt led to consider my present circumstances replete with ministry opportunities, not to people outside the community, but to my own sisters with whom I live.

At first, I didn't find this very exciting, but when I began to accept it more deeply, I realized the Lord was offering me opportunities to live a Eucharistic life at every moment of every day—offering a gift of myself in little, often hidden ways that might never be considered “ministries” by anyone else. If a sister comes to my office needing a check to purchase something and I give her a loving smile with it, I have given a gift of myself.

When we are at the Holy Sacrifice of the Mass, we witness Jesus offering himself to the Father as he did on the Cross, and we are called to participate in that by offering ourselves (and all aspects of our lives) with Jesus to the Father. When we leave Mass, we are called to extend that self-offering and live a Eucharistic life by offering ourselves to one another in love.

Holiness through “Little Gifts of Self”

This is a path to holiness that is open to every person. Traditionally, Lent calls us to focus on prayer, fasting, and almsgiving. “Sacrifices,” “penances,” and “death-to-self” are common words we hear. These can have a negative connotation for us and even subtly cause us to focus on our own efforts. Maybe what we really need to focus on are little gifts of self—doing positive acts that help us love God, others, and even ourselves better.

Here are a few ideas that can be springboards for your own creativity:

- Give a word of encouragement and/or affirmation to someone.
- Be creative and intentional about asking a friend (or family member) how he/she is doing today, and be prepared to listen to the response.
- Take five minutes to look out the window, find some beauty, thank God for it, and ask for the grace to see beauty in the people you encounter today.
- Get to Mass five minutes earlier than you usually do and focus your mind on God.
- Fast from social media platforms for 15 minutes and use that time to pray instead.
- When people interrupt your work or conversations, receive them with openness and gratitude for the opportunity to serve them.
- When you hear gossip or are tempted to it yourself, say something positive and uplifting instead.

Then, when you go to Mass, try to remember to offer the little things you've done, what you've failed to do, and your very self to Jesus in the Eucharistic Sacrifice, and allow all these little offerings of love to bind your heart more closely to him. Jesus delights to see us find creative ways of giving gifts of ourselves to one another, so let us ask him to help us live a more Eucharistic life today.

Eucharistic resources for you

“The Eucharist is a never-ending sacrifice. It is the Sacrament of love, the supreme love, the act of love.”

*—Saint Katharine Drexel
(1858–1955), foundress of the
Sisters of the Blessed Sacrament, is
the patroness of the National
Eucharistic Pilgrimage this year.*



Jubilee 2025 homepage for the Roman Catholic Archdiocese of Indianapolis: The theme of the 2025 Jubilee Year is “Pilgrims of Hope.”



87th Annual Knights of Columbus Way of the Cross: Join Abp. Charles C. Thompson at noon, Friday, April 18, 2025, on American Legion Mall, Indianapolis.

The Mystery of the Eucharist in the Life of the Church

The document *The Mystery of the Eucharist in the Life of the Church* was developed by the Committee on Doctrine of the United States Conference of Catholic Bishops. It was approved by the full body of the USCCB at its November 2021 General Meeting and

has been authorized for publication by the General Secretary of the USCCB. We are reprinting short excerpts of this document in this and future issues of the newsletter. The excerpt below is part **11 of 12**. We encourage you to read this document in full online at <https://eucharisticrevival.org/>.

II. Our response

D) Food for the Journey

51. The lives of the saints and blessed show us the importance of the Eucharist on our journey as disciples of Jesus. Many testify to the power of the Eucharist in their lives. We see the fruits of Holy Communion in their lives of faith, hope, and charity. It was their intimate union with Jesus in Holy Communion and frequently their prayer before the Blessed Sacrament that nourished and strengthened them in their journey to heaven. They teach us that “growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.”⁷⁴
52. Blessed Carlo Acutis, a young Italian teenager, who died at the age of 15 and was beatified in 2020, used to say: “The Eucharist is my highway to heaven.”⁷⁵ Blessed Carlo attained sanctity at such a young age because the Eucharist was at the center of his life. He attended Mass daily and prayed each day before the Blessed Sacrament in adoration. He discovered the joy of friendship with Jesus and brought that joy, the joy of the Gospel, to others. He was an apostle of the Eucharist through the internet. He said: “To always be united with Christ: This is my life’s program.”⁷⁶
53. Likewise, Saint José Sánchez del Río, a Mexican teenager who was martyred at the age of 14 and canonized in 2016, was so filled with love of Christ and his Church that he was willing to give up his life rather than renounce Christ and his Kingship. While imprisoned, Saint José Sánchez del Río was able to receive the Blessed Sacrament when it was smuggled into his cell along with a basket of food. Strengthened by this viaticum, he was able to endure torture and to remain faithful to Christ when his captors told him he must renounce his faith or be executed.⁷⁷ He replied to his persecutors: “My faith is not for sale.”⁷⁸ We encourage all, especially our young people, to learn about the lives of these holy teenagers. In the midst of many distractions in our life, Blessed Carlo and Saint José Sánchez del Río teach us to focus on what is more important than anything else.
54. There are many people who have been attracted to the Catholic Church and entered the Church because they came to believe in the Real Presence of Christ in the Eucharist. Our first U.S. born saint, Elizabeth Ann Seton, is one of these converts. She was drawn to enter the Catholic Church after she witnessed the devotion of Catholics to the Blessed Sacrament. She wondered about that devotion. God’s grace led her to faith in the Real Presence. While still an Episcopalian, she found herself at worship in her church in New York looking out the open window and praying to Jesus in the tabernacle one block away in a Catholic church. On the night after her entrance into the Catholic Church and her First Communion, Saint Elizabeth Ann wrote in her journal: “At last GOD IS MINE and I AM HIS.”⁷⁹ For the rest of her life, her deep faith and pioneering service to the Church in our young nation was nourished by the Holy Eucharist.
55. In recent years, increasing numbers of Christians in our country have left their churches and become religiously unaffiliated. We invite Catholics who have left the Church or who no longer practice the faith to come home. We miss you and we love you. We pray that Jesus will draw you back to your Catholic family, his Mystical Body, through his Eucharistic Body. We repeat words attributed to Saint Teresa of Calcutta: “Once you understand the Eucharist, you can never leave the Church. Not because the Church won’t let you but because your heart won’t let you.”

⁷⁴ Catechism of the Catholic Church, no. 1392.

⁷⁵ See “A Youth of Our Time Captivated by Christ: In Assisi Cardinal Vallini presides on behalf of the Pope over the Beatification of Carlo Acutis,” *L’Osservatore Romano* (16 October 2020).

⁷⁶ See Nicola Gori, *Carlo Acutis: The First Millennial Saint*, trans. Daniel Gallagher (Huntington, Ind.: Our Sunday Visitor, 2021), Introduction.

⁷⁷ See “José Anacleto González Flores and eight Companions—biography,” Vatican News Service (20 November 2005).

⁷⁸ “Postulator Recalls St. Jose Sanchez del Rio Saying ‘My Faith Is Not for Sale,’” *National Catholic Register* (17 October 2016).

⁷⁹ Journal Entry of March 25, 1805, in *The Beauty of the Eucharist: Shaping and Sustaining Our Catholic Identity*, Eds. Rosemary Vaccari Mysel, Andrew J. Vaccari, Peter I. Vaccari. Boston: Pauline Books and Media (2005), p. 6.

