ACKNOWLEDGEMENTS

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I am grateful to Rev. Frank DeSiano, CSP, President of Paulist Evangelization Ministries, for writing Chapter 18 of this manual, titled “Parish Follow-Up Activities.” I also am grateful for the comments and suggestions from Mr. Frank Mercadante, Executive Director of Cultivation Ministries, on Chapter 16, “Coordinating Small Groups for Teens.”

Paulist Productions, an apostolic arm of the Paulist Fathers, produced all the videos on the *Living the Eucharist* DVD, except for the teen video. Paulist Productions creates film and television programs that reveal God’s presence in the contemporary human experience. Their mission is to challenge viewers to love others and liberate one another from all that is dehumanizing. They encourage other entertainment professionals to help unify the human family through the power of the media. For more information, visit [www.paulistproductions.org](http://www.paulistproductions.org).

Outside da Box produced the teen video on the *Living the Eucharist* DVD. Outside da Box, a not-for-profit Catholic organization, seeks to build the Kingdom of God by ministering to teens through media and technology. Since its inception in 2005, Outside da Box has created more than 100 short films for Catholic teens to help foster their faith in Jesus Christ. For more information, visit [www.outsidedabox.com](http://www.outsidedabox.com).

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PARISH LEADERSHIP TEAM MANUAL

ONLINE ORIENTATION FOR THE TEAM COORDINATOR
Paulist Evangelization Ministries provides an online orientation for the team coordinator. This presentation gives an overview of your role and guides you through the features of this manual that will make your ministry easier and more enjoyable. We suggest that you watch the online orientation before reading the manual. Go to www.LivingtheEucharist.org/orientation.

IN THIS CHAPTER
Each chapter of this manual begins with an overview of that chapter’s subject matter.

TIPS
Each chapter ends with tips for specific members of the team. These hints and ideas are optional, but strongly recommended.

ORDER FORM
As described in Chapter 5, “Ordering Materials for Living the Eucharist,” the Order Form is an essential companion to this manual. It lists the offerings of materials in both English and Spanish. Since the information on the Order Form changes every year, we deliberately omitted details that might conflict with future Order Forms. As a result, the manual frequently refers the reader to the current Order Form for specific details.

WEBSITE
Another essential companion resource to this manual is the Living the Eucharist (LE) website: www.LivingtheEucharist.org.

Most of the sample letters, model schedules, and template forms that are contained in this manual can also be downloaded from our website. Some of the resources you will need to implement Living the Eucharist are only available on the website. That is why it is critical that at least one member of your team have computer skills and be able to access the Internet to obtain these resources.

Every item in the manual that can be downloaded from the LE website is identified by the term WebDocs and followed by a number. See pages 4–5 for an explanation of how WebDocs are used in this manual and for a list of all the WebDocs.

The team is authorized to download, adapt as appropriate, reproduce, and distribute within the parish the items available on the website.

IMPLEMENTATION SEQUENCE AND TIMELINE
WebDocs 1 contains the implementation sequence and timeline for the Preparation Year and Year 1. WebDocs 42 contains the implementation sequence and timeline for Year 2, and WebDocs 44 contains the implementation sequence and timeline for Year 3. These documents provide the team coordinator and the team with a detailed overview of the implementation of Living the Eucharist over a three-year period. The team can download these documents, enter their own implementation dates, and create their own timeline for the parish.
List of Tables

This manual includes a number of tables designed to help the parish leadership team implement *Living the Eucharist*. The tables are listed below for easy reference, along with their page number in this manual.

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These documents are designed to assist the team in implementing Living the Eucharist. They can be downloaded, printed, and copied as needed. The documents are listed below for easy reference, along with the page number(s) in this manual where they are mentioned. The WebDocs symbol and its number are included in each page in which a particular downloadable document is referenced. The same WebDocs number can be listed on more than one page. For example, WebDocs 1 is referenced in a number of pages to let the team know that the master calendar for the Preparation Period and Year 1 is available for easy reference as a team member is reading that page.

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A SUMMARY OF LIVING THE EUCHARIST

Living the Eucharist (LE) is a parish-based renewal experience that fosters spiritual growth and discipleship by promoting full, conscious, and active participation in the Eucharist. LE can help adults, families, and teens in a parish grow in holiness and in the Church’s mission as they come to know more profoundly the love of Christ in the Eucharist. LE runs during Lent for three years. The materials are available in English and Spanish. Parishioners take part in any of the following ways: by joining adult and teen small groups, engaging in family activities, reading the Lenten reflection booklet and the catechetical bulletin inserts, and joining the prayer campaign. This Lenten participation heightens parishioner involvement in the Sunday Eucharist and inspires them to grow as disciples of Jesus Christ who carry out the Church’s mission.

LE responds to the challenges that many parishes are facing today: declining attendance at Mass, increasing numbers of inactive Catholics, and a growing lack of understanding about the core beliefs of the Catholic faith. LE includes strategies to create more vibrant liturgies in the parish during Lent. It also includes strategies for the parish to invite inactive Catholics to participate in LE during Lent and to engage in outreach to inactive Catholics and the unchurched outside the Lenten season. This renewal experience helps Catholics find new ways to live the faith and proclaim the Gospel in our increasingly secular culture.

Living the Eucharist is designed to revitalize parish life and evangelizing activity through meaningful and transforming encounters with Christ. Pope Benedict XVI’s 2007 apostolic exhortation, The Sacrament of Charity, provides the framework for this personal and parish renewal experience. Focusing on the Eucharist as the source and summit of the Church’s life and mission, the exhortation contains three main sections: 1) The Eucharist, a Mystery to be Believed, 2) The Eucharist, a Mystery to be Celebrated, and 3) The Eucharist, a Mystery to be Lived. Following this framework, LE provides parishioners with resources and opportunities to learn about the meaning of the Eucharist, to celebrate this sacrament more fully, and to live out discipleship in Christ every day of the week.
THE MAJOR GOALS AND OBJECTIVES OF LIVING THE EUCHARIST

Parish leaders (either previewing the LE materials or having already decided to implement this program) will benefit from reflecting on the potential wide-ranging impact of the following four goals and their objectives. The goals reflect closely the three main sections of Pope Benedict XVI’s apostolic exhortation, The Sacrament of Charity.

The Eucharist, A Mystery to Be Believed

Goal 1: To increase among parishioners, both active and inactive in the practice of their faith, an understanding of the meaning of the Eucharist

Goal 1 Objectives
■ To form in parishioners an understanding of the Church’s teaching on the Eucharist
■ To foster belief in the many ways Jesus is truly present in the sacrifice of the Mass
■ To highlight the Eucharist as a means of ongoing conversion in Christ
■ To raise awareness that the life and mission of the Church flow from and lead to the Eucharist
■ To bring about an understanding of the working of the Holy Spirit within the Eucharist and in daily life

The Eucharist, A Mystery to Be Celebrated

Goal 2: To foster within parishioners, both active and inactive in the practice of their faith, a full, conscious, and active participation in the Eucharist

Goal 2 Objectives
■ To familiarize parishioners with the fundamental meaning of the Mass, as expressed through signs and symbols, in order to increase their participation
■ To improve the quality of the worship experience at Sunday Mass for all parishioners by providing appropriate materials in English and Spanish
■ To provide for parishioners, through vibrant celebrations of the Eucharist, the opportunity to taste the unity with God, others, and creation that will reach its fullness in the second coming of Jesus Christ
■ To form in parishioners habits of prayer, reflection, and Scripture reading in preparation for Sunday Mass
■ To foster and deepen in the parish a eucharistic community of love and support

The Eucharist, A Mystery to Be Lived

Goal 3: To sustain or increase Sunday Mass attendance in the parish

Goal 3 Objectives
■ To offer strategies to increase the attendance of adults, young adults, teens, and families at Sunday Mass
■ To offer strategies and Spanish-language materials to increase the attendance of Latinos at Sunday Mass
■ To foster parish efforts to invite inactive Catholics to return to the practice of their faith, especially by participating in Sunday Mass
■ To foster parish outreach to the unchurched so that, through their participation in the RCIA, they will become Catholic and join the Catholic family of believers at Sunday Mass

The Eucharist, A Mystery to Be Lived

Goal 4: To make living and sharing faith as disciples of Jesus, which flows from and leads to the Eucharist, an essential part of Catholic life
**Goal 4 Objectives**

- To foster in each parishioner a eucharistic spirituality, centered in the Paschal Mystery of Jesus Christ
- To provide parishioners with the means to reflect on their living as disciples of Jesus during the week and so bring the fruit of that reflection to their participation in the Sunday Eucharist
- To instill in parishioners an understanding that the dismissal rite at Sunday Mass commissions them to live as disciples of Jesus and to witness to God’s love in word and deed during the week
- To bring about an understanding of Baptism and Confirmation and their relationship to the Eucharist and to living as a disciple of Jesus
- To instill in parishioners a deeper understanding of the evangelizing mission of the Church and of each baptized person’s role in this mission
- To inspire parishioners to witness to Christ by the Christian quality of their lives
- To equip parishioners with the knowledge and skills needed to proclaim the Gospel
- To form in parishioners a deeper understanding of and commitment to the social mission of the Church

**THREE STRATEGIES TO IMPLEMENT THE GOALS AND OBJECTIVES**

LE provides three different but complementary strategies to build maturing eucharistic spiritualities among parishioners over the three years this program runs in a parish.

1. The first strategy deepens parishioners’ eucharistic spirituality through their participation in adult and teen small groups, engaging in family activities, reading a Lenten reflection booklet and the catechetical bulletin inserts, and joining the prayer campaign. These activities take place during Lent.

2. The second strategy focuses on creating vibrant liturgies in the parish during Lent and throughout the year. The best way to develop a strong eucharistic spirituality among parishioners is to involve them in an experience of Sunday Mass where all the liturgical ministries are functioning in an optimal manner. A prayerful liturgy with intentional hospitality, inspiring music, and effective preaching contributes to full, conscious, and active participation.

3. The third strategy equips parishioners to live and deepen their eucharistic spirituality through participating in parish efforts to invite and welcome inactive Catholics and the unchurched.

This LE team manual equips the pastor, the team coordinator, and the team members to understand this program and implement it in the parish. A parish can begin using this program in any year, beginning with either Year A, Year B, or Year C of the Church’s liturgical cycle.

Table 1 on page 9 illustrates the ways in which a parish implements LE over a three-year period.

The structure remains the same for all three years that a parish implements LE. The content changes each year and builds on the participants’ experience from the prior year.

**THE LIVING THE EUCHARIST MATERIALS**

LE provides the following materials, in both English and Spanish, which enable the entire parish to participate in this renewal experience:

- Small Group Participant Booklet
- Small Group Leader Guide
- Small Group Participant Booklet for Teens
- Small Group Leader Guide for Teens
LE is designed to involve the entire parish during the season of Lent. Each of the items listed above provides for and enhances this participation. Sample copies of these materials are found in the Living the Eucharist Parish Resource Pack and the Parish Starter Kit.

Table 2 on page 10 gives the general presentation topics for the adult and teen small groups in Liturgical Years A, B, and C. The topics deal with areas fundamental to renewing the eucharistic spirituality and fervor of Catholics, both at the Sunday Eucharist and while living during the week as disciples who carry out Jesus’ mission to build God’s Kingdom.
### TABLE 2

**TOPICS FOR LE SMALL GROUPS FOR LITURGICAL YEARS A, B, AND C**

<table>
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<th>TOPICS FOR YEAR B</th>
<th>TOPICS FOR YEAR C</th>
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<td>The Good News of salvation in Jesus Christ</td>
<td>The Word of God: inspired revelation at the table of the Word</td>
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<td><strong>Week 2</strong></td>
<td>The Eucharist: source for enriching the prayer life of a disciple of Jesus</td>
<td>Baptism and Confirmation, entering into the life of the Risen Christ; the presence of Christ in the assembly at Mass</td>
<td>The Word of God: conversion; methods to encounter Christ in the Word during the week</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>Sent forth to be Christ in the world: the witness of life</td>
<td>The Eucharist: remembering our salvation in Jesus Christ, sacrificial offering and ritual meal</td>
<td>The Creed, affirming what we believe</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>Sent forth to be Christ in the world: sharing the Gospel with others</td>
<td>The presence of the Holy Spirit in the Eucharist and in daily life</td>
<td>Finding healing and the peace of Christ in the Eucharist</td>
</tr>
<tr>
<td><strong>Week 5</strong></td>
<td>Sent forth to be Christ in the world: the social mission of the Church</td>
<td>Full, conscious, and active participation in the Eucharist</td>
<td>Finding forgiveness of sin in the Eucharist and in the Sacrament of Reconciliation</td>
</tr>
<tr>
<td><strong>Week 6</strong></td>
<td>The Eucharist and the promise of eternal life</td>
<td>The Body of Christ gathered at the Eucharist, renewed in its identity, and sent forth in Jesus' name</td>
<td>The Eucharist, pathway to a holy and virtuous life</td>
</tr>
</tbody>
</table>

The Small Group Participant Booklet contains presentations and discussion questions on these topics. It also contains a process that involves group members in praying selected Mass readings from the upcoming Sunday using the *lectio divina* method. This method is a slow, contemplative way of praying with the Scriptures that enables the Word of God to become a means of union with God. The corresponding Small Group Leader Guide enables a leader to facilitate the six ninety-minute meetings, held during the Lenten season.

The Small Group Participant Booklet for Teens mirrors the content and process of the Participant Booklet for
Adults, but with appropriate modifications to engage and inspire teens, including a short video. The Small Group Leader Guide for Teens mirrors the Small Group Leader Guide for Adults, with appropriate modifications.

The Family Activity Booklet ties the family—the domestic church—to the Sunday Eucharist. With age-appropriate information, the booklet offers families the opportunity to learn about the Eucharist, to participate more fully in the upcoming Sunday Mass, and to live more intentionally as disciples who witness to the love of Christ.

*From Exodus to Easter: My Daily Journey Through Lent* offers reflections that enable readers to think and pray about their participation in the upcoming Sunday Mass and so enter more consciously into the Paschal Mystery and the saving mission of Jesus Christ. The audience is adult parishioners and teens.

The catechetical bulletin inserts provide a way to involve and educate all the weekend Mass participants in this parish-wide renewal experience. The inserts are written and designed to appeal to a broad cross-section of the parish. They complement and supplement the content of the small group participant booklets for adults and teens, the Family Activity Booklet, and *From Exodus to Easter: My Daily Journey Through Lent*. Living the Eucharist includes eighteen bulletin inserts: six for Year A of the Church’s liturgical cycle, six for Year B, and six for Year C. The general topics for the bulletin inserts are listed in Table 3, right.

The LE prayer cards deepen eucharistic spirituality and emphasize the importance of prayer for this parish renewal experience. Three prayer cards are available so a parish can use a different prayer during each liturgical year. One card is designated for parish use each year.

### Table 3

**TOPICS FOR THE BULLETIN INSERTS FOR LITURGICAL YEARS A, B, AND C**

**Year A**

1. The Eucharist, inspiring the saints to holiness
2. The Eucharist as the anchor of my prayer life
3. Living Sunday as the Day of the Lord
4. Proclaiming the Good News of Jesus Christ
5. Living the social mission of the Church
6. The Eucharist, our hope of eternal life in Christ

**Year B**

1. The connection between the Eucharist and the season of Lent
2. The presence of Christ in the assembly
3. The Eucharist, a meal and a sacrifice
4. The Holy Spirit and the power to live the Eucharist
5. Our goal at Sunday Mass: full, conscious, and active participation
6. Entering into the Paschal Mystery of Jesus Christ

**Year C**

1. Following Christ through the Church’s liturgical year
2. Nourished at the table of the Word
3. Why we say the Creed at Sunday Mass
4. Finding healing and peace in the Eucharist
5. Finding forgiveness of sins in the Eucharist
6. The Eucharist, our pathway to holiness
### TABLE 4

**WEBSITE MAP FOR WWW.LIVINGTHEEUCHARIST.ORG**

#### Learn about Living the Eucharist
- Short video introducing LE
- Presentation video
- Motivational video highlighting the benefits of participating in a small group for adults and reading *From Exodus to Easter: My Daily Journey Through Lent*
- Motivational video highlighting the benefits of participating in a small group for teens
- Motivational video explaining how a family benefits by using the Family Activity Booklet
- Introductory brochure in PDF format

#### Support for Parish Teams
- Downloadable resources for the team to promote and administer LE (WebDocs)
- Downloadable PDF on the meaning of Lent

#### Support for Adults
- Motivational video highlighting the benefits of participating in a small group for adults and reading *From Exodus to Easter: My Daily Journey Through Lent*
- Downloadable PDF on the meaning of Lent
- A link to a website providing the Sunday and daily Mass readings

#### Support for Teens
- Motivational video highlighting the benefits of participating in a small group for teens
- Downloadable PDF on the meaning of Lent for teens
- A link to a website providing the Sunday and daily Mass readings

#### Support for Families
- Motivational video explaining how a family benefits by using the Family Activity Booklet
- Downloadable PDF on the meaning of Lent
- Music selections for the family sessions
- A link to a website providing the Sunday and daily Mass readings

#### Support for Liturgical Ministers
- Video for the priest celebrants, homilists, lectors, greeters and ushers, musicians, and extraordinary ministers of Holy Communion
- Downloadable PDF materials and links for priest celebrants, homilists, lectors, greeters and ushers, musicians, and extraordinary ministers of Holy Communion to foster vibrant eucharistic celebrations
- Downloadable PDF on the meaning of Lent

#### Outreach to Inactive Catholics and the Unchurched
- Downloadable resources and links to foster these efforts

#### Frequently Asked Questions

#### Order Materials

#### Diocesan Participation
- Ways a diocese can participate in *Living the Eucharist*
THE LIVING THE EUCHARIST WEBSITE

The website, www.LivingtheEucharist.org, enables dioceses and parishes to learn about this ministry, train the team coordinators, and support parish participation. A general overview of the website map is given in Table 4 on page 12.

THE BENEFITS OF LIVING THE EUCHARIST FOR PARISHES

LE has the potential to renew and deepen the eucharistic spirituality of parishioners in the following ways.

- Increased knowledge about the centrality of the Eucharist in Catholic life
- Greater appreciation and understanding of preparing for and participating in Sunday Mass
- Deeper, more intentional engagement in Sunday Mass, and, by extension, in parish life
- Keener awareness of living as a disciple of Jesus and building up the Kingdom of God
- A stronger, more Eucharist-based Catholic identity among participants
- More frequent attendance at Sunday Mass
- Opportunities to increase the knowledge, skills, and commitment of the parish liturgical ministers, thereby creating more vibrant Sunday liturgies
- Increased opportunities to invite and welcome inactive Catholics and the unchurched

Parishioners can experience these benefits each year. The benefits can deepen and amplify in the lives of parishioners as they participate in LE over the three years that a parish implements this program.

THE POTENTIAL IMPACT OF LIVING THE EUCHARIST

Through the activity of the Holy Spirit and the faithful leadership of the pastor, parish leaders, and the team, LE can make an impact on the life and mission of the parish in three ways.

1 - Parishioners can enter more fully into the Paschal Mystery of Jesus Christ through their participation in LE. As they develop a deeper love for the Eucharist and participate more fully in the Mass, they will see themselves more clearly as disciples committed to Jesus’ mission to build the Kingdom of God. LE can foster deeper conversion of the whole person: heart, mind, spirit, and actions.

2 - LE can improve the quality of Sunday Mass in the parish. The components of LE that help liturgical ministers acquire knowledge and develop new attitudes and skills regarding the liturgy can provide a heightened experience of Sunday worship during Lent. The positive experience of celebrating more vibrant liturgies during Lent can lead to a commitment to celebrate liturgies of this same quality throughout the year.

3 - LE can also raise consciousness and equip parishes to focus on outreach to inactive Catholics and the unchurched. Chapter 18 of this manual, titled “Parish Follow-Up Activities,” encourages parishes to invite parents of children preparing for their first Holy Communion to join a small group or to use the Family Activity Booklet during Lent. Many of these young adult parents are inactive Catholics. This chapter also encourages parish leaders to use a number of resources to invite and welcome inactive Catholics and the unchurched, such as Awakening Faith: Reconnecting with Your Catholic Faith, and Seeking Christ: First Steps Toward Catholic Faith. As a result, some inactive Catholics will return to the Church and some inquirers with no church family will encounter Christ and decide to join the Catholic Church.
Focusing on the Eucharist as the source and summit of the Church’s life and mission will strengthen Catholics in their faith, involve them in more vibrant liturgies, equip them to invite and welcome inactive Catholics and the unchurched, and inspire them to make living the Eucharist a greater priority in their lives.

THE ROLE OF PAULIST EVANGELIZATION MINISTRIES

Through the material in the LE Parish Starter Kit and on the website, Paulist Evangelization Ministries provides for the orientation and training of the parish leadership team coordinator and the orientation and training of the team before they launch *Living the Eucharist* in the parish.

Paulist Evangelization Ministries provides, on a cost-per-item basis, all the materials that a parish needs to run *Living the Eucharist*. These items are listed on the Order Form, which is published yearly in the summer. The only expense the parish incurs from Paulist Evangelization Ministries is the cost of the items it purchases through the Order Form or online.

Paulist Evangelization Ministries develops new materials, as needed, to serve the *Living the Eucharist* ministry and provides additional services and resources to help a parish reach the unreached in faith. You can learn more about these services and resources at [www.pemdc.org](http://www.pemdc.org).