



LIFE IN THE EUCHARIST



LIFE
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A Worldwide Parish-based
Adult Education Programme
Developed by the
Congregation of the
Blessed Sacrament

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Sponsored by the
Blessed Sacrament Fathers and Brothers
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Life
in
The Eucharist



JESUS CHRIST
THE BREAD OF LIFE

NOURISHMENT
RECONCILIATION
TRANSFORMATION
ABIDING PRESENCE
LIBERATION

Come and See

INTRODUCTION

As Catholic, we are called to participate actively in the Eucharist and the life of the Church. LITE provides an opportunity for adult Catholics to share their faith. We aim to draw parish community groups into this deeper appreciation and understanding of the Eucharist.

Life in The Eucharist (LITE) was developed to help Catholics to learn more about our role as active participants in the Eucharist. We can express our involvement in three basic ways:

- active participation in the Mass,
- prayer of contemplation in Eucharistic Adoration
- reaching out to the needs of our brothers and sisters.

Life In The Eucharist programme is specifically designed to introduce a faith community to Eucharistic spirituality and practice.

LITE is presented by a team of trained lay people under the direction of a Blessed Sacrament priest.

LITE STRUCTURE

LITE will focus on three essential elements of Eucharist:

Celebration
Contemplation and
Communion

expressed in five spiritual themes:

CELEBRATION

Session 1: Eucharist: - God's love as **NOURISHMENT** in Jesus Christ.

Session 2: Eucharist: - God's love as **RECONCILIATION** in Jesus Christ.

Session 3: Eucharist: - God's love as **TRANSFORMATION** in Jesus Christ.

CONTEMPLATION

Session 4: Eucharist: God's love as **ABIDING PRESENCE** in Jesus Christ.

COMMUNION

Session 5: Eucharist: - God's love as **LIBERATION** in Jesus Christ.

Overall the sessions are structured to allow participants to enter into an adult learning experience employing group discussion. The LITE team will lead participants through their collective experiences toward greater understanding of Eucharistic Mystery.

Presentations on each of the five themes are made by the LITE team members building on the area of Eucharistic spirituality and practice addressed in each session. Each session comprises of a story, a teaching, a witness and prayer.

WHAT PARTICIPANTS FOUND HELPFUL ABOUT LITE

"I am so impressed with the LITE team"

"The format is excellent"

"The course was about lived experiences"

"A wonderful inspiration"

"A challenging, moving experience"

"Whole programme simple and powerful"

"Presentations to the point and very touching."

"It blew the dust off so much of my life"