

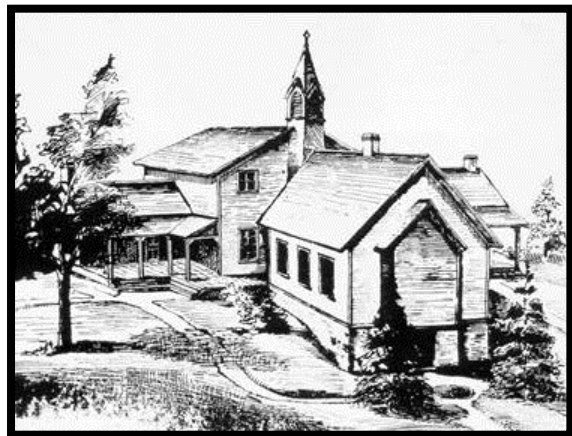
October Day of Recollection – Prayer

Theme: *The Eucharist: The Living Presence of Christ Among Us*
Gathering around the Eucharistic Presence

Leader:

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

Welcome, everyone. As followers of St. Francis of Assisi, let us imagine that we gather in our Heritage chapel with Fr. Duehmig in 1876. We gather with our earlier Sisters to praise and thank God for the priceless gift of the Eucharist, where Christ continues to give himself completely in love. May this prayer deepen our gratitude and inspire us to become living signs of Christ's presence in our world.



Opening Song

A suitable Eucharistic hymn, such as "One Bread, One Body," "Gift of Finest Wheat," or "Table of Plenty." Briege O'Hare's "Daily He Comes" based on Francis's Admonition 1

Opening Prayer

Loving God, You have given us your Son, who remains with us in the Eucharist as our food, our strength, and our peace. Like St. Francis, may we approach this sacred mystery with humility, reverence, and joyful hearts. Transform us through this holy gift so that we may become instruments of your peace, serving the poor, loving all creation, and witnessing to your Gospel. We ask this through Christ our Lord. **Amen.**

Scripture Reading

John 6:51-58

"I am the living bread that came down from heaven; whoever eats this bread will live forever..."
(Pause for silent reflection.)

Reflection

St. Francis and St. Clare had a profound love for the Eucharist because they recognized the humble love of Christ, who continues to come to us under the simple signs of bread and wine.

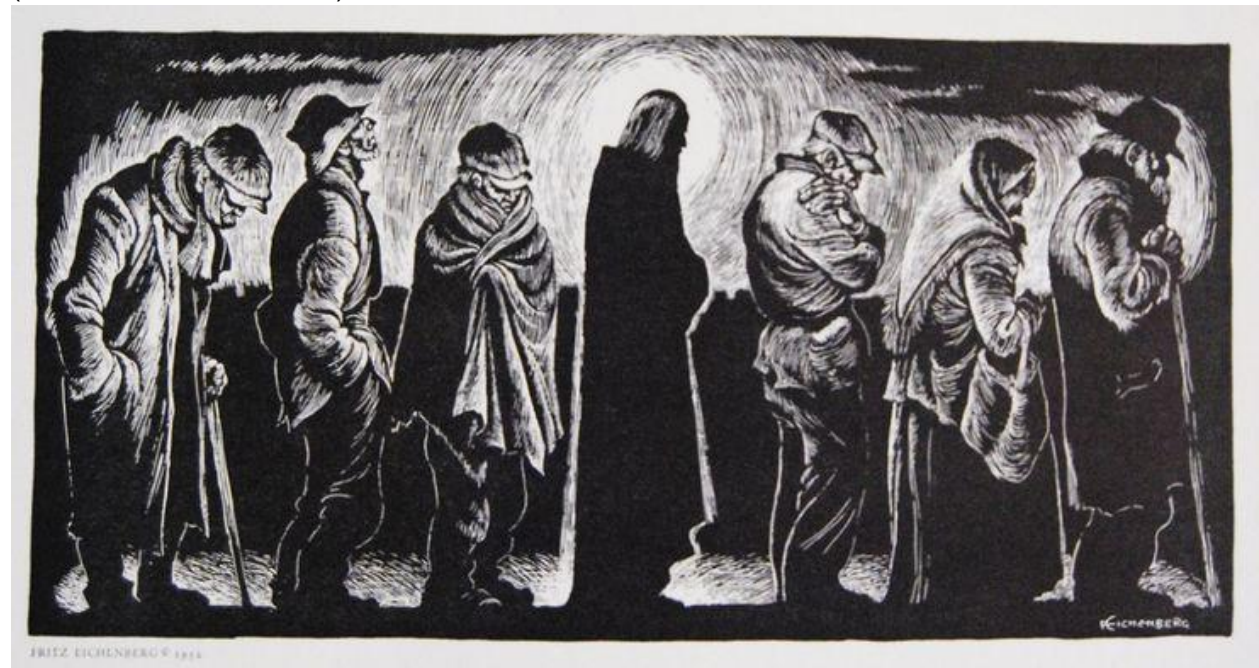
Francis and Clare encouraged their followers to honor the Blessed Sacrament with great reverence and devotion.

The Eucharist reminds us that God's love is self-giving. As we receive Christ, we are sent to become Christ's presence for others—especially the poor, the forgotten, and all who long for hope. The table of the Eucharist calls us to the table of service.

Spend a few moments in silence asking:

- How is Christ inviting me to become bread broken for others?
- How can I bring Christ's presence to those in need? (Specify the need and the gift.)

(Silence for 2–3 minutes.)



Fritz EICHENBERG Print CHRIST of the BREADLINES (1950)

Intercessions

Leader: Let us bring our prayers before our loving God.

Response: *Lord, nourish us with your love.*

- For the Church, that the Eucharist may strengthen her mission of unity and peace, we pray...
- For our communities, that we may reflect Christ's humility and compassion, we pray...
- For those who hunger and thirst for food, justice, and hope, we pray...
- For those who are sick, lonely, or suffering, that they may experience Christ's healing presence, we pray...
- For our own intentions (pause), we pray...

Prayer of St. Francis

Lord, make me an instrument of your peace.

Where there is hunger, let me bring your bread of life.

For those who thirst, let me bring a cup of compassion.