

APPENDIX C

NOVENA FOR A FULLER PARTICIPATION IN THE SACRAMENT OF THE EUCHARIST



Parishes, schools, groups, or individuals may use the following novena. It should include time for sacred silence and may be supplemented with appropriate songs. (The prayers in this novena are excerpted from the *Roman Missal, Third Edition*.)

You may use this novena in a variety of ways. Parishes may use it on the same day (e.g., the First Friday) for each of the nine months preceding the first use of the *Roman Missal*; on the same weekday for nine weeks preceding the first use; or for nine consecutive days, multiple times throughout the implementation. The nine days might be celebrated instead as the various hours of eucharistic adoration. A parish group might use the novena as the opening prayer for its meetings. The novena might be used before or after daily Mass in a parish. Families and individuals might use the novena as part of their prayer at table, as a prayer before bed, or at the conclusion of the family Rosary.

Day One: That priests will celebrate the Eucharist worthily.

Leader: **In the name of the Father, and of the Son, and of the Holy Spirit.**

All: Amen.

Scripture Reading Genesis 14:18-20 (LFM 976.1)

Melchizedek brought out bread and wine.

A reading from the Book of Genesis

Melchizedek, king of Salem, brought out bread and wine, and being a priest of God Most High, he blessed Abram with these words:

“Blessed be Abram by God Most High,
the creator of heaven and earth;

And blessed be God Most High,
who delivered your foes into your hand.”

Then Abram gave him a tenth of everything.

The word of the Lord.

Reflection

“The Lord entrusts to you [priests] the mystery of this Sacrament [Eucharist]. In his Name you can say: ‘This is my Body... This is my Blood.’ Allow yourselves to be drawn ever anew by the Holy Eucharist, by communion of life with Christ. Consider the center of each day the possibility to celebrate the Eucharist worthily. Lead people ever anew to this mystery. Help them, starting from this, to bring the peace of Christ into the world” (Pope Benedict XVI, Homily at Mass and priestly ordinations on Pentecost, May 15, 2005).

(A time of sacred silence should be observed.)

Leader:

O God, who made your Only-Begotten Son eternal High Priest, grant that those he has chosen as ministers and stewards of your mysteries may be found faithful in carrying out the ministry they have received. Through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

Day Two: That all will celebrate the Eucharist with wholehearted trust in God.

Leader: **In the name of the Father, and of the Son, and of the Holy Spirit.**

All: Amen.

Scripture Reading Genesis 22:1-18 (LFM 41)

The sacrifice of Abraham our father in faith.

A reading from the Book of Genesis

God put Abraham to the test.

He called to him, “Abraham!”

“Here I am,” he replied.

Then God said:

“Take your son Isaac, your only one, whom you love, and go to the land of Moriah.

There you shall offer him up as a holocaust on a height that I will point out to you.”

Early the next morning Abraham saddled his donkey, took with him his son Isaac and two of his servants as well,

and with the wood that he had cut for the holocaust, set out for the place of which God had told him.

On the third day Abraham got sight of the place from afar.

Then he said to his servants:

“Both of you stay here with the donkey, while the boy and I go on over yonder.

We will worship and then come back to you.”

Thereupon Abraham took the wood for the holocaust and laid it on his son Isaac’s shoulders, while he himself carried the fire and the knife.

As the two walked on together, Isaac spoke to his father Abraham:

“Father!” Isaac said.

“Yes, son,” he replied.

Isaac continued, “Here are the fire and the wood, but where is the sheep for the holocaust?”

“Son,” Abraham answered,

“God himself will provide the sheep for the holocaust.”
 Then the two continued going forward.

When they came to the place of which God had told him,
 Abraham built an altar there and arranged the wood on it.
 Next he tied up his son Isaac,
 and put him on top of the wood on the altar.
 Then he reached out and took the knife to slaughter his son.
 But the LORD’s messenger called to him from heaven,
 “Abraham, Abraham!”
 “Here I am!” he answered.
 “Do not lay your hand on the boy,” said the messenger.
 “Do not do the least thing to him.
 I know now how devoted you are to God,
 since you did not withhold from me your own beloved son.”
 As Abraham looked about,
 he spied a ram caught by its horns in the thicket.
 So he went and took the ram
 and offered it up as a holocaust in place of his son.
 Abraham named the site Yahweh-yireh;
 hence people now say, “On the mountain the LORD will see.”
 Again the LORD’s messenger called to Abraham from heaven and said:
 “I swear by myself, declares the LORD,
 that because you acted as you did
 in not withholding from me your beloved son,
 I will bless you abundantly
 and make your descendants as countless
 as the stars of the sky and the sands of the seashore;
 your descendants shall take possession
 of the gates of their enemies,
 and in your descendants all the nations of the earth shall find blessing—
 all this because you obeyed my command.”

The word of the Lord.

Reflection

“Christ gives us his Body in the Eucharist, he gives himself in his Body and thus makes us his Body, he unites us with his Risen Body. If man eats ordinary bread, in the digestive process this bread becomes part of his body, transformed into a substance of human life. But in holy Communion the inverse process is brought about. Christ, the Lord, assimilates us into himself, introducing us into his glorious Body, and thus we all become his Body” (Pope Benedict XVI, General Audience, December 10, 2008).

(A time of sacred silence should be observed.)

Leader:

**Grant, O Lord, that your servants,
 gathered in your love
 and partaking of the one Bread,
 may be of one heart in prompting each other
 in the pursuit of charity and good works,
 so that through a holy way of life
 they may always and everywhere
 be true witnesses to Christ.
 Who lives and reigns for ever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
 Accept the whole of my memory,
 my intellect and my will.
 Whatever I have or possess,
 it was you who gave it to me;
 I restore it to you in full,
 and I surrender it completely
 to the guidance of your will.
 Give me only love of you
 together with your grace,
 and I am rich enough,
 and ask for nothing more.
 Amen.

Day Three: That parents will help lead their children to more conscious and active participation in the Eucharist.

Leader: **In the name of the Father, and of the Son, and of the Holy Spirit.**

All: Amen.

Scripture Reading Exodus 12:1-8, 11-14 (LFM 39)

The law regarding the Passover meal.

A reading from the Book of Exodus

The LORD said to Moses and Aaron in the land of Egypt,
“This month shall stand at the head of your calendar;
you shall reckon it the first month of the year.
Tell the whole community of Israel:
On the tenth of this month every one of your families
must procure for itself a lamb, one apiece for each household.
If a family is too small for a whole lamb,
it shall join the nearest household in procuring one
and shall share in the lamb
in proportion to the number of persons who partake of it.
The lamb must be a year-old male and without blemish.
You may take it from either the sheep or the goats.
You shall keep it until the fourteenth day of this month,
and then, with the whole assembly of Israel present,
it shall be slaughtered during the evening twilight.
They shall take some of its blood
and apply it to the two doorposts and the lintel
of every house in which they partake of the lamb.
That same night they shall eat its roasted flesh
with unleavened bread and bitter herbs.

“This is how you are to eat it:
with your loins girt, sandals on your feet and
your staff in hand,
you shall eat like those who are in flight.
It is the Passover of the LORD.

For on this same night I will go through Egypt,
striking down every firstborn of the land, both
man and beast,
and executing judgment on all the gods of
Egypt—I, the LORD!

But the blood will mark the houses where you are.
Seeing the blood, I will pass over you;
thus, when I strike the land of Egypt,
no destructive blow will come upon you.

“This day shall be a memorial feast for you,
which all your generations shall celebrate
with pilgrimage to the Lord, as a perpetual
institution.”

The word of the Lord.

Reflection

“Dear parents! I ask you to help your children to grow in faith, I ask you to accompany them on their journey towards First Communion, a journey which continues beyond that day, and to keep accompanying them as they make their way to Jesus and with Jesus. Please, go with your children to Church and take part in the Sunday eucharistic celebration! You will see that this is not time lost; rather, it is the very thing that can keep your family truly united and centered. Sunday becomes more beautiful, the whole week becomes more beautiful, when you go to Sunday Mass together” (Pope Benedict XVI, Homily at Mass in Munich, September 10, 2006).

(A time of sacred silence should be observed.)

Leader:

**O God, in whose eternal design
family life has its firm foundation,
look with compassion on the prayers of your servants
and grant that, following the example
of the Holy Family of your Only-Begotten Son
in practicing the virtues of family life
and in the bonds of charity,
we may, in the joy of your house,
delight one day in eternal rewards.
Through our Lord Jesus Christ, your Son,**

**who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

*Day Four: That our participation in
the Eucharistic Liturgy will lead us to
greater care for all members of the Body
of Christ.*

Leader: **In the name of the Father, and of the Son,
and of the Holy Spirit.**

All: Amen.

Scripture Reading Luke 9:11b-17 (LFM 981.3)

They all ate and were satisfied.

✠ A reading from the holy Gospel according to Luke

Jesus spoke to the crowds about the Kingdom of God,
and he healed those who needed to be cured.
As the day was drawing to a close,
the Twelve approached him and said,
“Dismiss the crowd
so that they can go to the surrounding villages
and farms
and find lodging and provisions;
for we are in a deserted place here.”
He said to them, “Give them some food yourselves.”

They replied, “Five loaves and two fish are all we have,
unless we ourselves go and buy food for all these
people.”

Now the men there numbered about five thousand.

Then he said to his disciples,

“Have them sit down in groups of about fifty.”

They did so and made them all sit down.

Then taking the five loaves and the two fish,

and looking up to heaven,

he said the blessing over them, broke them,

and gave them to the disciples to set before the
crowd.

They all ate and were satisfied.

And when the leftover fragments were picked up,

they filled twelve wicker baskets.

The Gospel of the Lord.

Reflection

“The cup of blessing which we bless, is it not a participation in the Blood of Christ? The bread which we break, is it not a participation in the Body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread’ (1 Cor 10:16-17). In these words the personal and social character of the Sacrament of the Eucharist likewise appears. Christ personally unites himself with each one of us, but Christ himself is also united with the man and the woman who are next to me. And the bread is for me but it is also for the other. Thus Christ unites all of us with himself and all of us with one another. In communion we receive Christ. But Christ is likewise united with my neighbor: Christ and my neighbor are inseparable in the Eucharist. And thus we are all one bread and one body. A Eucharist without solidarity with others is a Eucharist abused. And here we come to the root and, at the same time, the kernel of the doctrine on the Church as the Body of Christ, of the Risen Christ” (Pope Benedict XVI, General Audience, December 10, 2008).

(A time of sacred silence should be observed.)

Leader:

**As we draw upon the fullness of your grace,
we pray, O Lord,
that your faithful,
who by your will are engaged in the things of
this world,
may be strengthened by the power of the
Eucharistic Banquet,
to be tireless witnesses to the truth of the Gospel
and may ever make your Church present and active
amid the affairs of this age.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

*Day Five: That those in consecrated life
will keep the Eucharist at the center of
their lives.*

Leader: **In the name of the Father, and of the Son,
and of the Holy Spirit.**

All: Amen.

Scripture Reading John 6:51-58 (LFM 981.9)

My Flesh is true food and my Blood is true drink.

✠ A reading from the holy Gospel according to John

Jesus said to the Jews who were present:
“I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give
is my Flesh for the life of the world.”

The Jews quarreled among themselves, saying,
“How can this man give us his Flesh to eat?”

Jesus said to them,
“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.

Whoever eats my Flesh and drinks my Blood
has eternal life,
and I will raise him on the last day.

For my Flesh is true food,
and my Blood is true drink.

Whoever eats my Flesh and drinks my Blood
remains in me and I in him

Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.

This is the bread that came down from heaven.
Unlike your ancestors who ate and still died,
whoever eats this bread will live forever.”

The Gospel of the Lord.

Reflection

“The Eucharist—the center of our Christian being—is founded on Jesus’ sacrifice for us; it is born from the suffering of love which culminated in the Cross. We live by this love that gives itself. It gives us the courage and strength to suffer with Christ and for him in this world, knowing that in this very way our life becomes great and mature and true” (Pope Benedict XVI, Homily at Mass for the Opening of the Year of Saint Paul, June 28, 2008).

(A time of sacred silence should be observed.)

Leader:

**O God, who inspire and bring to fulfillment
every good intention,
direct your servants into the way of eternal salvation,
and as they have left all things
to devote themselves entirely to you,
grant that,
following Christ and renouncing the things of
this world,
they may faithfully serve you and their neighbor
in a spirit of poverty and in humility of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

*Day Six: That the Eucharistic Liturgy
will be a source of strength and hope for
all the faithful.*

Leader: **In the name of the Father, and of the Son,
and of the Holy Spirit.**

All: Amen.

Scripture Reading Mark 14:12-16, 22-26 (LFM 981.1)

This is my Body. This is my Blood.

✠ A reading from the holy Gospel according to Mark

On the first day of the Feast of Unleavened Bread,
when they sacrificed the Passover Lamb,
the disciples of Jesus said to him,
“Where do you want us to go
and prepare for you to eat the Passover?”
He sent two of his disciples and said to them,
“Go into the city and a man will meet you,
carrying a jar of water.
Follow him.
Wherever he enters, say to the master of the house,
‘The Teacher says, “Where is my guest room
where I may eat the Passover with my disciples?’”
Then he will show you a large upper room furnished
and ready.
Make the preparations for us there.”
The disciples then went off, entered the city,
and found it just as he had told them;
and they prepared the Passover.

While they were eating,
he took bread, said the blessing,
broke it, gave it to them, and said,
“Take it; this is my Body.”
Then he took a cup, gave thanks, and gave it to them,
and they all drank from it.
He said to them,
“This is my Blood of the covenant,
which will be shed for many.
Amen, I say to you,
I shall not drink again the fruit of the vine
until the day when I drink it new in the Kingdom
of God.”
Then, after singing a hymn,
they went out to the Mount of Olives.

The Gospel of the Lord.

Reflection

“The Eucharist is our most beautiful treasure. It is the Sacrament *par excellence*; it ushers us into eternal life in advance; it contains the entire mystery of our salvation; it is the source and summit of the action and life of the Church as the Second Vatican Council recalled (cf. *Sacrosanctum Concilium*, no. 8). It is

therefore particularly important that pastors and faithful be constantly committed to deepening their knowledge of this great Sacrament. In this way each one will be able to affirm his faith and carry out his mission in the Church and in the world ever better, remembering that the Eucharist bears fruit in one's personal life, in the life of the Church and the world" (Pope Benedict XVI, Homily delivered by satellite for the closing of the forty-ninth International Eucharistic Congress in Quebec, June 22, 2008).

(A time of sacred silence should be observed.)

Leader:

**O God, in the covenant of your Christ
you never cease to gather to yourself from all
nations
a people growing together in unity through the
Spirit;
grant, we pray, that your Church,
faithful to the mission entrusted to her,
may continually go forward with the human family
and always be the leaven and the soul of human
society,
to renew it in Christ and transform it into the
family of God.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

*Day Seven: That all Christians will
grow in unity so as to one day share the
one table of the Lord.*

Leader: **In the name of the Father, and of the Son,
and of the Holy Spirit.**

All: Amen.

Scripture Reading Acts 2:42-47 (LFM 977.1)

*They devoted themselves to meeting together in the
temple area and to breaking bread in their homes.*

A reading from the Acts of the Apostles

The brothers and sisters devoted themselves
to the teaching of the Apostles and to the
communal life,
to the breaking of the bread and to the prayers.

Awe came upon everyone,
and many wonders and signs were done through
the Apostles.

All who believed were together and had all things in
common;
they would sell their property and possessions
and divide them among all according to each
one's need.

Every day they devoted themselves
to meeting together in the temple area
and to breaking bread in their homes.

They ate their meals with exultation and sincerity
of heart,
praising God and enjoying favor with all the people.
And every day the Lord added to their number those
who were being saved.

The word of the Lord.

Reflection

"The road of ecumenism ultimately points towards a
common celebration of the Eucharist (cf. *Ut Unum
Sint*, nos. 23-24; 45), which Christ entrusted to his
Apostles as the sacrament of the Church's unity *par
excellence*. Although there are still obstacles to be over-
come, we can be sure that a common Eucharist one
day would only strengthen our resolve to love

and serve one another in imitation of our Lord: for Jesus' commandment to 'do this in memory of me' (Lk 22:19) is intrinsically ordered to his admonition to 'wash one another's feet' (Jn 13:14). For this reason, a candid dialogue concerning the place of the Eucharist—stimulated by a renewed and attentive study of scripture, patristic writings, and documents from across the two millennia of Christian history (cf. *Ut Unum Sint*, nos. 69-70)—will undoubtedly help to advance the ecumenical movement and unify our witness to the world" (Pope Benedict XVI, Ecumenical meeting in the Crypt of St. Mary's Cathedral in Sydney, Australia, July 18, 2008).

(A time of sacred silence should be observed.)

Leader:

**Grant, we pray, almighty God,
that your Church may always remain that holy
people,
formed as one by the unity of Father, Son and
Holy Spirit,
which manifests to the world
the Sacrament of your holiness and unity
and leads it to the perfection of your charity.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

*Day Eight: That all the faithful will
proclaim the death and resurrection
of the Lord through their words and
deeds.*

Leader: **In the name of the Father, and of the Son,
and of the Holy Spirit.**

All: Amen.

Scripture Reading 1 Corinthians 11:23-26
(LFM 979.2)

*For as often as you eat the bread and drink the cup,
you proclaim the death of the Lord.*

A reading from the first Letter of Saint Paul to the
Corinthians

Brothers and sisters:

I received from the Lord what I also handed on to you,
that the Lord Jesus, on the night he was handed over,
took bread and, after he had given thanks,
broke it and said, "This is my Body that is for you.
Do this in remembrance of me."
In the same way also the cup, after supper, saying,
"This cup is the new covenant in my Blood."
Do this, as often as you drink it, in remembrance of me."
For as often as you eat this bread and drink the cup,
you proclaim the death of the Lord until he comes.

The word of the Lord.

Reflection

"The Eucharist is also Jesus Christ, future, Jesus Christ to come. When we contemplate the sacred host, his glorious transfigured and risen Body, we contemplate what we shall contemplate in eternity, where we shall discover that the whole world has been carried by its Creator during every second of its history. Each time we consume him, but also each time we contemplate him, we proclaim him until he comes again, '*donec veniat.*' That is why we receive him with infinite respect" (Pope Benedict XVI, Meditation during the eucharistic procession in Lourdes, September 14, 2008).

(A time of sacred silence should be observed.)

Leader:

**O God, you have willed that your Church
be the sacrament of salvation for all nations
so that Christ's saving work may continue to the
end of the ages;
stir up, we pray, the hearts of your faithful
and grant that they may feel a more urgent call
to work for the salvation of every creature,
so that from all the peoples on earth
one family and one people of your own
may arise and increase.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.

*Day Nine: That all those who have died
in faith may celebrate at the wedding
feast of the Lamb.*

Leader: **In the name of the Father, and of the Son,
and of the Holy Spirit.**

All: Amen.

Scripture Reading Revelation 19:1, 5-9a
(LFM 802.13)

*Blessed are those who have been called to the wedding
feast of the Lamb.*

A reading from the Book of Revelation

I, John, heard what sounded like the loud voice
of a great multitude in heaven, saying:

“Alleluia!
Salvation, glory, and might belong to our God.”

A voice coming from the throne said:

“Praise our God, all you his servants,
and you who revere him, small and great.”

Then I heard something like the sound of a great
multitude
or the sound of rushing water or mighty peals of
thunder,
as they said:
“Alleluia!
The Lord has established his reign,
our God, the almighty.
Let us rejoice and be glad
and give him glory.
For the wedding day of the Lamb has come,
his bride has made herself ready.
She was allowed to wear
a bright, clean linen garment.”

(The linen represents the righteous deeds of the holy ones.)

Then the angel said to me,

“Write this:

Blessed are those who have been called to the wedding feast of the Lamb.”

The word of the Lord.

Reflection

“In order to progress on our earthly pilgrimage towards the heavenly Kingdom, we all need to be nourished by the word and the bread of eternal Life, and these are inseparable from one another!” (Pope Benedict XVI, Message for the Twenty-First World Youth Day, February 22, 2006).

(A time of sacred silence should be observed.)

Leader:

**Lord God, whose Son left us,
in the Sacrament of his Body
food for the journey,
mercifully grant that, strengthened by it,
our brother (sister) N. may come
to the eternal table of Christ.**

Who lives and reigns for ever and ever.

Novena Prayer

Prayer of Self-Offering

Receive, Lord, my entire freedom.
Accept the whole of my memory,
my intellect and my will.
Whatever I have or possess,
it was you who gave it to me;
I restore it to you in full,
and I surrender it completely
to the guidance of your will.
Give me only love of you
together with your grace,
and I am rich enough,
and ask for nothing more.
Amen.