

January: Love of the Eucharist -- Elizabeth Ann Seton

Call to Prayer Leader: As we commence a new year and continue our 400th anniversary celebration, let's ponder, with Elizabeth Ann Seton, God's gift of Self to us, in Jesus, especially in and through the Eucharist.

ALL: In the name of the Father and of the Son and of the Holy Spirit. Amen.

Reading [On March 20, 1805] "My God what new scenes for my Soul -- ANNUNCIATION DAY. I shall be made one with him who said unless you eat my flesh and drink my blood you can have no part with Me -- I count the days and hours -- yet a few more of hope and expectation and then -- how bright the Sun these morning walks of preparation -- deep snow, or smooth ice, all to me the same I see nothing but the little bright cross on St. Peters steeple -- the children are wild with their pleasure of going with me in their turn. *(pause)*

[On March 25, 1805] ".... At last -- GOD IS MINE and I AM HIS -- Now let all go its round, I HAVE RECIEVED HIM."

Writings of Elizabeth Ann Seton Vol. 1, 3.31 Journal to Amabilia Filicchi March 25,1805 p. 377



Hymn "Jesus, My Lord, My God, My All"

1. Je - sus, my Lord, my God, my All, How can I
2. Had I but Mar - y's sin - less heart, To love thee
3. O! see up - on the al - tar placed The vic - tim

love thee as I ought? And how re - vere this
with, my dear - est King; O! with what bursts of
of di - vin - est love! Let all the earth be-

won - drous gift, So far sur - pass - ing hope or thought?
fer - vent praise, Thy good-ness, Je - sus would I sing.
low a - dore, And join the choirs of heav'n a - bove.

Sweet Sac-ra - ment, we thee a - dore! O make us love thee
more and more! O make us love thee more and more.

Antiphon ALL: “I never was so happy – in the brightest years of my life, never experienced an enjoyment to be compared with a moment’s blessedness at communion.” Writings of Elizabeth Ann Seton Vol. 1, 4.46 To Antonio Filicchi New York August 10, 1807 p. 458

Psalm 116: 12-15, 17-19



I. What shall I render to You for all your goodness to me?
I will drink the chalice of Love and praise You,
who have done wondrous things;

II. I will bear witness to You, O Bread of Life,
precious to You are all who live in Love,
who abandon themselves into Your loving care.

I. I will offer You the gift of gratitude
and acknowledge Your Loving Presence with joy.

II. I will bear witness to You, O Giver of Life, in the presence of all the people
in the Holy Temple of my heart, in your midst, O Beloved.

**ALL: Praises be to You! For You dwell in all receptive hearts!
Glory be to the Father and to the Son and to the Holy Spirit, as it was
in the beginning, is now and ever shall be world without end. Amen.**
Psalms for Praying, Nan C. Merrill, p. 246

Personal Reflection

How important is Eucharist, reception of Holy Communion in my life?
Do I recognize the “Jesus of the Eucharist” in the persons I serve?

Prayer ALL: Dear Jesus, Son of God, in the Eucharist, You give Yourself.
We receive Your gift of love beyond all measure. Give us the ardent desire to
welcome You with all our hearts. May we become what we receive and strive to
be a clear sign of that love for all persons we encounter, especially those living
in poverty. We ask this of You who live with God the Father and the Holy Spirit,
now and forever. Amen.

adapted from Prayers of the Daughters of Charity, USA, *Solemnity of the Body and Blood of Christ*, pp. 863, 866

Leader: May God nourish us always with the Bread of Life,
gracing us to persevere in service of our neighbor.

ALL: Amen.

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Prayer Texts

Luke 24: 28-31

“... they recognized Him ...” in the breaking of the bread.

1 Corinthians 11: 23-25

“... took a loaf of bread ... took the cup ...”