

**BECOMING A EUCHARISTIC BEING.** “Going to Mass” is not a mere attendance, like we might attend a play or movie, nor is it a spectator event like an Auburn or Alabama football game. When we attend or witness, we do not participate in the manner in which the actors or players are doing. At best, we may cheer or applaud. While the phenomenon of the “12th man” in football in reference to the cheering fans contains some value for the game, that is far from the role we exercise in the participation of the Eucharist at any given Mass we celebrate.

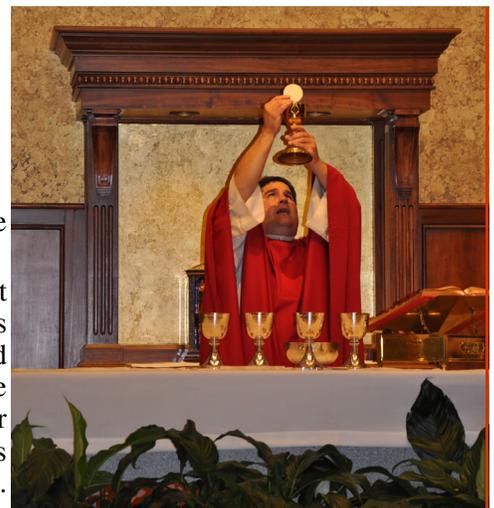
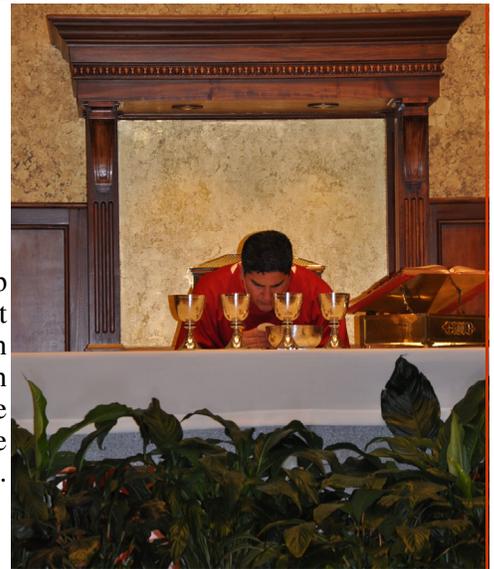
Every time we enter and kneel and pray at Mass, every time we lift up our hearts to the Lord, we must have an inward corresponding disposition that reflects perfectly what I am doing on the outside with my body. If I kneel with my body so should my heart bow in true reference and adoration. If I pray with my lips so should my heart and mind beseech God. Inwardly I must be disposed, willing and ready to follow Christ beyond the Cross to wherever He wills me to be with Him.

Our participation at the Mass is more than words, songs and bodily gestures. It must be the inner immersion of every emotion, tension, desire, inclination, strength, joy, hope, longing, weakness, sin in the past, present or what I am considering in the future, every prayer for, with and through that flows from my heart and mind. Participation in the Eucharist is a lifting up of my entire life which contains not only my self and everything I am capable of doing and everything I have already done, but also the lives of countless people I have interacted with and at times have committed myself to in various ways. Participation in the Eucharist is like immersing your body in a Class 5 river rapid. With all its power and strength, it rushes toward its ultimate goal, the lake of calm and life.

Every Mass we are called and invited by Christ to place with the priest upon the Paten and into the Chalice, our hearts and lives and the hearts and lives of all those dear to us and those we are praying for, and promised to pray for and those we encounter throughout our lives and the forgotten ones who have no one to pray for them. We immerse into Christ’s Sacred Heart through Eucharist our enemies and those who wish us evil, those whom we have injured, and the souls of the deceased who are in need of our prayers.

With every Mass we enter into - with all our mind, our heart, our soul and our strength: Venial sins are forgiven and temporal punishment due to sin is diminished; our negligence and omissions are supplied by Christ Himself; the souls in purgatory draw nearer to Heaven; we are preserved from many dangers, sins, misfortunes and our purgatory is diminished; we are blessed in temporal affairs; we are united to Christ when we give ourselves to Him and He to us; every single Mass we celebrate pleads for us before God at the hour of our death.

**B e a E u c h a r i s t i c B e i n g !**



**Prayer Before Mass:**

My God, I kneel with Mary Magdalene, St. John and the Sorrowful Blessed Mother and beg you to forgive me of my negligence, unkindness and my not thinking of you as often as I should. Help me to lay all my gifts at the altar and surrender to you all that I am in this one hour that you might fill me with your life through this Eucharist. Change me oh God! Help me be attentive to Your Word, devout in prayer and assist me to immerse my life and the lives of all others in this Sacrifice.

**Prayer after Communion:**

Within this chalice I place my heart  
and all you give to me.  
See my brokenness,  
make me whole O Heart of Jesus.

May I be transformed.  
May I believe and be set free.  
May I adore and soar to the heavenly heights.  
May I receive, believe and adore.  
May my heart be pierced  
and your love pour forth.  
And may this Eucharistic love  
become a wellspring for others.  
May I receive and be transformed.  
May I believe and be set free.  
May I adore and soar to the heavenly heights.  
May I receive, believe and adore.  
Mary, Mother of the Eucharist, Pray for us!

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