



Life in the EUCHARIST

The Eucharist is essential for us and it is Christ who wishes to enter our lives and fill us with his grace. (Pope Francis)

Life in the Eucharist (LIFE) is a 5 session retreat experience to empower Catholics to deepen their personal and communal relationship with Jesus Christ. It has 5 specific themes that explore the Eucharistic mystery. The 5 themes are: Nourishment, Reconciliation, Transformation, Abiding Presence and Mission. Through the Eucharist, Jesus invites us to a deep experience of all of these aspects.

Life in the Eucharist is an excellent way to unite your Family of Parishes (FoP) in a deeply spiritual and communal experience. Therefore, every FoP is expected to offer a Life in the Eucharist retreat.

How do we learn more about LITE:

A team of people along with the Road to Renewal offers a 4 hour training session. These are offered periodically throughout the year. Check with the Road to Renewal to find out the specific date, place and time.

What happens at the training?

At the training you will receive all of the materials needed to host this retreat in your FoP.

How much work is involved in a LITE Retreat?

This is a ready made program. Everything is spelled out. Talks are all developed. You personalize it to your Family of Parishes.

When should the FoP offer LITE?

- Since it is 5 sessions, this retreat can be offered in various ways: once a week, five consecutive days or over a weekend (one session Friday night, two on Saturday and the final one on Sunday afternoon).
- It could be offered in the morning as well as evening.
- It could be in one parish or move around in the FoP.
- Lent is an appropriate time or the time leading up to the feast of Corpus Christi. Anytime of the year is appropriate.