



JULY 2022

From the Catechism of the Catholic Church, paragraph 1106

"Together with the anamnesis, the epiclesis is at the heart of each sacramental celebration, most especially of the Eucharist: You ask how the bread becomes the Body of Christ, and the wine . . . the Blood of Christ I shall tell you: the Holy Spirit comes upon them and accomplishes what surpasses every word and thought . . . Let it be enough for you to understand that it is by the Holy Spirit, just as it was of the Holy Virgin and by the Holy Spirit that the Lord, through and in himself, took flesh." [St. John Damascene] (pronounced "dam-a-seen")

Vocabulary:

Anamnesis – from Greek, meaning "calling to mind" or "recollection" - after the consecration at Mass, the prayer of remembrance in which the Church calls to mind the Lord's passion, resurrection, and ascension into heaven. This is the high point of the Mass as a memorial of what occurred during Christ's visible stay on earth as a pledge of what he continues to do invisibly through the Eucharist.

Epiclesis – again from Greek, an invocation of the Holy Spirit said by the celebrant of the Mass prior to the words of Consecration. It occurs in all the liturgies of the Eastern Catholic Churches and is considered essential in the Orthodox Church to the validity of the Eucharistic sacrifice. Since the Second Vatican Council all the new Eucharistic Prayers of the Mass contain the epiclesis. "We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be + the Sacrament of the Body of Christ and his Blood of the new Covenant."

Quote: "Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored it."
- *St. Augustine*

Reflection: Where does my mind go during the Eucharistic Prayer? Am I focused on the epiclesis, the words of institution, and the anamnesis? Do I, as St. Augustine says, "adore" the flesh of the son of man before I partake of the sacrifice?

Prayer: Lord, help me to more deeply understand and adore you in the Eucharist.