



Archdiocese
of Toronto

DAY 3

EUCCHARISTIC TRIDUUM

IN PREPARATION
FOR THE FAITHFUL OF
THE ARCHDIOCESE OF
TORONTO FOR THE
SOLEMNITY OF THE MOST
HOLY BODY AND BLOOD
OF CHRIST

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

You gave them bread from heaven to be their food,
– And this bread contained all goodness.

OPENING PRAYER

Lord Jesus Christ,
we worship you living among us
in the sacrament of your body and blood.
May we offer to our Father in heaven
a solemn pledge of undivided love.
May we offer to our brothers and sisters
a life poured out in loving service of that kingdom
where you live with the Father and the Holy Spirit,
God for ever and ever. Amen.

WORD OF GOD

John 6.51 – 58

A reading from the holy Gospel according to John.

I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

COMMENTARY – REFLECTION (optional)

With excerpts from Pope Benedict XVI: *General Audience* (17 November 2010)

Pope Benedict introduces us to the saint who, with her companions, inspired the feast of Corpus Christi:

“This morning too I would like to introduce a female figure to you. She is little known but the Church is deeply indebted to her, not only because of the holiness of her life but also because, with her great fervour, she contributed to the institution of one of the most important solemn Liturgies of the year: Corpus Christi.” She is St Juliana de Cornillon, also known as St Juliana of Liège, born around 1191.

Juliana “had a profound sense of Christ’s presence, which she experienced by living the Sacrament of the Eucharist especially intensely and by pausing frequently to meditate upon Jesus’ words: “And lo, I am with you always, to the close of the age” (Mt 28:20). At age 16 she had a vision of “a feast in which believers would be able to adore the Eucharist so as to increase in faith, to advance in the practice of the virtues and to make reparation for offences to the Most Holy Sacrament.” She kept the vision secret for about 20 years and “continued zealously for Eucharistic worship.”

After initial hesitation, her bishop “accepted the proposal of Juliana and her companions and first introduced the Solemnity of Corpus Christi in his diocese. Later other Bishops following his example instituted this Feast in the territories entrusted to their pastoral care.” Years later, in 1264, Pope Urban IV, instituted the Solemnity of Corpus Christi for the universal Church. He said, “Although the Eucharist is celebrated solemnly every day, we deem it fitting that at least once a year it be celebrated with greater honour and a solemn commemoration. “Indeed we grasp the other things we commemorate with our spirit and our mind, but this does not mean that we obtain their real presence. On the contrary, in this sacramental commemoration of Christ, even though in a different form, Jesus Christ is present with us in his own substance. While he was about to ascend into Heaven he said ‘And lo, I am with you always, to the close of the age’ (Matthew 28:20)”.

“The Pontiff made a point of setting an example by celebrating the solemnity of Corpus Christi in Orvieto, the town where he was then residing. Indeed, he ordered that the famous Corporal with the traces of the Eucharistic miracle which had occurred in Bolsena the previous year, 1263, be kept in Orvieto Cathedral — where it still is today.

While a priest was consecrating the bread and the wine he was overcome by strong doubts about the Real Presence of the Body and Blood of Christ in the sacrament of the Eucharist. A few drops of blood began miraculously to ooze from the consecrated Host, thereby confirming what our faith professes.”

“I would like to affirm with joy that today there is a “Eucharistic springtime” in the Church: How many people pause in silence before the Tabernacle to engage in a loving conversation with Jesus! It is comforting to know that many groups of young people have rediscovered the beauty of praying in adoration before the Most Blessed Sacrament.”

“In remembering St Juliana of Cornillon let us also renew our faith in the Real Presence of Christ in the Eucharist. As we are taught by the Compendium of the Catechism of the Catholic Church, “Jesus Christ is present in the Eucharist in a unique and incomparable way. He is present in a true, real and substantial way, with his Body and his Blood, with his Soul and his Divinity. In the Eucharist, therefore, there is present in a sacramental way, that is, under the Eucharistic Species of bread and wine, Christ whole and entire, God and Man” (n. 282).”

LITANY OF THE HOLY EUCHARIST

Lord, have mercy,
Christ, have mercy,
Lord, have mercy,

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

Jesus, the Most High,
Jesus, the holy One,
Jesus, Word of God,
Jesus, only Son of the Father,
Jesus, Son of Mary,
Jesus, crucified for us,
Jesus, risen from the dead,
Jesus, reigning in glory,
Jesus, coming in glory,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, our Lord,
Jesus, our hope,
Jesus, our peace,
Jesus, our Savior,
Jesus, our salvation,
Jesus, our resurrection,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, Judge of all,
Jesus, Lord of the Church,
Jesus, Lord of creation,
Jesus, Lover of all,
Jesus, life of the world,
Jesus, freedom for the imprisoned,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, joy of the sorrowing,
Jesus, giver of the Spirit,
Jesus, giver of good gifts,
Jesus, source of new life,
Jesus, Lord of life,
Jesus, eternal high priest,
Jesus, priest and victim,
Jesus, true Shepherd,
Jesus, true light,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, bread of heaven,
Jesus, bread of life,
Jesus, bread of thanksgiving,
Jesus, life-giving bread,
Jesus, holy manna,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, new covenant,
Jesus, food for everlasting life,
Jesus, food for our journey,
Jesus, holy banquet,
Jesus, true sacrifice,
Jesus, perfect sacrifice,
Jesus, eternal sacrifice,
Jesus, divine Victim,
Jesus, Mediator of the new covenant,
Jesus, mystery of the altar,
Jesus, mystery of faith,
Jesus, medicine of immortality,
Jesus, pledge of eternal glory,

*have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.*

Jesus, Lamb of God, you take away
the sins of the world:
Jesus, Bearer of our sins, you take
away the sins of the world:
Jesus, Redeemer of the world, you
take away the sins of the world:

*have mercy on us.

have mercy on us.

have mercy on us.*

Christ, hear us,
Christ, graciously hear us,
Lord Jesus, hear our prayer,

*Christ, hear us.
Christ, graciously hear us.
Lord Jesus, hear our prayer.*

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds shelter me.
From turning away keep me.
From the evil one protect me.
At the hour of my death call me.
Into your presence lead me,
to praise you with all your saints
for ever and ever. Amen.

CLOSING PRAYER

O God, who have accomplished the work
of human redemption
through the Paschal Mystery of your Only Begotten Son,
graciously grant that we, who confidently proclaim,
under sacramental signs, the Death and Resurrection of Christ,
may experience continued increase of your saving grace.

Through our Lord Jesus Christ, Your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ACKNOWLEDGEMENTS

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