

## Resources to Develop Eucharistic Spirituality within the Family

Sr. Patricia M. McCormack, IHM, Ed. D.

Website: [www.ParentTeacherSupport.org](http://www.ParentTeacherSupport.org)

Tab: Newsletters

Category: FAMILY FAITH

### Topic: Listen! God Speaks (Voice of Jesus Prayer Exercises)

*Prayer-aides in which Jesus speaks to your soul ... teaching you, guiding you,  
and asking questions that draw you into conversation.*

1. *A Love Letter from God the Father* (Print Document)
2. *A Love Letter from God the Father* (Video, 5:40 minutes)
3. *Hello, Jesus Speaking* (Print Document)
4. *I Thirst for You*, Meditation of Mother Teresa of Calcutta (Audio Recorded by Fr. John Riccardo, 12:06 minutes)
5. *I Thirst for You*, (Slide-Audio & Visual, Recorded by Jake Mrugalski, 9:07 minutes)
6. *I Thirst for You* (Print Document)
7. *Jesus Initiates Conversation* (Print Document)
8. *Meditation* (Print Document)

### Topic: Family Eucharistic Experience ... Program Worksheets/Handouts

1. Wheat and Grapes Exercise
2. Alternative Wheat and Grapes Exercises (Three Versions)
3. Activity – Eucharistic Prayer of the Mass
4. Adoration Tools Overview
5. Adoration Tool – ACTS of Love
6. Adoration Tool – Voice of Jesus 1: Guided Meditation
7. Adoration Tool – Voice of Jesus 2: Guided Meditation
8. Adoration Tool – Love Letter from God the Father
9. Eucharistic Vessels and Vestments

### Topic: PRAYER-WAYS

- #2. ACTS of Love
- #4. Holy Hour
- #5. Eucharistic Devotions
- #6. Conversation with Jesus
- #7. Jesus Initiates Conversation

### Topic: TIMELY TOPICS

3. Celebrating the Mass

## A Spiritual Communion

(St. Alphonsus Liguori)

**My Jesus, I believe that You are really present  
in the Blessed Sacrament.**

**I love You more than anything in the world  
and I hunger to be nourished by You.**

**But since I cannot receive Communion  
at this moment,  
come into my soul at least spiritually.**

**I unite myself to You now as I do  
when I actually receive You**

**Never let me drift away from you**

**O Sacrament Most Holy!  
O Sacrament Divine!  
All praise and all thanksgiving  
Be every moment thine.**

**Jesus in the Blessed Sacrament,  
I adore you**