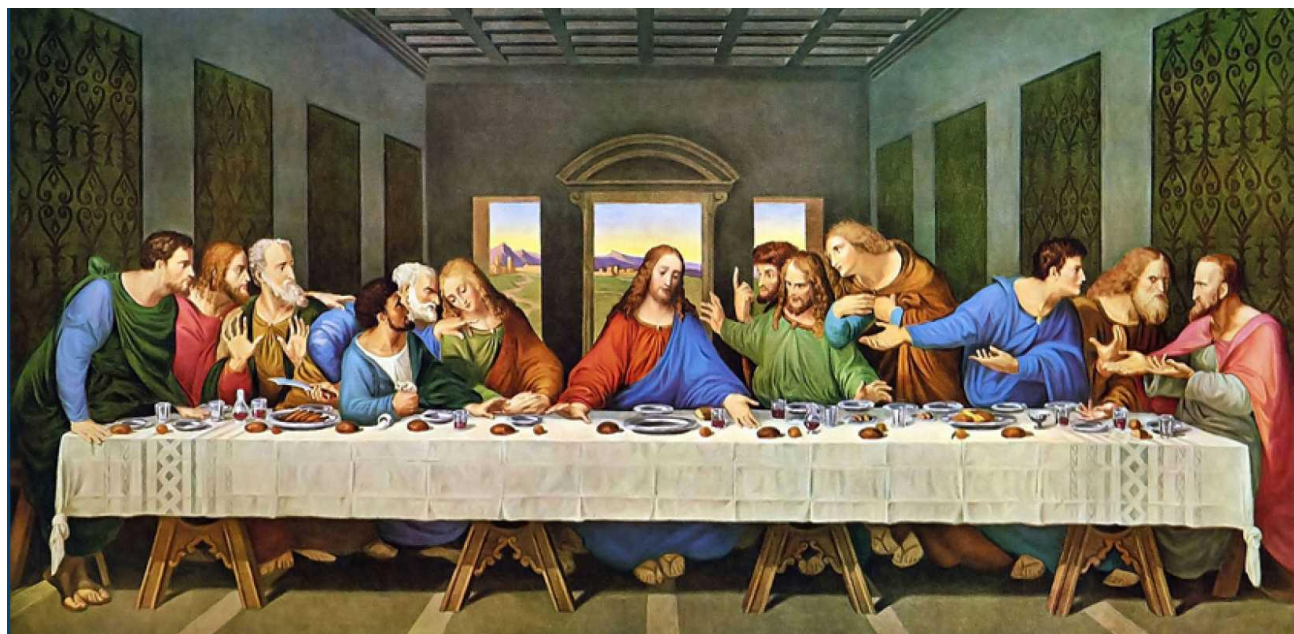


# Eucharistic Revival Toolkit

Compiled by

Prince Gallitzin Deanery Pastoral Council of the  
Altoona-Johnstown Diocese



## CONTENTS & PRIMARY TOPICS

<b>I.</b>	<b>Introduction Letter.....</b>	<b>Section I - Page 3</b>
<b>II.</b>	<b>Altoona-Johnstown Diocese Specific.....</b>	<b>Section II - Page 4</b>
<b>III.</b>	<b>Eucharist.....</b>	<b>Section III – Pages 5 - 8</b>
<b>IV.</b>	<b>Liturgy / The Mass.....</b>	<b>Section IV – Pages 9 - 10</b>
<b>V.</b>	<b>Exposition / Adoration.....</b>	<b>Section V – Page 11</b>
<b>VI.</b>	<b>Testimonials / Faith Sharing.....</b>	<b>Section VI – Page 12</b>
<b>VII.</b>	<b>Pilgrimages.....</b>	<b>Section VII – Page 13</b>
<b>VIII.</b>	<b>Prayer / Meditation.....</b>	<b>Section VIII – Page 14</b>
<b>IX.</b>	<b>Miracles / Mysteries / Mystagogy.....</b>	<b>Section IX – Page 15</b>
<b>X.</b>	<b>Catechetical.....</b>	<b>Section X – Pages 16 -17</b>
<b>XI.</b>	<b>Music.....</b>	<b>Section XI – Page 18</b>
<b>XII.</b>	<b>Miscellaneous.....</b>	<b>Section XII – Page 19</b>
<b>XIII.</b>	<b>Appendix of Exhibits.....</b>	<b>Section XIII – Page 20</b>

### Media Types

To assist in identifying quickly what type of media you may want to use/present, we listed in the description and/or by coloration as follows:

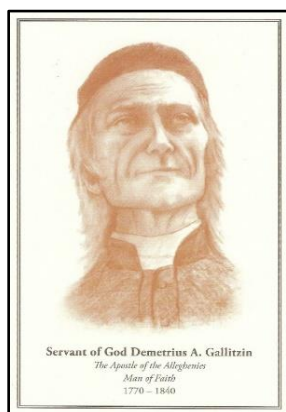
Print, Article, PDF = Green

Blog = Aqua

Podcast = Lavender

Video = Yellow

# I. Introduction Letter



***Eucharistic Revival Toolkit***  
*Prince Gallitzin Deanery Pastoral Council*  
*Diocese of Altoona-Johnstown*  
*Contributors: Julie Crusciel, Betsy McDermott,*  
*Russell Miller, Robert Sutton, Elizabeth Wallen,*  
*Fr. Stephen Waruszewski, TOR, Lynn Watt,*  
*Margaret Wilson and Fr. Tom Stabile, TOR*

The Eucharist is precious to our Catholic Faith and our worship. It is “the source and summit of our faith.” {Vatican II, Lumen Gentium, #11} When the Eucharistic Revival was announced, members of the Prince Gallitzin Deanery Pastoral Council prayed for God’s guidance that we might make a positive contribution to the effort. We researched and reasoned that a “Eucharistic Revival Toolkit” that identifies helpful resources would be valuable. This document is the fruit of our efforts.

Because of the tremendous treasure of resources available, this document is intended to give you a variety of suggestions for use with all age groups and in different formats such as videos, podcasts, printable essays, and handouts for children. You are encouraged to look through what is contained here, AND, to follow the suggested links into the wonderful depths beyond the sampling we can provide.

This document and accompanying samples of printed materials is made available in a PDF format to anyone who would like a copy. Since most of the resources we recommend are available online, the digital copy of this document makes it much easier to access those links. While viewing the digital version on your internet accessible device, simply click on the blue underlined reference to go directly to the resource.

When we started this project, we agreed that we would only complete it if we were genuinely excited about where it was leading, and the “final” product was deemed useful. We discovered a deepening of our own love and devotion to the gift of the true presence of, and encounter with, Christ given to us in the Eucharist. We pray that you and those with whom you share these resources will be Blessed as much as we have been.

As this document receives its final edits, we are also in the process of planning a Eucharistic prayer service to provide to pastors and which we are also willing to “take on the road,” if invited. Parishes who regularly have Adoration and Benediction, and those who have had difficulty getting it started, might find the model helpful to encourage parishioners in the encounter with our Lord Jesus that the Eucharist is intended to accomplish.

## II. Altoona-Johnstown Diocese Specific

*Use the diocesan webpage to link to the **National Eucharistic Revival Website & Revival Timeline** for specific information for the Altoona-Johnstown Diocese.*

<https://www.dioceseaj.org/eucharistic-revival/>

### **“Beginning Again” Eucharistic Revival Presentations**

[Multiple Topics: Prayer, Adoration/Exposition, Liturgy/Mass, Catechesis, Music, Testimonials - Adults & Teens – **Video** - Computer/Smartphone - Basic Skills]

Sept. 17, 2022

Father Timothy Harris, TOR “Eucharist 101: How Do We Begin Again?”

(24 minutes) <https://vimeo.com/752172569>

Father Alan Thomas, VG “Eucharist and Transformation”

(25 minutes) <https://vimeo.com/752257176>

Father Mark Begley, VF “Eucharist and Radical Welcoming”

(21minutes) <https://vimeo.com/752092130>

May 20, 2023

Father Clement Gardner, “How the Homily Has Anchored My Priestly Life and How It Can Anchor a Christian Life.”

(18 minutes) <https://vimeo.com/834084032>

Father Jude Brady, OSB “The Transforming Power of the Eucharist”

(21 minutes) <https://vimeo.com/834172684>

Father Brian Norris, “The Mass Is Over, But Your Job Has Just Begun.”

(18 minutes) <https://vimeo.com/834034720>

October 14, 2023

Monsignor Stanley Carson - "Presence: Stay With Me, Lord”

(15 minutes) <https://vimeo.com/875959338>

Monsignor Michael Becker (20 minutes) <https://vimeo.com/876018986>

Father Aron Maghsoudi - "The Eucharist Forming Us as a Community"

(30 minutes) <https://vimeo.com/877134731>

Robert Long, “The Spirit of the Song.” (18 minutes) <https://vimeo.com/834437052>

## III. Eucharist

### **Presence Series: The Mystery of the Eucharist**

Augustine Institute **Video** Series on the National Eucharistic Revival website. Three episodes of "Presence" video with study guide found in Formed site.

<https://watch.formed.org/presence>.

Also has three supplemental episodes, two for parents with young kids, and one for First Communion preparation. [Students & Parents 7th grade thru college; Other Adults in separate/cohort group.]

Episode 1 God Is with Us (35 minutes)

<https://watch.formed.org/presence/season:1/videos/god-is-with-us>

Episode 2 The Story of the Eucharist (40 Minutes)

<https://learn.eucharisticrevival.org/videos/presence-episode-2>

Episode 3: Bread for the Journey (35 minutes)

<https://learn.eucharisticrevival.org/videos/presence-episode-3>

**Fr. Mike Schmitz' podcasts:** [Adults & high school teens.]

**“Shocking Reality of the Eucharist”** [8 minutes.]

<https://www.youtube.com/watch?v=UQPTfyxZLKI>

**“The Truth About the Eucharist”** [7 minutes.]

<https://youtu.be/6LnfdzvT25w>

### **Bishop Robert Barron “The Real Presence of the Eucharist”**

[Suitable for teens and adults. Note: The talk **video** begins at the 3-minute mark and runs 1 hour and 15 minutes.] This talk took place during the 2020 Los Angeles Religious Education Congress in Anaheim.

<https://youtu.be/UzCPu IEhe8>

### **Popes St. Paul VI, St. John Paul II, Benedict XVI and Francis “Eucharist Body of Christ, Broken for the World”**

Two-**page guide** highlights the social nature of the Eucharist. [Teens & Adults.] Handouts are particularly useful as bulletin attachments in a parish or for small group discussions. **See Section XIII Appendix of Exhibits - Exhibit A.**

<https://www.usccb.org/about/justice-peace-and-human-development/upload/Eucharist.pdf>

## III. Eucharist (continued)

### **Pope Benedict XVI “Sacramentum Caritatis” (The Sacrament of Charity)**

**73-page** post-synodal apostolic exhortation signed on February 22, 2007, found on the Vatican Website, expounds on the sacrament of the Eucharist. [Adults; lengthy but easy read & comprehensive.]

[https://www.vatican.va/content/benedict-xvi/en/apost\\_exhortations/documents/hf\\_ben-xvi\\_exh\\_20070222\\_sacramentum-caritatis.html](https://www.vatican.va/content/benedict-xvi/en/apost_exhortations/documents/hf_ben-xvi_exh_20070222_sacramentum-caritatis.html)

### **Adventure Catechism “What is the Eucharist?” [7 minute video; Kids & parents K to 6<sup>th</sup> grade]**

<https://learn.eucharisticrevival.org/videos/ac18-what-is-the-eucharist>

### **United States Conference of Catholic Bishops (USCCB) “What is the Eucharist?”**

Answers to common questions about Eucharistic teaching, biblical sources for the Eucharist, free **podcast** episodes, and a deep dive into the Eucharistic Prayer at the heart of our liturgy. Examples: Where is the Eucharist mentioned in the Bible? Why does Jesus give himself to us as food and drink? Is the Eucharist a symbol? [Adults & Teens]

<https://www.usccb.org/eucharist>

Also a very nice **PDF** of Monstrance. **See Section XIII Appendix of Exhibits - Exhibit B**

<https://www.usccb.org/resources/monstrance-infographic>

### **Committee on Doctrine of the United States Conference of Catholic Bishops (USCCB) “The mystery of the Eucharist in the Life of the Church”**

**Watch** a free two-hour [online course](#), presented by Bishop Andrew Cozzens, on the new document! [Click here](#) to access the course. To print/save 35-page **PDF document**: [Adults & Teens]

<https://www.usccb.org/resources/mystery-eucharist-life-church>

## III. Eucharist (continued)

**Dr. Glenn Byer** “**Understanding the shape of our Eucharistic celebration**” Oregon Catholic Press [blog](#) with short articles on the Eucharist and the celebration of the Mass. Resources are geared toward those who are Liturgists, Musicians, etc.

<https://www.ocp.org/en-us/blog/entry/understanding-the-shape-of-our-eucharistic-celebration>

**Fr. Thomas Reese's column** for Religion News Service, "Signs of the Times," appears regularly at National Catholic Reporter. [Written at the level of adults.]

Links to the 3 NCR [articles](#) by Fr. Reese in his 3-part series:

**“The Eucharist is about more than the real presence”** January 31, 2023

[The Eucharist is about more than the real presence | National Catholic Reporter \(ncronline.org\)](https://www.ncronline.org/opinion/guest-voices/the-eucharist-is-about-more-than-the-real-presence)

**The Jewish roots of the Eucharist** February 6, 2023

<https://www.ncronline.org/opinion/guest-voices/jewish-roots-eucharist>

**Eucharistic prayer is the most important and least understood prayer in Mass** February 14, 2023

<https://www.ncronline.org/opinion/guest-voices/eucharistic-prayer-most-important-and-least-understood-prayer-mass>

## III. Eucharist (continued)

**ADDITIONAL VIDEO RESOURCES ARE AVAILABLE ON YOUTUBE (SEARCH BY TITLE OF THE VIDEO)**

The Veil Removed (7 minutes)

The Knights of Columbus - The Eucharist (Full Documentary) (19 minutes)

By Bishop Robert Barron:

It's Time for Eucharistic Revival (29 minutes)

Catholics Misunderstanding the Eucharist (6 minutes)

Real Presence of Christ in the Eucharist (11 minutes)

By Dr. Scott Hahn:

What is the Theology of the Eucharistic Body of Christ? (32 minutes)

Conversion Story: The Eucharist Made Me Catholic (47 minutes)

By Fr. Mike Schmitz:

Why the Eucharist is NOT a Symbol (8 minutes)

The Shocking Reality of the Eucharist (8 minutes)

How the Eucharist changed my life (9 minutes)

The Disciplines Doubted the Eucharist. Do You? (9 minutes)

From Aquinas 101:

The Eucharist (8 minutes)

Transubstantiation (8 minutes)

From Augustine Institute:

What is Transubstantiation and its History (35 minutes)

Biblical Roots of the Eucharist Explained (40 minutes)

Eucharistic Revival 2022-2023: Sacred Heart of Jesus Catholic Church (12 minutes)

What the Early Church Taught About the Eucharist-Aquinas (14 Minutes)

Here's Why We Must Believe in the Eucharist -St. Michael's Abby (8 minutes)

Is Christ Present in the Eucharist-Hank Unplugged Podcast (53 minutes)

Defending the Eucharist-Steve Ray (35 minutes)



## IV. Liturgy / The Mass

**The Eucharistic Liturgy Formed, Transformed, and Sent** Two-page summary highlights the parts of the Mass. [Teens & Adults. Handout particularly useful as bulletin attachments in a parish or for small group discussions.] See Section XIII Appendix of Exhibits - Exhibit C.  
<https://www.usccb.org/about/justice-peace-and-human-development/upload/Eucharistic-Liturgy.pdf>

Resource **Videos** from Augustine Institute used at Saint Francis University in the classroom:

Episode 1 “**The Meaning of Liturgy**” [3 minutes]  
<https://youtu.be/6g-zSagnxxk>

“**What is the Mass?**” Catholic Priest Explains What Happens at Mass [14 minutes]  
<https://www.youtube.com/watch?v=55hPqxWAt9A>

**Scriptural Walk Through the Mass** Dr. Edward Sri relates Mass, prayers & rituals to biblical events & book of Revelation. [Augustine Institute **Video**. Adults & Teens. 1 hour]

<https://learn.eucharisticrevival.org/videos/a-scriptural-walk-through-the-mass>  
 [audio only]

<https://www.youtube.com/watch?v=03wWhnLPw1Q> [video 30 minutes]

**The Veil Removed** **Video** that reveals the coming together of heaven and earth at Mass, as seen by saints and mystics, revealed by scripture and in the catechism of the Catholic Church. [Teens & adults. 7 minutes.]

<https://youtu.be/OOLZDaTglaM>

## IV. Liturgy / The Mass (continued)

**Tips For Praying the Mass** In this [document](#), geared for teens and adults, Robert Sutton provides background for some of the best-known responses in the Mass as well as tips on how to specifically pray during the times in the liturgy where they are found. [Teens & Adults. For use in religious education or as a bulletin attachment in a parish or for small group discussions.] [See Section XIII Appendix of Exhibits - Exhibit D](#)

**Adventure Catechism - What is the Mass?** [Kids & parents K to 6<sup>th</sup> grade. 10 minute [video](#)]

<https://learn.eucharisticrevival.org/videos/ac31-what-is-the-mass>

**Get Anything Out of the Mass?** Chris Stefanick [video](#) [Teens & above. 3 minutes.] While Sacred Tradition is very important to understand the fullness of our faith, if we get too comfortable, our experience of Catholicism can be reduced to rituals alone, going through the motions week in and week out, disconnected from our 'real lives'. I love the quote I heard recently that **"true tradition isn't the worship of ashes but the preservation of fire."** Amen.

<https://youtu.be/8kMpoMYk7Hw>

## V. Exposition / Adoration

### How Silence Can Change Your Life

Eucharistic Adoration **Video** that relates body to individual worship advice. Clearing away the noise, particularly for those who spend considerable time with technology/phones/internet.[Teens & Adults. 8 minutes]

<https://learn.eucharisticrevival.org/videos/how-silence-can-change-your-life>

### Adoration & Exposition Basics from OCP

**Recorded** version of FREE webinar. Dr. Glenn Byer and Fr. John Thomas Lane, SSS, offers a practical review of the essential elements of adoration and exposition of the Blessed Sacrament outside of Mass. They address questions such as: What is it and why do we do it? How does it relate to Mass? What guidelines exist, and what are the “dos” and “don’ts”? Includes link to 16-page **printable PDF**. Prepared by the Center for Learning, a division of Oregon Catholic Press. Copyright © 2023, all rights reserved. Permission is granted for private use only.

<https://www.learnwithocp.org/calendar/adorationwebinar>

For more information, visit:

[www.LearnwithOCP.org](http://www.LearnwithOCP.org).

**Look to Him and be Radiant: Adoration with Kids** [**printables!**] **See Section XIII Appendix of Exhibits - Exhibit E.**

<https://www.looktohimandberadiant.com/2015/06/adoration-with-kids-printables.html>

**A Holy Hour Companion** Paperback book from Liturgical Press of Prayer, Scripture, Reflection, and Ritual. Introduction by Timothy P. O’Malley; Compiled by John T. Kyler

<https://litpress.org/Products/00603/A-Holy-Hour-Companion>

**ADDITIONAL **VIDEO** RESOURCES ON ADORATION [FOR ADULTS AND TEENS] ARE AVAILABLE ON YOUTUBE (SEARCH BY TITLE OF THE VIDEO)**

Eucharistic Adoration Explained-Allentown Catholic High School (11 minutes)

What to do at Adoration- Immaculate Heart of Mary Parish (6 minutes)

How to Pray in Eucharistic Adoration using the A.C.T.S. Method, Diocese of Arlington (5 minutes)

## VI. Testimonials / Faith Sharing

**When God Calms the Storm.** *Barb Schmitz is a parishioner at St. Joseph's Catholic Church in Brooks, MN.* “God had answered my prayer brought before him in the Eucharist at the perfect time and in the perfect way. And I realized: God doesn't come too early, and he doesn't come too late. He comes just when we need him the most.” Read her [blog](#) at: [Read about](#)

**Jesus Showed Me the Way.** *Annmarie Zullo's* [blog](#) explains learning to trust and doing something beautiful.

[https://www.eucharisticrevival.org/post/jesus-showed-me-the-way?utm\\_source=Newsletter&utm\\_email=Omeda&utm\\_campaign=NL-National+Eucharistic+Revival&utm\\_term=945213982623A5T&oly\\_enc\\_id=945213982623A5T](https://www.eucharisticrevival.org/post/jesus-showed-me-the-way?utm_source=Newsletter&utm_email=Omeda&utm_campaign=NL-National+Eucharistic+Revival&utm_term=945213982623A5T&oly_enc_id=945213982623A5T)

**Life's Eternal Dignity.** *Julianne Stanz's* blog shares her acknowledgment that All Truth—including Life's Dignity—Flows from the Eucharist.

<https://www.eucharisticrevival.org/post/life-s-eternal-dignity>

***I Am Here.*** The Archdiocese of Detroit hosts a testimony-based resource called [I Am Here](#). This free multimedia platform shares stories of people just like you who have discovered peace, love, forgiveness and freedom through a personal relationship with Jesus in the Holy Eucharist.

<https://www.iamhere.org/>

**Podcasts** are archived or tune in every other week for a new story of men and women who have found healing and transformation through an encounter with Jesus in the Eucharist. All episodes:

<https://www.iamhere.org/podcast>

**How to Share Your Faith: Part 2** – Chris Stefanick [Show](#). [High school teens and adults. 30 minutes.] 5 Tips on how to share like the Apostles. Offers some stories and crucial tips on how to spread the gospel at all times. Learn why small groups are vital (even for adult Catholics), when to say hard things to people and why Christ is asking us to share the good news.

[https://watch.formed.org/stefanick/videos/how-to-share-your-faith-part-2-chris-stefanick-show?utm\\_campaign=for-promo-content&utm\\_medium=email&hsmi=263411231&hsenc=p2ANqtz-9QAq4Cb9MhpuYAkfzZRyKO73ic3zL8Vsb-eyea4V8YoWExp8S-rKCLHYJet4khZPPA3O59KQGz-Cx43or3bN1wu27fA&utm\\_content=263411231&utm\\_source=hs\\_email](https://watch.formed.org/stefanick/videos/how-to-share-your-faith-part-2-chris-stefanick-show?utm_campaign=for-promo-content&utm_medium=email&hsmi=263411231&hsenc=p2ANqtz-9QAq4Cb9MhpuYAkfzZRyKO73ic3zL8Vsb-eyea4V8YoWExp8S-rKCLHYJet4khZPPA3O59KQGz-Cx43or3bN1wu27fA&utm_content=263411231&utm_source=hs_email)

**Jesus Wanted to Be Present at My Wedding.** Emi Ronderos realized the awesome privilege of the wedding couple at Cana when the Holy Spirit spoke to her heart and inspired her to wonder, “Who am *I* that Jesus himself is coming to *my* wedding?” In just a few short hours, Jesus himself would be truly present at Mass—in Word and in Sacrament. [\(blog\)](#)

<https://www.eucharisticrevival.org/post/jesus-wanted-to-be-present-at-my-wedding#:~:text=Jesus%20was%20coming%20to%20our%20wedding%20to%20personally,to%20be%20faithful%20to%20each%20other%20for%20life>

## VII. Pilgrimages

**Eucharistic Mini-Pilgrimages: How to Plan One this Summer** - May 17, 2023 by [Sr. Kathryn J. Hermes](#) [Eucharist, Prayer, Adoration/Exposition/Benediction, Liturgy/Mass; Parish/Deanery Leaders, Parish/Small Groups, Families]

All of us are invited to grow in love for Jesus in the Eucharist and to share our faith as missionary disciples. Why not go on your own Eucharistic pilgrimage right where you live (any time of the year) to deepen your Eucharistic faith and devotion? ([blog](#) with [downloadable guide](#))

**Eucharistic Processions and Pilgrimages for Children** - [Blog](#) with explanations, suggestions for use, and [downloadable printable](#) Example: Eucharistic Pilgrimage Passport. [See Section XIII Appendix of Exhibits - Exhibit F and G.](#) And Family Activity Ideas such as:

- Stay after Mass to make an Act of Thanksgiving with your family.
- Research local adoration chapels near you and go for a short visit.
- Add one daily Mass to your week and offer it for a special intention.
- Stop into your home parish for a few quiet minutes of prayer.
- Find a church to attend for weekend Mass while on vacation or a trip.
- Attend a Holy Hour of Eucharistic adoration as a family.
- Attend Mass at a local Catholic church (other than your parish) as a simple local pilgrimage.
- Participate in a Eucharistic procession and bring along a friend.

[Eucharistic Processions and Pilgrimages for Children](#)

## VIII. Prayer / Meditation

### PRAYER FOR EUCHARISTIC REVIVAL (blog)

<https://catholic-link.org/guide-to-national-eucharistic-revival/>

### PRAYER CARD Printable PDF

This prayer card and other printable resources (banners, posters, flyers, etc.) are available to download and print via your printer or to order pre-printed versions available at cost at

[https://store.eucharisticrevival.org/pages/parish-resources?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=You+as+ked%3B+we+answered%21&utm\\_campaign=eCommerce+Parish+Kits+to+Parish+Leaders](https://store.eucharisticrevival.org/pages/parish-resources?utm_source=ActiveCampaign&utm_medium=email&utm_content=You+as+ked%3B+we+answered%21&utm_campaign=eCommerce+Parish+Kits+to+Parish+Leaders)

### 5 FATIMA PRAYERS

<https://www.goodcatholic.com/fatima-prayers-given-by-mary-and-the-angel/>

### KNIGHTS OF THE HOLY EUCHARIST

Eucharistic Reflections to Read or download Daily

<https://www.knightsoftheholyeucharist.com/daily-eucharistic-reflections/>

**Catholic Prayers with Variety of Focuses/Intentions**, etc.to read/download. Examples:

Adoration Prayer, Fifteen Minutes in the Company of Jesus in the Blessed Sacrament, Anima Christi, Prayers Before & After Mass (St Thomas Aquinas), and many more.

<https://www.knightsoftheholyeucharist.com/prayer-downloads/>

**How to Pray the Chaplet of the Precious Blood** powerful prayers using an ordinary rosary -

When we do not feel God's love, it is most beneficial to meditate on Jesus' crucifixion and the many wounds he suffered out of love for us. An ancient devotion in the Church, with roots in the New Testament. Example (1 John 1:7).

<https://aleteia.org/2018/03/22/how-to-pray-the-chaplet-of-the-precious-blood/>

### SEVERAL VERSIONS OF THE STATIONS OF THE CROSS

**Stations of the Cross by Saint Alphonsus Liguori** (Listen to audio as you read.)

<https://mycatholic.life/catholic-prayers/stations-of-the-cross/>

**Liturgical Year: Prayers: Eucharistic Stations Of The Cross** | Catholic Culture

<https://www.catholicculture.org/culture/liturgicalyear/prayers/view.cfm?id=1254>

**A Meditation on the Stations of the Cross vs. the Stations of the Holy Eucharist** - MFVA - Franciscan Missionaries of the Eternal Word

<https://franciscanmissionaries.com/a-meditation-on-the-stations-of-the-cross-vs-the-stations-of-the-holy-eucharist/>

## IX. Miracles / Mysteries / Mystagogy

### The Miracle at Every Mass

Miracle at Lanciano, Italy; Presenter Chris Stefanick at Real Life Catholic [Adults & teens.

2 minute [video](#)]

<https://reallifecatholic.com/video/the-miracle-at-every-mass/>

A [quote & references](#) on Mystagogy

Originating from the Greek language, "mystagogy" means "*learning about the mysteries*". It is an initiation into God's self-revelation. It is a process of growing in the faith through prayer, learning and practicing with other believers.

<https://saintandrewmidmon.org/mystagogia>

**The INCREDIBLE Eucharistic Miracles w/Fr. Robert Spitzer** | Chris Stefanick Show [High school teens & above. 35 minute [video](#).] Did you know there are miracles that back up the true presence of the Eucharist? It's true! And I brought Fr. Robert Spitzer back to tell us about the incredible science behind them. You'll also get a primer on the metaphysics of the Eucharist, what "transubstantiation" means and the incredible stories of several Eucharistic miracles!

<https://watch.formed.org/videos/the-incredible-eucharistic-miracles-w-fr-robert-spitzer-chris-stefanick-show>

**Eucharistic Miracles!** - Jimmy Akin's Mysterious World [High school teens & adult. 1 hour and 14 minute [video](#).]

People have reported witnessing miracles involving the Holy Eucharist for centuries, including the Eucharist appearing to turn into visible flesh and blood. Jimmy Akin and Dom Bettinelli examine the truth of these reports and what we should make of them. Do they represent genuine miracles?

[https://youtu.be/JhaNk5bWi\\_I](https://youtu.be/JhaNk5bWi_I)

**The Most Impressive Eucharistic Miracle?** - Fr. Mark Goring, CC [High school teens & above. 1 hour and 14 minute [video](#).]

<https://youtu.be/0V70TI86rQc>

**Faith Prevails: The Miracle of Bolsena** A Catholic [film](#) inspired by the 1263 event at the Church of St. Christina in Bolsena, Italy. When the Host begins to bleed during Mass, Fr. Peter of Prague, a priest doubtful of the Real Presence of Jesus in the Eucharist, must come to terms with his own disbelief while the witnesses of the miracle experience changes in their own faith. The Eucharistic Miracle of Bolsena-Orvieto was the catalyst for the institution of the Solemnity of the Most Holy Body and Blood of Christ (the Feast of Corpus Christi). [High school teens & adults. 37 minutes.]

[https://youtu.be/ei\\_CZp4zyVg](https://youtu.be/ei_CZp4zyVg)

# X. Catechetical

FOR KIDS, PARENTS, TEACHERS, ETAL from National Eucharistic Revival Site: Katie Bogner is a regular ([blog](#) & [printables](#)) contributor each month. Includes a catechetical Eucharistic activity for children, as well as all the background information and encouragement any parent, grandparent, catechist, or teacher may need to joyfully share your Eucharistic faith with children.

An activity (printable coloring sheets) for young people to discover Pope Benedict's Eucharistic legacy using St. Valentine's Day as a launchpad.

<https://osv.omecl.com/portal/wts/ucmcnyyd-Baqos2c%7CEEaqRERw6EwpssEnOtk13cAyYjk-SnmE~n>

“The Offering of the Holy Mass” Explanation & insights, coloring pages, activities & adult suggestions for relating to the sacrifice of the Mass.

<https://www.eucharisticrevival.org/post/the-offering-of-one-holy-mass>

“Using Art to Help Kids Pray Through Holy Week” Children (and adults) tend to learn better when presented with a visual of something we are trying to study, and the same is true when reading the Bible. Combining Sacred Scripture and sacred art can create a perfect environment for prayer. Simplified steps to **Read, Think, Pray, Listen, See** leads to meaningful conversations and rich prayer.

<https://www.eucharisticrevival.org/post/using-art-to-help-kids-pray-through-holy-week>

“May Crownings, Mary Gardens, and Eucharistic Flowers” Explanation of Mary Gardens and celebration of the faith and the role of Mary by knowing the names, traditions and symbolism of many flower shapes, colors or use. Examples: • Fuchsia: Christ's Blood Drops, • Oriental Poppy: The Crucifixion Flower, • Passion Flower: The Five Wounds of Christ.

<https://www.eucharisticrevival.org/post/may-crownings-mary-gardens-and-eucharistic-flowers>

Other blogs like these will be posted monthly and along with other resources (you may already have or find) can provide suggestions around which a 30-to-60-minute session(s) can be developed.

General Outline of Session could include:

- Opening prayer. [3 minutes]
- Introductions (first names, greetings) [5 minutes]
- Song (with gestures?) [5 minutes]
- Video / Presenter [10 minutes]
- Coloring Page / Activity [15 minutes]
- Reflections / Q&A /Feedback [15 minutes]
- Next Meeting (date, time, location) [5 minutes]
- Closing Prayer [5 minutes]
- Socializing / Refreshments [30 minutes?]



## X. Catechetical (continued)

In addition, there are many more resources online for videos, worksheets, coloring pages, etc. Just search for [free printable catholic children's prayers, worksheets, coloring pages, etc.](#) Good ones to download are dependent on grade level, complexity, time available, etc.

*American Eucharistic Witnesses for Children* *National Eucharistic Revival site.*

Each month, a companion [printable booklet](#) for children to help them get to know the holy men and women we are featuring in our American Eucharistic Witnesses Series. By reading the original essay and then inviting children discover the power of our Eucharistic Lord through the eyes of our American Eucharistic Witnesses. There are even two versions—one for younger children and one for middle schoolers! [Read Now](#). Francis Cardinal George, O.M.I., is featured as our first American Eucharistic Witness. Download the Cardinal George Biography [for younger children](#) or [for older children](#)! **Adults**, make sure you read the [essay on Cardinal George](#) by Michael Heinlein to help the young ones engage with this creative new series!

### **ADDITIONAL VIDEO RESOURCES ON THE EUCHARIST & MASS [FOR CHILDREN] ARE AVAILABLE ON YOUTUBE (SEARCH BY TITLE OF THE VIDEO)**

What is the Eucharist? Corpus Christi-Catholic Kids Media-Cycle A (6 minutes); Cycle B (3 minutes); Cycle C (2 minutes)

The True Presence-Dynamic Catholic (4 minutes)

The Eucharist for Little Children- Jennifer Naimo and Fr. Donald Lomasiewicz (21 minutes)

Liturgy of the Word and Eucharist (11 minutes)

# XI. Music

## **How to Maximize the Parish Year of the Eucharistic Revival in Your Parish**

**Blog** by Adam Bartlett at Source and Summit

<https://www.sourceandsummit.com/blog/how-to-maximize-the-parish-year-of-the-eucharistic-revival-in-your-parish>

## **Fr. Maximilian Mary Dean sets soundtrack to the Eucharistic Revival**

These are songs that are perfect for the Eucharistic Revival. Site includes YouTube **videos** of song performances.

<https://aleteia.org/2022/11/15/hermit-priest-sets-the-soundtrack-to-the-eucharistic-revival/>

## **On-line **Blogs**, Lists and Recordings of Hymns & Songs**

Searching the internet using search keywords like: Catholic, Eucharist, Traditional, Contemporary, etc. provides many music options. Here are just two examples, posted by pastoral musicians.

<https://olvccmusic.com/communion-hymns-that-celebrate-the-real-presence-of-christ/>

<https://catholic-link.org/21-songs-for-eucharistic-adoration-and-prayer/>

## **Sing to the Lord, Bless His Name!** June 15, 2023 **Blog** by Sr. Kathryn J. Hermes

Two winning compositions of the Music Competition for the National Eucharistic Revival have been announced. The official Hymn is “Let the Earth Acclaim Christ Jesus,” by Kathleen Pluth, MA, STL, of St. Thomas the Apostle Parish in Phoenix, Arizona, and the Theme Song “We Do Believe, O Lord” was created by Diane Mahoney, a member of Divine Mercy Parish in Burlington, Iowa. The songs will be performed at the [2024 National Eucharistic Congress](#) in Indianapolis. Once completed, all resources and official professional recordings will be available for free at the Eucharistic Revival website, [www.EucharisticRevival.org](http://www.EucharisticRevival.org), to be sung in parishes, groups, and gatherings throughout the coming year and into the future.

<https://www.eucharisticrevival.org/post/sing-to-the-lord-bless-his-name>

The **OCP Center for Learning ‘crash course’** referenced in Section V, Page 10 includes a downloadable **handout** that provides music suggestions & guidance. See pages 7, 8, & 9 of that PDF.

**The Spirit of the Song** Robert Long’s presentation at the May, 2023 provides many insights and music suggestions. See **video** referenced in Section II, Page 3 of this document.

## XII. Miscellaneous

### Podcasts:

**Revive with Fr. Agustino Torres** (These are official podcasts of the USCCB's National Eucharistic Revival) Fr. Torres and special guests discuss various topics. The listed episodes relate to Eucharistic Revival.

E4-33 minutes-Eucharistic Presence, Sacrament of Divine Presence in our Lives

E5-39 minutes- "Eucharistic Miracles"-Eucharistic Host and Scientifically Investigated Miracles.

E7-33 minutes- To be honest, I really don't know what to do at Adoration

E8-39 minutes- Take and Eat; Take and Drink...From the Altar to the Table

<https://revive.osvpodcasts.com>

### National Eucharistic Revival Prayer

A prayer asking God to pour out an overflowing measure of grace and healing throughout the movement.

<https://www.eucharisticrevival.org/post/national-eucharistic-revival-prayer>

### Liturgy and Life Study Bible

How does the Bible form our worship practices? How does liturgy incorporate the Bible? This Bible explores these questions and provides answers for today's church. It lists every place where a verse of the Bible appears in any liturgical book. Video and sample found at Litpress.org where it is available to buy. It is also available on Amazon. Cost for hardcover \$119.95

[Liturgy and Life Study Bible: : Edited by Paul Turner and John W. Martens, Foreword by Abbot Primate Gregory J. Polan, OSB: 9780814664353: Litpress.org : Hardcover with Dust Jacket](#)

## XIII. Appendix of Exhibits

**Exhibit A** - Eucharist Body of Christ, Broken for the World

**Exhibit B** - Monstrance

**Exhibit C** - The Eucharistic Liturgy Formed, Transformed, and Sent

**Exhibit D** - Tips for Praying the Mass

**Exhibit E** - Look to Him and be Radiant: Adoration with Kids (booklet)

**Exhibit F** - Eucharistic Processions

**Exhibit G** - Pilgrimages for Children-Pilgrimage Passport