**Shared Meals 3-Minute Retreat**

**Adapted from Loyola Press**

Before we begin our retreat, let us pause for a few moments to pay attention to our breathing. Take three deep breaths and remember that we are in the loving presence of God, who is with us as we continue our journeys of growth and discovery.

A reading from Luke’s Gospel, chapter 22, verse 19: Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.”

Shared meals—neighborhood picnics, family dinners, workplace lunches, and holiday feasts—all connect us to one another as community. In the Eucharist, we are united intimately with Jesus in remembering the Last Supper, which he celebrated with his disciples. In the Eucharistic meal, we find the ultimate connection, an intimate union with God and all the Church.

We ask ourselves, in prayer: Do I allow Jesus, present in the Eucharist, to be one with me as fully as possible, or do I tend to “eat and run”? ….. (pause)

How can I help others celebrate the presence of God in the Eucharistic meal? …(pause)

We pray now, “Jesus, you feed us with your very being. Help us to enter each day ready to love and serve you and others.”

Amen.