*Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:*

**Message for October 2018**

Dear Friends in Christ;

This may seem weird – bear with me. Cannibalism in New Guinea and in other parts of the Pacific Rim and West Indies Islands was never about hunger, it was always about power and influence. It was about taking over (through consumption of a human body) that person or that rival tribe’s soul and identity. It was the ultimate “look at me,” “look at us,” “look at what we just did to you.” “I/we own you,” “You are a part of me now.” The second title of Jesus we consider in the **Upper Room** is when He said *“I am the Bread of Life”* in John Chapter 6. There are some surprising correlations that can be drawn between the cannibalism and the Bread of Life that will intensify our understanding of God’s will for us as we receive Holy Communion. Communing with Jesus (first and foremost) means eating His flesh and drinking His Blood (the Eucharist) for the Catholic. Jesus says: *“Amen, Amen I say to you, unless you eat the flesh of the Son of Man and drink His Blood, you do not have life within you” (6:53).* Jesus uses this stark imagery to draw His disciples deeper into the mystery of the Sacrament. Let’s explore the title and power and influence of the Bread of Life.

In Christ

Fr. David

*Open with Sign of Cross and the:*

**Prayer to the Holy Spirit**

L: **Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth Your Spirit, O Lord, and they shall be created.**

R: And You shall renew the face of the earth

L: **Let us pray – God our Father, pour out the gifts of your Holy Spirit on the world. You sent the Spirit on Your Church to begin the teaching of the Gospel; now let the Spirit continue to work in the world through the hearts of all who believe. Through Christ our Lord.**

R: Amen

L: **You, O Lord, will open my lips.**

R: And my tongue shall announce Your praise.

L: **Incline unto my aid, O God.**

R: O Lord, make haste to help me.

L: **Glory be to the Father and to the Son and to the Holy Spirit**.

R: As it was in the beginning is now and ever shall be world without end. Amen

**Read John 6:22-69**

How true is the statement “I am what I eat?” What does it **mean** to say that?

What does it “make of you” (or in other words what does it “make you **into**”) to receive and eat the Eucharist?

How does the Eucharist change you (discuss)? Is it a slow change? Fast? Steady? Negligible? Profound? Is this change predictable? Same for everyone or vastly different and unpredictable?

If you (have ever) quit going to Mass, or (in other words) at some point in your life have lapsed from the faith, did you feel as though a part of you was missing? Was this just “Catholic” guilt or was this something deeper, on the level of a relationship? What did you discover?

**JN 6:44 =** Says no one can come to me unless the Father draw Him and I will raise him up on the last day. This statement infers a **special** call to the Table of the Lord. In an exclusive way. Many disciples left Jesus at this teaching about His Flesh being food and His blood being drink, leaving only those who believed in the Words of the Holy One of God. Why didn’t Jesus convince the unbelievers to come back? What is Jesus’ will (what do you think is in the mind of God) regarding a world filled with His children who do not receive the Lord in the Blessed Sacrament?

**Read CCC 1336. The** Cross and the Eucharist are Stumbling Blocks to the Disciples! Discuss why this may be true today (in our modern culture) more than ever. What is at the heart of our difficulty with the Cross and the Eucharist (do you think)?

The Bread of Life is food for the journey. Read: **CCC1344** and discuss how you think the Eucharist is an agent or leads one to Heaven as this paragraph infers.

Read **CCC 1377 and 1388** the eternal / unchanging aspect of Jesus in the Eucharist says what about his love? That His presence changes when he communes with us / people says another thing about His love. What?

What value does Eucharistic Adoration have? (Discuss)

**Pray the Litany of the Most Holy Eucharist**

**Lord, have mercy. R. Lord, have mercy.  
Christ, have mercy. R. Christ, have mercy.  
Lord, have mercy. R. Lord, have mercy.**

Christ, hear us. R. Christ, graciously hear us.  
God the Father of Heaven, R. have mercy on us.  
God the Son, Redeemer of the world, R. have mercy on us.  
God the Holy Spirit, R. have mercy on us.  
Holy Trinity, one God, R. have mercy on us.

Jesus, Eternal High Priest of the Eucharistic Sacrifice, R. have mercy on us.   
Jesus, Divine Victim on the Altar for our salvation, R. have mercy on us.   
Jesus, hidden under the appearance of bread, R. have mercy on us.   
Jesus, dwelling in the tabernacles of the world, R. have mercy on us.   
Jesus, really, truly and substantially present in the Blessed Sacrament, R. have mercy on us.   
Jesus, abiding in Your fullness, Body, Blood, Soul and Divinity, R. have mercy on us.   
Jesus, Bread of Life, R. have mercy on us.   
Jesus, Bread of Angels, R. have mercy on us.   
Jesus, with us always until the end of the world, R. have mercy on us.

Sacred Host, summit and source of all worship and Christian life, R. have mercy on us.  
Sacred Host, sign and cause of the unity of the Church, R. have mercy on us.   
Sacred Host, adored by countless angels, R. have mercy on us.   
Sacred Host, spiritual food, R. have mercy on us.   
Sacred Host, Sacrament of love, R. have mercy on us.   
Sacred Host, bond of charity, R. have mercy on us.   
Sacred Host, greatest aid to holiness, R. have mercy on us.   
Sacred Host, gift and glory of the priesthood, R. have mercy on us.   
Sacred Host, in which we partake of Christ, R. have mercy on us.   
Sacred Host, in which the soul is filled with grace, R. have mercy on us.   
Sacred Host, in which we are given a pledge of future glory, R. have mercy on us.

*(Repeat after me 3x)*

Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.

For those who do not believe in Your Eucharistic presence, R. have mercy, O Lord.  
For those who are indifferent to the Sacrament of Your love, R. have mercy on us.   
For those who have offended You in the Holy Sacrament of the Altar, R. have mercy on us.

That we may show fitting reverence when entering Your holy temple, R. we beseech You, hear us.  
That we may make suitable preparation before approaching the Altar, R. we beseech You, hear us.  
That we may receive You frequently in Holy Communion with real devotion and true humility, R. we beseech You, hear us.  
That we may never neglect to thank You for so wonderful a blessing, R. we beseech You, hear us.  
That we may cherish time spent in silent prayer before You, R. we beseech You, hear us.  
That we may grow in knowledge of this Sacrament of sacraments, R. we beseech You, hear us.  
That all priests may have a profound love of the Holy Eucharist, R. we beseech You, hear us.  
That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity, R. we beseech You, hear us.  
That we may be comforted and sanctified with Holy Viaticum at the hour of our death, R. we beseech You, hear us.  
That we may see You one day face to face in Heaven, R. we beseech You, hear us.

Lamb of God, You take away the sins of the world, R. spare us, O Lord.  
Lamb of God, You take away the sins of the world, R. graciously hear us, O Lord.  
Lamb of God, You take away the sins of the world, R. have mercy on us, O Lord.

V. O Sacrament Most Holy, O Sacrament Divine,

R. All praise and all thanksgiving be every moment Thine.

**Let us pray,**

**Most merciful Father,  
You continue to draw us to Yourself   
through the Eucharistic Mystery.  
Grant us fervent faith in this Sacrament of love,  
in which Christ the Lord Himself is contained, offered and received.  
We make this prayer through the same Christ our Lord.**

R. Amen.

*Next month’s UPPER ROOM is on the 3rd of Jesus’ Titles in the Gospel of John.*