



YEAR OF FAITH

OCTOBER 2022

THE EUCHARIST

Videos

How the Eucharist Changed My Life https://youtu.be/_yKi2OJ7oqE (9:20) Today Fr. Mike Schmitz reminds us of the gift of the Eucharist and shares the way it transformed his own life. It is the heart of our faith, our spiritual nourishment, the bread that we live for, and the teaching worth dying for.

Bishop Barron on the Real Presence of Christ in the Eucharist – (11:03) <https://youtu.be/bJjW3LXuHzo> A recent [Pew Research Center study](#) revealed that 69% of Catholics in the United States believe that the bread and wine used in Mass “are symbols of the body and blood of Jesus Christ.”

The problem is that this is **not** what the Catholic Church teaches about the Eucharist, and it conflicts with two thousand years of Catholic tradition, running from Scripture through the Church Fathers and right up to the present day.

Miracle: Trained Search Dog Detects Presence of Life in a Church Sanctuary Prior To Papal Visit! <https://youtu.be/25tEfa7USCI> (3:31) An amazing true story that shows the real presence of Christ in the Tabernacle!

What Is Transubstantiation & its History? Catholic Belief of the True Presence Explained <https://youtu.be/ObaBxmykNI8> Thorough and clear summary explaining the historical background to the Catholic Church’s teaching on Transubstantiation. Learn what the term means and the rich history of Saints devoted to the Eucharist.

3 Scientifically Proven Eucharistic Miracles (6:17) <https://youtu.be/93cqR-nwl8s> In this video we’re going to go over 3 Eucharistic Miracles that have been examined by top scientists around the world who eventually concluded that science could not explain the miraculous occurrence.

The Shocking Reality of the Eucharist - <https://youtu.be/UQPTfyxZLKI> (8:25) It's easy to fall into a routine and lose sight of the little miracles all around us. Unfortunately, it is also easy to fall into a routine and lose sight of the greatest miracle of all happening right in front of us. In this video, Fr. Mike Schmitz discusses the greatest gift God has ever given man: Himself. Christ offered his body at the Last Supper, he sacrificed it on the Cross, and he continues to give himself to us at each and every Mass. Fr. Mike explains the shocking reality of what it means to eat Jesus' body and drink Jesus' blood. This flesh, the Incarnate Word of God, redeemed the world. His body and blood are what save our fallen human nature and they are what give us life. This miracle, occurring each time we go to Mass, gives us an opportunity to partake in redemption, unite with our Savior, and live a sacramental life.

Sophia SketchPad: The Eucharist <https://youtu.be/QcB7Uem00n4> (6:38) This video focuses on the Eucharist, explaining the connection between Original Sin, Christ's death and Resurrection, and the Holy Mass. Viewing guide and other teacher resources are available at SophiaSketchPad.org

Why Non-Catholics Can't Receive Communion <https://youtu.be/8jxwGIXfoOo> (8:48) Holy Communion is not just a member privilege the Catholic Church offers to Catholics. It is an expression of the pre-existing reality that the communicant believes the Eucharist is the Body and Blood of Jesus. In this video, Fr. Mike thoroughly and passionately explains why the Church teaches that non-Catholics cannot receive Communion. Fr. Mike's hope is that through his explanation, you will see how the Church's teaching on this matter expresses its desire for all Christians to be one.

Books

The Catechism of the Catholic Church (CCC) teaches that, beginning “**at the moment of consecration**” (CCC 1377), the bread and wine offered at Mass “**become Christ's body and blood**” (CCC 1333).

This is not a metaphor, a symbol, or a spiritual idea; it really happens. In the Eucharist, “**the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained**” (CCC 1374).

The Eucharist still appears to our senses as ordinary bread and wine; but it has been transubstantiated (or changed in its substance) into the body and blood of Christ.

A Cardiologist Examines Jesus: The Stunning Science Behind Eucharistic

In this astounding book, prominent cardiologist and author, Dr. Franco Serafini walks us through the extensive medical and scientific research into five Eucharistic miracles, unveiling the stunning testimonies of hematologists, oncologists, neurologists, geneticists, molecular biologists, and more who all concluded the same thing: the five Eucharistic miracles are undeniably authentic.

Around the Table by R. Scott Hurd – Retelling the Story of the Eucharist through the Eyes of Jesus' First Followers – Discover the meaning of the Eucharist through the unique and imaginative stories of fourteen biblical characters – including Barnabus, and Mary Magdalene-who were among the first disciples. Award-winning author R. Scott Hurd incorporates traditions of the Church and his own lifelong fascination with the Eucharist to help you know Christ better, contemplate scripture, and deepen your understanding of the Eucharistic mystery we celebrate today.

Eucharist - Here Bishop Robert Barron offers a reintroduction to the ancient meaning and power of the Eucharist. Through a threefold analysis of the Eucharist as sacred meal, sacrifice, and Real Presence-distinct but rightly interwoven motifs grounded in Scripture-Bishop Barron draws readers into the profound truth flowing out of Jesus' words at the Last Supper: "Take, eat; this is my body...Drink from it, all of you; for this is my blood of the covenant." We are not merely invited to remember Jesus or imitate his moral example; we are invited to the race of communion-and ultimately, to the realm of God-by eating and drinking the very self that he offers in sacrifice. Available at Word on Fire Institute

Articles

[NASA – Aura Camera - Healing through the Mass, by Fr. Robert DeGrandis, S.S.J.](#)

NASA did some experimenting with a **special type of camera that could see the energy levels in the human body**. This is then seen on a monitor. This energy shows up as an aura around the body. NASA's interest in the experiment was to investigate the effects of space travel on astronauts in orbit. Experimenting in a hospital they discovered that **when a person is dying, the aura around the body is thinner and gets thinner and thinner until the person dies**. The scientist carrying out this investigation in the hospital and his associate were behind a two-way mirror.

They could see with their camera another man coming into the room with light coming from his pocket. Then the man took the object from his pocket and did something so that in the camera the whole room was filled with light and with their camera they could no longer see what was happening. They ran to the room to see what was happening and causing so much light to appear in their camera. **They discovered that the dying man was being given Holy Communion. Afterwards with their camera they could see that the aura around him was brighter**. Although in his fifties, **the scientist conducting the experiment decided to become a priest after witnessing that**.

Looking Ahead - Activities for Children

All Saints Day Celebration for Children - <https://youtu.be/wqIDa1VBuuQ> -

Here are three ideas for you to use to help children understand and celebrate "All Saints Day." Here is also a great gift to give kids when they come trick or treating or to trunk or treat.