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**EUCCHARISTIC REVIVAL  
REVERENCE FOR THE MOST BLESSED  
SACRAMENT**

USQUE AD MORTEM OBEDIENS FACTUS



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Msgr. Mangan is on the faculty of Mt. St. Mary's Seminary in Emmitsburg.

How do I think of and treat the Blessed Sacrament?

Here are what Msgr. Mangan calls "The 10 commandments of reverence for the most Blessed Sacrament."

***\*Consider reviewing one per month throughout the school year.\****

**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO ATTEND MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION.**

*THIS SERIOUS OBLIGATION BEGINS FOR CHILDREN WHEN THEY REACH THE*

*“AGE OF REASON.” WE ADORE THE EUCHARIST BY OUR FULL, ACTIVE AND*

*CONSCIOUS PARTICIPATION IN THE MASS.*

# **THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

## **TO PREPARE WELL FOR EVERY MASS WE ATTEND.**

*THE HOLY SACRIFICE OF THE MASS IS “CALVARY PERPETUATED” BECAUSE IT IS THE REPRESENTATION OF CHRIST’S SACRIFICE ON GOOD FRIDAY. WE ABSTAIN FROM FOOD AND DRINK (MEDICINE AND WATER MAY BE TAKEN) FOR AT LEAST ONE HOUR BEFORE RECEIVING COMMUNION. WE ALSO CONFESS TO A PRIEST WITHIN THE CONTEXT OF CONFESSION OUR MORTAL SINS THAT WE HAVE NOT CONFESSED BEFORE. (A MORTAL SIN IS A THOUGHT, WORD, DESIRE OR ACTION THAT CONCERNS GRAVE MATTER WITH SUFFICIENT REFLECTION AND FULL CONSENT OF THE WILL.) THOSE WHO ARE PRACTICING CATHOLICS AND WHOSE MARRIAGES ARE RECOGNIZED AS VALID BY THE CATHOLIC CHURCH MAY APPROACH THE ALTAR TO RECEIVE THE SAVIOR. FREQUENT CONFESSION OF VENIAL SINS IS HIGHLY ENCOURAGED.*

## **THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO DEMONSTRATE WITH OUR BEHAVIOR THAT WE BELIEVE IN THE REAL PRESENCE OF CHRIST IN THE EUCHARIST.**

*WHENEVER WE ENTER OR LEAVE THE CHURCH, WE TURN OUR GLANCE TO THE TABERNACLE WHERE JESUS IS REPOSED AND WE GENUFLECT (THOSE WHO ARE PHYSICALLY UNABLE TO GENUFLECT MAY BOW). OUR MODEST AND DECENT DRESS (REVEALING CLOTHES ARE INAPPROPRIATE) DEMONSTRATES OUR FAITH IN AND ADORATION FOR THE EUCHARIST. WE AVOID CHEWING GUM IN THE CHURCH, AND WE USE ACCURATE LANGUAGE WHENEVER SPEAKING (AND SINGING) OF THE BLESSED SACRAMENT, THEREBY AVOIDING “BREAD” AND “WINE” TO REFER TO THE SACRED SPECIES.*

**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO ENJOY THE SILENCE TO WHICH THE EUCHARIST BECKONS US.**

*WE MAINTAIN A RESPECTFUL DECORUM IN THE PRESENCE OF THE BLESSED SACRAMENT. BEFORE, DURING AND AFTER MASS, WE REFRAIN FROM USELESS CHATTERING BEFORE THE TABERNACLE THAT DESTROYS A GOLDEN OCCASION TO LEARN AT THE FEET OF THE MASTER.*

**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO RECEIVE COMMUNION WITH JOY AND FERVOR.**

*A PROFOUND BOW BEFORE RECEIVING COMMUNION IS VERY APPROPRIATE,*

*ACCORDING TO THE LOCAL BISHOPS' CONFERENCE. WE MUST NEVER*

*RECEIVE THE SACRED HOST "ON THE RUN." WITH WHAT DIGNITY, ADORATION*

*AND LOVE SHOULD WE RECEIVE THE SON OF GOD.*

**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO PASS TIME WITH THE EUCHARISTIC JESUS  
OUTSIDE OF THE MASS.**

*THE EUCHARIST IS ALWAYS TO BE ADORED. THESE PRECIOUS MOMENTS  
WITH JESUS HELP TO ENSURE THAT WE WILL REALLY BE CONVERTED TO  
HIM AND BE ABLE TO ACCEPT HIS PLAN FOR US.*



**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO MAKE FREQUENT SPIRITUAL COMMUNIONS.**

*THIS BELOVED PRACTICE IN WHICH WE INVITE THE LORD INTO OUR SOULS*

*IN A SIMILAR MANNER AS WHEN WE SACRAMENTALLY RECEIVE*

*COMMUNION SHOULD BE ENCOURAGED AS A FREQUENT ACT OF LOVE AND*

*ADORATION.*

**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO CULTIVATE A SPECIAL RELATIONSHIP WITH MARY,  
THE WOMAN OF THE EUCHARIST.**

*MARY, PRESENT WITH HER DIVINE SON ON CALVARY, IS PRESENT IN SOME  
DISTINCT WAY DURING EACH MASS. TRUE VENERATION OF OUR BLESSED  
LADY LEADS US INFALLIBLY TO GENUINE ADORATION OF THE MASTER.*

**THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO DEVELOP A FRIENDSHIP WITH THE SAINTS WHO ARE  
REMEMBERED FOR THEIR INCREDIBLE LOVE  
FOR THE BLESSED SACRAMENT.**

*THE HISTORY OF THE CHURCH IS FILLED WITH MEN AND WOMEN, BOYS  
AND GIRLS WHO LOVED, ADORED AND EVEN DIED FOR THE EUCHARIST.*

# **THE 10 COMMANDMENTS OF REVERENCING THE EUCHARIST**

**TO REQUEST THE MASS TO BE OFFERED  
FOR THE LIVING AND THE DEAD.**

*REQUESTING MASS FROM A PRIEST FOR A SPECIFIC INTENTION*

*DEMONSTRATES ONE'S OWN FAITH IN THE POWER OF THE SACRIFICE OF  
CALVARY.*

## VIDEO REFLECTIONS ON THE EUCCHARIST

Each month we will offer a short (less than 2 minutes) video on the Eucharist presented by some different Priests of the Diocese of St. Augustine.

Episode 1: The Eucharist in History

Episode 2: The Eucharist in the Liturgy

Episode 3: The Eucharist in Art

Episode 4: The Eucharist in Music

Episode 5: The Eucharist in the Lives of the Saints

Episode 6: The Church Fathers and the Eucharist

Episode 7: The Eucharist as Food for the Spiritual Journey

Episode 8: The Four Eucharistic Verbs

Episode 9: Eucharistic Miracles

Episode 10: The Eucharist as Foretaste of the Resurrection



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[CLICK HERE FOR ALL THE VIDEOS  
IN GOOGLE SLIDES](#)

