



BLD WASHINGTON  
**BUKÁS-LOÓB SA DIYÓS**  
**COVENANT COMMUNITY**

SERVING THE WASHINGTON, D.C. AREA

## Counsel

### *Carrying Our Cross*

**Theme:** We share life with Christ when we deny ourselves, take up our cross daily and follow Him.

**Order:** If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. (Lk 9:23)

**Promise:** *"For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it." (Lk 9:24)*

*(BLD Global Community reflection for June 2010)*

### **REFLECTION:**

In Luke's gospel for Sunday, he recounts one occasion when Jesus "was praying in solitude." Luke wanted to indicate that something very important theologically was about to occur.

When Jesus asked his disciples, "*Who do the crowds say that I am?*" Peter, spokesperson for the disciples, answers Jesus' question: "*The Christ of God*". "Christ" here means "anointed" and is a name indicating honour and office. Peter's answer was not only a profession of his faith, but was also dependent on what he had seen Jesus do and what he himself had done in Jesus' name. Peter's answer focused on Jesus' power to save needy people from

the forces of evil. However, in the very next verse, Jesus commands them to silence (v.21) because Jesus, as Christ of God, must be viewed from a new perspective, that of the **cross**. In verse 22, Jesus then prophesied his passion and death in order to help his disciples believe in him. He also wanted to show them that he was freely accepting the sufferings he would undergo. Luke is alerting his readers that opposition to Jesus will mount and eventually lead to Jesus' death on the cross. But behind the deepening opposition to Jesus stands God's plan and the vindication of Jesus in the resurrection.

In verse 23, Jesus then extends his invitation to follow him to **all**. "*If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me (Lk 9:23).*" In contrast to Luke's previous narration of Jesus' calling his disciples to follow him (in Lk 5:1-11 and 5:27-32), the cross is now embossed in the center of Jesus' invitation. In addition, Jesus is not asking us to carry our cross only when we feel like it. He asks us to carry our cross "daily." Carrying the cross daily does not mean martyrdom but daily steadfast loyalty to the Master and to his way of life. St. Jerome says: "Not only in time of persecution or when we have the chance of martyrdom, but in all circumstances, in everything we do and think, in everything we say, let us deny what we used to be

## Centered in the Eucharist

By Rev. Thomas J. Euteneuer,

and let us confess what we now are, reborn as we have been in Christ.” The cross that Jesus refers to is not the headaches and other unexpected changes of life, but Jesus’ commitment to and his disciples’ participation in God’s kingdom in word and deed. Only a profound commitment to Jesus is the basis for losing one’s life to help bring about God’s kingdom. According to St. John Mary Vianney: “A person who loves pleasure, who seeks comfort, who flies from anything that might spell suffering, who is over-anxious, who complains, who blames and who becomes impatient at the least little thing which does not go his way - - - a person like that is a Christian only in name; he is only a dishonor to his religion.” Does it sound like most of us? How many of us have complained to the Lord about our cross? How many of us have wished we had a more comfortable life? How many of us have refused to serve the Lord because the task or assignment is too hard, or takes too much of our time? How many of us carry our cross only when it is convenient?

You and I are called to follow Jesus. We are Christians because we are followers of “The Christ of God.” As he called his disciples over 2,000 years ago, He now calls us to a deeper following. Our directions, not only for the coming week, but for the rest of our lives and our community’s life, are to “get out of our comfort zones and cast our nets in deeper waters.” As a disciple and follower of Jesus, are you willing to go into a deeper relationship with him by cheerfully carrying your cross daily?

**DIRECTIONS:** Get out of your comfort zone and cast your net into deeper waters.



As the Church departs the glorious season of Easter and returns to Ordinary Time, we take a moment to pause and remind ourselves how we may grow in holiness during the "normal" course of our spiritual lives. The liturgical seasons of the Church immerse us in the greatest mysteries of our faith, but as necessary as they are for our souls, true spiritual growth doesn't happen in just a season. It happens in an organic process, over long periods of time and with diligent effort. For advancement along that arduous pathway of holiness, then, we need to be sustained and encouraged: and that is the role of the Most Holy Sacrament of the Eucharist.

Let us never forget what the Church teaches about the Eucharist. Our Catechism tells us that the Sacrament of the Eucharist is the "source and summit" of our faith (n. 1324). That is another way of saying that it is the very reason why the Church and each individual Christian believer have the gift of faith at all. Accordingly, even those separated Christians who do not believe in the Eucharist have faith in Jesus Christ because of the Eucharist! As the "summit" of our faith, it is the culmination of all goodness, the treasure of God's Life and the very thing that holds the Church and all of reality in existence. What a marvelous source of grace, healing, virtue and union with God and man is this Most Blessed Sacrament!

In this Sacrament we find the entire Christ: Body, Blood, Soul and Divinity. His Body and Blood, given to Him by the Virgin Mary, we are now able to consume sacramentally for the transformation of our souls. He communicates and even squanders His Soul and Divinity upon us like a holy Prodigal Son who cannot cease spending Himself for those He loves. How is it that every Christian is not flocking to Mass every single day to be nurtured by the Lord's very Life?

We must never forget either that the Eucharistic is a sacrifice, not just a meal. To reduce the Eucharist to a fraternal sharing only is to miss the essence of

Jesus' redeeming act of love, which was the perfect act of self-giving and dying to self on Calvary that He asks each of us to imitate. As such, this Sacrament is the one font of all consolation for all the myriad sacrifices of our lives, those willed directly and those suffered. Every pain and sorrow in heaven and on earth can be offered to the Sacrificial Victim on the altar and will be met with the deepest of compassion and understanding. We must just stay in His divine Presence long enough to hear His tender words that address our particular sorrows: "Be not afraid, my dearest friend, I have trod this path before you. You are not alone!" What strength that consolation gives us for the journey and difficulties of life!

As the absolute epicenter of our spiritual lives, rivers of grace flow inexhaustibly from the Eucharist. One font of grace is the obligation to "keep holy the Sabbath" which requires us to have weekly contact with God in the Eucharist. Many parishes nowadays even have Eucharistic Adoration chapels that allow us to pray before the Blessed Sacrament directly and with greater frequency. Thanks be to God! We may also see the Eucharist as a repository for all our intercessory intentions on behalf of others by presenting them to Christ any time we have contact with the Eucharist. How wonderful that the Eucharistic Lord allows every one of us to see Him face to face, something that was only allowed to Moses in the Old Testament!

In Ordinary Time, let us renew our love for the greatest gift ever poured out upon mankind, the gift of God's very essence that has no equal in this world. Given faith and time, this Most Blessed Sacrament transforms us, strengthens our virtue, detaches us from sin, purifies our imperfections, inflames our charity and perfects our souls. He Himself calls and invites us to center our lives once again on the Eucharist. Who could possibly turn down such a gracious invitation from the Eucharistic King of Heaven?

Source: Spirit & Life®  
 "The words I spoke to you are spirit and life." (Jn 6:63)  
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### Love Offering:

May 21, 2010 \$ 903.00  
 May 28, 2010 \$ 879.65  
 June 04, 2010 \$1,023.00  
 June 11, 2010 \$ 807.32

Thank you for your generosity!

### June Calendar:

June 04 - First Friday Mass  
 June 11 - Praise & Worship  
 June 18 - Praise & Worship  
 June 25 - Eucharistic Celebration  
 (25 BLD Anniversary)

### Teaching Schedule:

**Aug. 29** - Christian Servanthood  
**Sept. 26** - Healing & Deliverance  
**Oct. 23** - Spiritual Warfare

### Community Calendar:

- **July 23-25**  
Aspirant's Retreat
- **Jul. 30-Aug. 1**  
Family Encounter #4  
Malvern, PA
- **Sep. 24-26**  
Solo Parent Encounter #3  
Holy Family Seminary  
Silver Spring, MD
- **Nov. 12-14**  
Marriage Encounter #11  
Dulles Hilton, VA

Please check our website [www.bldwashington.com](http://www.bldwashington.com) for 2010 Schedule of Events.

**Reminder:** Please sign in and wear your BLD IDs during Praise & Worship and Community Functions.

