

# Prayer

## Jesus, in Cana,

You changed water into wine,  
so that we may continue to celebrate the covenant.  
May your Eucharist,  
in which the bread and wine are your body and blood given up for us,  
strengthen our faith and lead us to follow in your word.

## Jesus, in the desert,

you spoke of the Kingdom,  
you healed the sick and multiplied the loaves  
to nourish the bodies and spirits of the multitude,  
May your Eucharist, Word and Bread of Life,  
restore meaning to our lives and bring hope back into our hearts.

## Jesus, at the Last Supper,

by washing the feet of your disciples, you showed  
that there is no greater love than to lay down one's life for one's friends.  
May your Eucharist restore warmth to hearts grown cold  
and lead us to serve with joy and simplicity  
all the persons we meet on our journey,  
especially the most needy.

## Jesus, at Emmaus,

you explained the Scriptures to those who thought they were lost,  
and you revealed yourself at the breaking of Bread.  
May your Eucharist lead us to a better understanding of the Scriptures,  
may it open our eyes to your presence  
and kindle in us the ardent desire to announce your resurrection.

Fulfilled by so much love and grace, and led by your Spirit, we are here  
to respond to the love that you share with us through the Eucharist.



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# Pledge

Jesus,

1. I pledge to respond to your invitation to take part in the Sunday Eucharist with my brothers and sisters gathered together.  
For where two or three meet in my name, I am gathered there among them. (Mt 18: 20)
2. I pledge to carefully listen to Your Word. I will meditate and pray on your Word. I will put your Word into practice and do what you say, day after day.  
And the Word became flesh and he lived among us. (Jn 1: 14)
3. I pledge to support the priest in his ministry and recognize that you are acting through him in the Eucharist and other sacraments.  
While they were eating, Jesus took a loaf of bread, and after blessing it he broke it and gave it to the disciples, and said: 'Take, eat: this is my body.' (Mt 26: 26)
4. I pledge to welcome your love by partaking of your body and to take the time to prolong our encounter in prayer and adoration.  
I am the bread of life. Whoever comes to me will never be hungry; whoever believes in me will never be thirsty. (Jn 6: 35)
5. I pledge to recognize you in all people, especially those who are the most difficult to love, seeing in everyone a brother, a sister, because God's Spirit dwells in everyone.  
Do you not know that you are God's temple and that God's Spirit dwells in you? (1 Cor 3: 16)
6. I pledge to stand by you, Jesus crucified, along with your mother, the Virgin Mary, helping my brothers and sisters who suffer in body, mind and spirit.  
Just as you did it to one of the least of these brothers and sisters of mine, you did it to me. (Mt 25: 40)



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