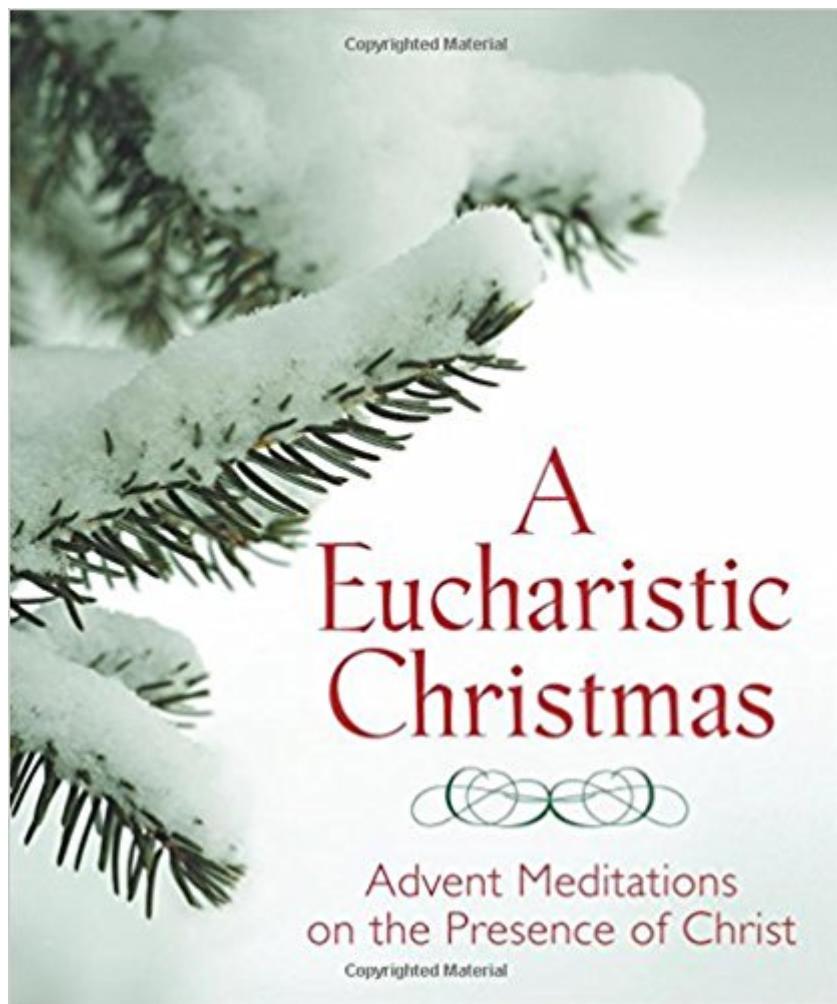


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# A Eucharistic Christmas: Advent Meditations On The Presence Of Christ



## Synopsis

During Advent we sing "O Come, O Come, Emmanuel." We focus on the birth of Jesus, this innocent child who came into our world to be our Savior. He is Emmanuel, God with us. But Advent and the Christmas season is also the perfect time to reflect on the fact that God is with us always, and particularly in his Eucharistic presence. This book offers a simple meditation from a well-known Christian writer each day from December 1st through the twelve days after Christmas, a few thoughts to help you respond to Christ's presence in the Blessed Sacrament, and a prayer to help you open your heart. The meditations focus on: The Scriptural basis for understanding the Eucharist; How to prepare to receive the Lord; What to do when you pray before the Blessed Sacrament; The difference a holy hour can make; The experiences of those who have spent time in adoration. During this holy season, Mary's example as she carried Jesus in her womb can show us how Jesus takes flesh in our own lives when we receive him with reverence.

## Book Information

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## Customer Reviews

N/A

While this book truly prepared my heart for Christmas, I would recommend it for exponential spiritual growth all year long!

A wonderful little book. Use it all year not just at Christmas

excellent. Hope they have a similar book for Lent

Great reading, especially for adoration.

GREAT. I recommend it.

love this!

A Eucharistic Christmas is a compilation of advent meditations linking the Nativity with the reality that Jesus is always available to us in the Eucharist. The book covers the period from December 1 through January 6. Entries consist of a meditation, brief reflection, and prayer. Meditations are taken from the writings of 11 modern spiritual writers. Several meditations describe formal Eucharistic adoration, exposition of the Host in a church or chapel, usually for a period of 24 hours. A number of meditations and reflections suggest how-tos for getting started and filling the time appropriately. Eucharistic adoration is a favored topic, perhaps because it is not a common practice, despite the wealth of graces offered. Four entries in Q&A format are taken from author David Pearson's interviews with individuals whose lives were transformed through Eucharistic adoration. Paula got over her nervousness about being in the chapel; Tim started a journal; Mal found love, peace, and tranquility; and Diane's appetite for material things diminished in favor of appreciation for simple things. In the Dec. 3 entry, The Spiritual Hour of Prayer, Andrew Apostoli, C.F.R. states simply that a Eucharistic holy hour is an hour spent in prayer before Jesus in the tabernacle. He writes of Archbishop Fulton J. Sheen's 50 years of daily holy hours despite a demanding schedule and worldwide travel. The reflection for that day urges us to not be intimidated by the idea of a holy hour, suggesting the time spent may be less than an hour and can be accomplished anywhere, so long as we place ourselves spiritually before the Blessed Sacrament. A Eucharistic Christmas is an ideal Advent resource, and having it available early gives us a chance to select one or two practices to adopt from day one.

A Eucharistic Christmas - Advent Meditations on the Presence of Christ is a beautiful little book I especially love. It is an easy read as we come into the Christmas season and it brings joy to my heart. I want all my friends and family to know about this delightful little book, because it is a

wonderful primer into how we might bring Jesus' Eucharistic presence into our lives. It even provides an insightful prayer for each day - and prayer is the starting point as we talk to Jesus and develop our relationship with Him more deeply. Love it, love it, love it!

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