



One of the most precious early Christian writings, the *Didachè*, gives us a glimpse into this living faith. Written between the years 50 and 100, it contains the first known use of the word "Eucharist." It begins the prayer over the chalice with these words: *"We give thanks to you, our Father, for the holy Vine of your servant David, which you have made known to us through your servant Jesus. Glory be to you, world without end."*

Then, over the bread: *"As this broken bread, once dispersed over the hills, was brought together and became one loaf, so may your Church be brought together from the ends of the earth into your kingdom."*

This is a clear example of *Lex Orandi, Lex Credendi*, that is, the rule of prayer is the rule of belief. Our faith is formed by how we worship, and our doctrine rises from what we have received in prayer.

Pope Benedict XVI, in *Sacramentum Caritatis* (#5) tells us that the Eucharist is a "Mystery to be Lived" and speaks of the relationship between the sacrament of the Eucharistic mystery and its relationship to Christian love. He writes, "God incarnate draws us all to himself. We can thus understand how agape also became a term for the Eucharist: there God's own agape comes to us bodily, in order to continue his work in us and through us." What the late Pope tells us is that God's highest form of love is manifested physically through the bread and wine so that God's love continues.

Blessed Carlo Acutis, soon to be canonised, recognised this. As a young man in a modern world, he had a deep love for the Eucharist. He created an online catalogue of Eucharistic miracles, not to impress, but to lead others to Jesus. He once said, "The Eucharist is my highway to heaven." His love for the Eucharist shaped how he lived, how he served, and how he witnessed.

Let us do more than believe in the Eucharist. Our call is to live the mystery. ✠

"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes"

1 Corinthians 11:26

SCRIPTURE of the DAY

Genesis 14: 18-20

Psalms 109: 1-4

1 Corinthians 11: 23-26

Luke 9: 11-17

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CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS & RATIONALE
CHURCH – CALLED TO SEE THE FACE OF JESUS IN EACH OTHER

A Mystery to Be Lived

The Eucharist did not begin as a doctrine. It began as an act of faith. From the earliest Christian communities, believers gathered to give thanks, to bless, to break, and to receive the Body of Christ. Therefore, before the Eucharist was explained, it was celebrated.

