

# THE YEAR OF THE EUCHARIST

## *John Paul Speaks*

*Notable quotations from Pope John Paul II and  
official teachings of the Roman Catholic Church*



### **“APRECIOUS OPPORTUNITY”**

May the *Year of the Eucharist* be for everyone a precious opportunity to grow in awareness of the incomparable treasure which Christ has entrusted to His Church. May it encourage a more lively and fervent celebration of the Eucharist, leading to a Christian life transformed by love. (29)

### **“AIMHIGH”**

If the only result of this Year were the revival in all Christian communities of the celebration of Sunday Mass and an increase in Eucharistic worship outside of Mass, this Year of grace would be abundantly successful. At the same time, it is good to aim high, and not to be content with mediocrity, since we know we can always count on God’s help. (29)

### **“REDISCOVER THE GIFT”**

May all of you, *the Christian faithful*, rediscover the gift of the Eucharist as light and strength for your daily lives in the world, in the exercise of your respective professions... Rediscover this above all in order to experience fully the beauty and the mission of the *family*. (30)

## **YOUNG PEOPLE AND JESUS**

I have great expectations of you, *young people*... Bring to your encounter with Jesus, hidden in the Eucharist, all the enthusiasm of your age, all your hopes, all your desire to love. (30)

### **“NEW ENTHUSIASM”**

In this Year of grace, sustained by Mary, may the Church discover new enthusiasm for her mission and come to acknowledge ever more fully that the Eucharist is the source and summit of her entire life. (31)

### **“EUCHARISTIC ADORATION”**

During this year, *Eucharistic adoration outside Mass* should become a particular commitment for individual parish and religious communities. (18)

## **PROCLAIM YOUR FAITH**

This year let us also celebrate with particular devotion the solemnity of *Corpus Christi*, with its traditional procession. Our faith in the God Who took flesh in order to become our companion along the way needs to be everywhere proclaimed, especially in our streets and homes... (18)

### **“THE DAY OF THE LORD”**

I ask that every effort be made this year to experience Sunday as the day of the Lord and the day of the Church. (23)

## **RESPONDING TO THE POOR**

Can we not make this *Year of the Eucharist* an occasion for diocesan and parish communities to commit themselves in a particular way to responding with fraternal solicitude to one of the many forms of poverty present in our world? (28)

(Source: Apostolic Letter, *Mane Nobiscum Domine*, dated 10/7/04)

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