

COMMUNITY WORK 02

READINGS:

John 6, 48-58

"I am the bread of life. Your parents ate the manna in the desert and died; this is the bread that comes down from heaven, so that whoever eats it will not die. I am the living bread, come down from heaven. If one eats of this bread, he will live forever, and the bread that I am going to give him is my flesh for the life of the world. "The Jews argued with each other and said:" How can he give us to eat his flesh? "Jesus told them He said: "Truly, truly, I say to you, if you do not eat the flesh of the Son of man, and do not drink his blood, you have no life in you. He who eats my flesh and drinks my blood has eternal life, and I I will rise again on the last day, because my flesh is true food and my blood is real drink, whoever eats my flesh and drinks my blood remains in me, and I in him, just as the Father who lives has sent me and I I live for the Father, and he who eats me will live for me. This is the bread that came down from heaven; not like the one your parents ate, and they died; whoever eats this bread lives will go forever. »"

Constitutions 58

In the Eucharist, the Philippian Sisters, we want to fully celebrate the Paschal Mystery and commune with the immolated Body of Jesus, to build in him the fraternal community. It is in the Eucharist, in a very special way, that when we meet Christ personally in the community, we renew our commitment to fraternity and apostolic dedication every day.

Directory 29

To maintain a constant prayer rhythm, in addition to what is mentioned in the Constitutions.

- Where it is not possible to participate daily in the Eucharist, we will make a celebration of the Word of God, in which Holy Communion will be distributed.

- We will dedicate daily in community a time not less than a quarter of an hour to spiritual and formative reading.

Father Tejero: Thoughts collected by Mother Salud Rubio y Sedor.

And because the soul needs strength to stand firm and constant in so much self-denial, you must take advantage of spiritual exercises a lot:

Prayer, Mass, Sacraments and other acts of mercy, so that the soul is abundant of the graces that God communicates to him to sustain himself in the fight with all fidelity.

Mother Dolores: Instructions to the Novice Master 5

Promote in them a great devotion to the passionate Jesus; a holy greed for Holy Communion: trust and love for the Blessed Virgin and Saint Philip who should look as a father: esteem the sum of mortification, modesty and truthfulness.

Vita Consecrata:

95. The fundamental means of effectively feeding communion with the Lord is undoubtedly the sacred liturgy, especially the Eucharistic Celebration and the Liturgy of the Hours. First of all, the Eucharist, which "contains all the spiritual good of the

Church, that is, Christ Himself, our Passover and Bread of Life, which gives life to men", the heart of ecclesial life and also of consecrated life . Who has been called to choose Christ as the only meaning of his life in the profession of evangelical counsels, how could he not wish to establish with him an increasingly intimate communion through daily participation in the Sacrament that makes him present, in the sacrifice that updates your delivery of love in Golgotha, at the feast that feeds and sustains the people of God pilgrim? By its nature the Eucharist occupies the center of consecrated, personal and community life. She is a daily per diem and source of the spirituality of each Institute. In it, each consecrated person is called to live the paschal mystery of Christ, joining Him in offering his own life to the Father through the Spirit. The assiduous and prolonged adoration of the Eucharist allows us to relive Peter's experience in the Transfiguration: "It is good to be here." In the celebration of the mystery of the Body and Blood of the Lord, the unity and charity of those who have consecrated their existence to God is strengthened and increased.

Pope Francis in the solemnity of Corpus 2019.

This Bread will unleash in us the force of love.

With this strength, we will feel blessed and loved, and we will want to bless and love, starting from here, from our city, from the streets we will travel this afternoon. In our city, hungry for love and attention, which suffers degradation and neglect, in front of so many old and single people, families in difficulty, young people struggling to earn their bread and feed their dreams, the Lord tells you: ' You feed them yourself. ' And you can answer: 'I have little, I am not able'. It's not true, the little

you have is a lot in Jesus' eyes if you don't keep it to yourself, if you risk it.

And you are not alone: you have the Eucharist, the Bread of the road, the Bread of Jesus. Questionnaire to meditate and share

1. Do I still feel moved by the Spirit and want to respond to God's call every day to follow Christ more closely?

2. Is it hard for me to accept the Sisters that God has given me? What does it cost me the most? What do I do to accept them?

3. Do I believe that I witness with my life the preferential love of Jesus for our recipients?

4. Am I the kind of Filipino religious I dreamed of when I professed?

5. Do I encourage union, peace, encouragement and comfort in my community?

6. Does the fire of spiritual life shine in my heart?

7. Do I look to the future with hope? Do I trust that God will send us new vocations, because this path is worth it?

Final Prayer (All)

Lord, light of your people and pastor of men, who entrusted to Father Tejero and Mother Dolores the mission of welcoming children and youth marginalized to teach them the way of good. Grant us for your intercession to keep the charism received by being faithful imitators of Mary Co redeemer, and that generous young people join our apostolate, so that this mission in your Church will endure and grow. Through Jesus Christ, our Lord.

Amen.