

52.nd INTERNATIONAL EUCHARISTIC CONGRESS
Budapest, 13-20 September 2020
"...all my springs are in you." (Psalms 87:7)



FOR YOU – WITH YOU

Ideas for the first
pastoral preparation
year of the **IEC 2020**

The Eucharist
is the spring
of our christian
life.

FOR YOU!
WITH HOPE!

Propositions
for parishes,
schools,
communities,
families
to the first pastoral preparation year
of the IEC 2020

**52nd International Eucharistic
Congress – Budapest, 2020**

"...all my springs are in you." (Psalms 87:7)

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Recommendation

With great joy we prepare for the next International Eucharistic Congress, which will be held in Budapest in 2020. This time of preparation is an excellent opportunity for mission, for the renewal of both our own lives and also of our communities.

The Secretariat of the International Eucharistic Congress offers a help in this preparation by assembling a pastoral program for every year, which serves as a suggestion for our parishes, monastic communities, spiritual movements, and even for the institutions and families.

The Eucharist is always a community, the act of Christ and the Church. A source comes out of it, which nurtures and renews our christian lives, and also – through our testimony for Christ – it wants to renew the whole world.

In this new booklet one can find ideas and suggestions building on one another, from which many has already been proven to be successful in practice. Of course, the talents, needs and capacities of the parishes, communities and individuals are very different. However, we trust that from these ideas every one can find the one which is the closest and most achievable for him. Do not be discouraged, if you can only a few to be useful! The most important is, that we crave for spiritual renewal, and we try to have

a tighter connection to Christ in the Church and with the leaders of the Church, so that through the Christ-relation of the individuals and the communities our whole Church may become more dynamic and more radiant.

Pentecost 2017

Péter Card. Erdő
Archbishop of Esztergom-Budapest
Primate of Hungary

Preface

With this booklet we would like to give ideas for the first year of preparation for the International Eucharistic Congress of Budapest in 2020, which has a theme: *“The Eucharist is the spring of our christian life.”*

This year gives us the opportunity to deepen our relationship individually with the great treasure of our faith, the mystery of the Eucharist.

The collected ideas and suggestions naturally do not become obsolete after the end of the year; we trust that they turn out to be useful later, too.

This booklet contains ideas and suggestions without the claim of completeness. Do not try everything all at once! Make our choices and deepens those, for which the Spirit urges us.

Our intention is to give a new push to our faith, and build it into our own and community life.

May the Holy Spirit lead us, so that in the coming year we may take in God’s gift he made for us more completely.

*Kornél Fábry, Secretary General of IEC
István Gáspár, director of OLI*

How to use it?

This booklet contains out of seven parts. After the preface you can find a few ideas, which can be used during the whole preparatory year, and after that the ideas for the liturgical year come. On the side of the page small pictograms indicate the target groups, who are the most suitable for the ideas.

You can find in the third part a few links to websites, and some book recommendations about the Eucharist.

In the fourth there are tips how to make our summer camps more eucharistic.

The fifth part contains the not-at-all-complete list of the eucharistic programs, trainings and courses of which we know so far, and this list might be growing throughout the year. Should they send it on time, we gladly share the eucharistic program of any community, parish, shrine, retreat houses. The address is hirlevel@iec2020.hu.

In the sixth part a short help can be read for adoration; ten thoughts, which might help the immersion.

Lastly you can find the prayer, approved by the Hungarian Catholic Bishops' Conference. By praying it everyone can join in the preparations.

General
*(mainly for parish
and church communities)*



For Charity Groups



For Catechists and Schools



For Youth and Ministrants



For Communities and smaller Groups



For Families



Tips for the whole year of preparation

I.

1. systematic adoration for different groups (children, men, etc);
2. prayer for our communities, for the spiritual renewal and for the Congress on a weekly basis;
3. the Saint of the month and the Eucharist: beyond the systematic adoration, after the mass thirty minutes of silent adoration with the thoughts of the given Saint; getting strength for our everyday struggles from their example:



2017

December: *St. John of the Cross*

2018

January: *John Bosco*

February: *St. Scolastica*

March: *St. John of God*

April: *St. Catherine of Siena*

May: *St. Rita*

We may choose a different Saint, or use thoughts and writings of many Saints.

A short news in the paper of the parish twice every month with the title: "Preparing for the Congress" (once the Saint of the month and the



- Eucharist; next: the thoughts of the faithful, their experiences with the Eucharist);
4. we may give the opportunity for adoration after the mass in the hospitals and old people's homes.

Tips for the liturgical year

II.

DECEMBER

we prepare for the festivity of the Incarnation

1. How can I make my life quieter in the Advent? Where can I lessen the use of the television, the computer and the radio?
2. The requisite of taking the Eucharist is the state of grace. We have hold penitential days, penitential liturgies in the time of Advent and Lent. It is expedient to invite more confessors for these occasions.
3. We can have a vigil, or a lighting of the candle (enriched with poems and songs) on the Saturday before the first Sunday of Advent.
4. Once a year we might spend some time with participating on a retreat in one of the retreat homes.
5. How can we make the rorate masses attractive for the children? After these morning masses we might have a breakfast together, we might play games, or have a conversation with them. During these we might bring up the our resolves for Advent.



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6. We might organize Christmas carolling for the children. Those who apply, visit families, and briefly play the story of the birth of Jesus.
 7. Catechumen New Year's Eve: those families or only the children, who attend catechesis may spend the evening together.
 8. After the masses or during community occasions we might distribute cookies, into which – like the fortune cookies – we bake quotations from the Holy Bible.
 9. We might watch movies together. Find a list of suggestions here, it can be continued:
 - ♦ The American priest *Robert Barron* uses the internet for evangelizing. His films are available on www.wordonfire.org;
 - ♦ *La ultima cima* (Spanish movie);
 - ♦ The series “*Radiant lives*”: biography movies about May, St. Pope John XXIII, St. Pope John Paul II, Peter the Apostle, St. Theresa of Avila, Padre Pio, Sr. St. Faustina, St. Augustine, St. Francis of Assissi, St. Rita of Cascia, St. Theresa of Calcutta, Bosco St. John and many others;
 - ♦ Documentaries about the Turin Shroud, of the Dead Sea Scrolls.
 10. On the feast of the Holy Family we can invite the jubilant couple to the church, who can renew their matrimonial vows within the frame of the Holy Mass. Based on the register we can search
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for the dates of the matrimonies contracted in the community. This meeting is also an opportunity for evangelizing people.

11. We can vivify the tradition of the “The Holy Family seeks lodging” in our communities.
12. We can make opportunities for reciprocal rapprochement within our families (for the parents among themselves, among children, parents and grandparents).

JANUARY

month of the adoration

13. I can make opportunity to go to adoration once a week. What possibilities do I have around my place of living? I can look for associates and we can have adoration together.
 14. During a short visit to a church I can think through the obstacles in my prayer life. What could help me in developing my prayer life?
 15. How could I make God to be the centre of my life? What can I do for this in my personal life, in the life of my family and in our community?
 16. During an adoration I shall think about the areas of my life, which needs to be reorganized. What does this reorganizing mean for me? Where does Jesus want to heal my life?
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17. We can learn how to adore properly. What is adoration, how shall we have an adoration? – Prayer schools.
18. We can create a path of prayer: Prayer with our senses – inciting the active and conscious participation.
19. Once a week we can have an all-day adoration in our church.
20. In a silent prayer, after the adoration I might ask Jesus: “Lord, what is the next step for me on the path of holiness? Where are you waiting for me? What shall I abandon, and what shall I do? How could I give joy to you?”
21. We can have adoration specifically adjoining to the feasts. For example: with rosary, silent, laudatory...
22. We can have eucharistic spiritual day – Exiting ever day’s rush and problems. Stop, reflect...
Ideas:
 - ◆ real presence in the Holy Mass – no one who comes to me will ever hunger
 - ◆ the Eucharist is the balm for the suffering
 - ◆ evangelizing through the Eucharist
 - ◆ Eucharist and education
 - ◆ the inner experiences of adoration – the waking of the heart
 - ◆ frequent difficulties in the prayer

23. We can have tenders for composing eucharistic music, or for writing prayers, short stories and poems connected to the Eucharist.
24. We can have regular vigil for the youth with music.
25. We can have adoration for children.
26. With the Blessed Virgin before the Eucharist (joint adoration or prayer for children and parents).
27. We can pray together in the family, together with the children, or only in two with my spouse.



FEBRUARY

the time of Lent gives an opportunity of experiencing the sacrificial liturgy of the mass

28. We can have catechesis for adults at the parish, regarding the subject of the mass and the sacrifice.
29. The blessing of the houses always gives an excellent opportunity for visiting the families. We can make this happen during the month.
30. Do I know the date and time of my baptism or confirmation? Besides my birthday do I celebrate this day by praying for my parents, godparents and for the priest, who baptised me?
31. We can organize family and religious camps around the subject the Eucharist.
32. The outsourced weekend of the parish council can be based upon the mystery of the Eucharist.



33. We can use the opportunities given by the Week of Marriage, which is a civil initiative, not from the church, but we can strongly build on it, because – coming from its character – it evangelizes. We may invite lecturers, we can have programs, and to those we can invite the non-believer couples, too.
34. We can organize pilgrimages for the family, community or the parish. We can search for responsible people, who can help with the organizing.
35. We can organize meeting for the already existing groups, communities – for example parish communities, dean’s districts – where there is a place for testimonies, conversations and joint prayers.
36. For a well-prepared parish event we can invite the leaders of a few spiritual communities. We shall give an occasion to meet and talk to them.
37. We can join in the life of the district, village or city. On the festivities the parish can have its own tent, which offers programs to each and every age group. We should give an attractive opportunity for joining the parish community. We also can collect prayer-intentions in the tent: the visitors shall put their intentions anonymously into a chest, and on the next Sunday the community shall pray for those intentions.
38. During a pilgrimage done on foot we can experience that faith is a constant “being-on-

the-road” towards God. If can set on a prepared pilgrim path, it can help the pilgrimage of the parish.

39. We can create home sanctuaries and prayer corners, where we can place an icon, a candle or the Holy Bible. We can invite our parish priest to bless this corner of prayer. We can give ideas to the others about the joint prayer even within the family.
40. We can write prayers for our families, communities, which we pray together every single day during this month.



MARCH

reconciliation, repentance

41. How free can I be from those things I am attached to? Is there anything I am not using anymore and can give it to someone else? What is my heart, time and money clinging to?
42. Praying the Eucharistic Speech (John 6:22-71) What shall I do during adoration? Learning silent adoration.
43. How much do I pray individually, in family and community for our parish priest, our bishop, and the Holy Father? What can I do the growth of the vocations?



44. The thought of the vocations can be joined to the preparation for the Congress.
45. We can pray for the success of the coming Eucharistic Congress, and for repentance and conversion.
46. I can prepare for the feast of the Easter with a very thorough confession. In order to prepare you can consult your prayer books for a spiritual mirror.
47. If there is anyone I am having hard feeling for, or I am angry with I can pray more for him in this month. I shall seek the opportunity to make to first steps towards him.
48. Have I already decided in my life consciously to side with Jesus? This week I can say in my prayers: "Lord, I would like to have You in the first place in my life. I am yours, I want to belong to you eternally."
49. If I have left the "father's house" like the prodigal son, how can I return to the love of God?
50. In this month we can make our churches, chapels, calvarias and their surroundings nicer. We can explore the roadside crosses, chapels in our vicinity, and straighten them up, if necessary.
51. We can invite those priest and chaplains who served in our parish, or we can visit them.
52. During Lent (or Advent) we can announce symbolic programs to the children: for example collecting wheat grain for our good deeds, and later baking a wafer out of them.

53. We can bring the monthly confession back – especially for children.
54. We can walk the Stations of the Cross at night (not only) with youngsters.
55. We can make opportunities for reciprocal rapprochement within our families (for the parents among themselves, among children, parents and grandparents).
56. We can have a special fast in our community, another family every day. During Lent we can talk in the families about how we can exercise the forms of fasting – the fasting of the hands, the mouth, the stomach, the eyes and the ears – during the Lent.
57. On the Fridays of the Lent – similarly to the rosaries in October – different groups of the parish (including the children) can lead on the praying of the stations of the Cross.

APRIL-MAY

the time of Easter, the Holy Communion means giving myself fully and accepting the mystery of the Body of Christ; sanctifying the Sundays, celebrating the resurrection

58. Sunday is the day of rest in the Lord. Do I really think it so? What can I do to make it even more a holiday for me and my family? The Apostolic



Letter *Dies Domini* by Pope John Paul II can be of a tremendous help in sanctifying the Sunday.

59. We can bless the cars, bicycles, motorbikes, baby carriages in our community after a mass on the square in front of the church. To this event we can invite even those, who do not go to church.
60. We can reach out to those teenagers, who do not find their place within the Church.
61. For the high school students, we can organize an afternoon activity in the parish with playing, studying together.
62. On Sunday afternoons we can invite the boys to play soccer/football.
63. Board game afternoons.
64. Reading books together, or lending our books to each other, and then talking about it while having a tea.
65. We can organize movie nights for catechists or students.
66. IT house: Sharing of the exercises found or made on the internet.
67. In this months the families can spend more time in the nature. On one of the coming Sundays we can have an outing together.
68. Helping the divorced and the re-married in both the spiritual and the community life.

Ideas to be carried out during summer camps III.

The way of joy

Theme ideas for a five-days camp with the Eucharist – no age limit

If there is a consecrated sacramental chapel with Eucharist within the territory of the camp, then there shall be someone with the Lord every single hour. If there is no such chapel, we shall establish a small place during the whole time of the camp with an icon or a crucifix. We shall have fresh flowers every day.

The following paragraphs contain some explainable themes, short contemplations and implemented deeds, which brings us closer to Jesus during the five days of the camp. The theme shall be shortly introduced in the time of the morning prayer by the leader of the camp or someone else. For example, on the first day: What does signing ourselves with the sign of the Cross mean, and what is prayer? On this theme the participants can reflect individually during the day, or talk about it in groups. The “implementation” refers to the deepening of the theme of the day through some kind of activity. This can be carried out anytime

throughout the day under playful circumstances. While praying the evening prayer some may talk about how they lived the implementation.

DAY 0: A LETTER OF INVITATION FROM JESUS

Before the camp, give every participant the following letter:

*Dear Camper,
I welcome you heartily. Please help, so we can pay attention to those around us. I will help you, so you will have the strength to accept your fellow campers and you will have the courage to take up the service for the others: the life lived for the other.
There are a lot of waiting for you. Your friend,
Jesus.*

DAY 1. LEAVING FOR THE CAMP

- ♦ signing ourselves with the sign of the Cross-prayer
- ♦ for the journey: “Those, who have time, do not be late. Do not postpone for tomorrow, what we can today. We can do a lot of good in the future, but who can tell, whether we live tomorrow? We shall listen to the voice of our conscience, the true prophet. If today

you hear the voice of the Lord, do not cover your ears. We shall rise up and use the time, because only the fleeting moment is ours.” (Padre Pio)

- ♦ implementation: orientation with the compass, based on sounds, with the help of light, and based on verbal communication

DAY 2: A DECISION ON THE SIDE OF THE GOOD

- ♦ signposts (that help us in advancing) – the Bible, the Word of God
- ♦ for the journey: “Be calm: the dearer the soul is to God, the more trials it has to undergo. So be courageous, and onwards! Always forward!” (Padre Pio)
- ♦ implementation: we have to make decisions in our lives. Our encounters help in the decisions. The encounters shape us all. We can choose a part of the Bible, where someone has to make a decision. For example: the merciful Samaritan, the prodigal son, or where Jesus meets Zacchaeus. All of them could have made a different decision. If you were in his place, what would have been your decision? Why would you decide as you did? What is the best decision? The Scripture, the teaching of the Church, the circumstances, the encounters,

the events, the Holy Spirit, the spiritual director and the words and example of others can guide us.

- ♦ we can make even small resolutions: I do good to three or four people, I pay attention to them, I recognize to good in the others.

DAY 3: FORGIVING

- ♦ a stop (we stop on the road, we take things into account) – confession
- ♦ for the journey: “Leave all your worries in vain behind! Remember, that sin is not simply the feeling, but also when I am content with these feelings. Free will is capable of both good and evil. But when the will suffers and objects in the trials of temptations, then it is not a sin anymore, but a true virtue.” (Padre Pio)
- ♦ implementation: going through obstacle courses (stones, among nets, a stream) blindfolded, moving around with burdens, experiencing frightful situations in the dark, listening to sounds, smells, colours, movements, and other people. The goal is to experience the objective obstacles; in spiritual life the sins and our bad habits are these obstacles. If we succeed in overcoming them, then we can pay better attention to

others, we become more sensitive to the others, we may even apologize by someone.

DAY 4: HELP

- ♦ treasure = the more love we give, the more we will have; the more we help, the more we will have – Holy Mass: our greatest treasure. God gives us himself. The zenith and spring of our christian lives.
- ♦ for the journey: “Walk merrily, with an honest and open heart whenever you can, and even when you cannot be saintly happy, never lose your courage and trust in God.” (Padre Pio)
- ♦ implementation: treasure hunt. Hide a chocolate, a Scripture-quote, a small toy, some minerals (based on the age of the group) on a given field: among flowers or dug in the ground. Mark their place on a map: they shall be found with the help of this map. You can even try geocaching. The goal is that the participant try to find the treasures both individually and in groups. They shall realize that it is easier together. The real values come out in the community. There are non-palpable treasures: the smile of the other, helping each other, the active christian life. The Holy Mass is a treasure too, but it has to be discovered.

- ♦ It is here, where we gather strength for completing for the “love-tasks” of our days.

DAY 5: ON THE WAY HOME

- ♦ arrival: the end of the spiritual journey, we walked in the last few days. The goal of our life is the eternal life. I can only get there, if I have lived the previous days, too. Accepting my boundaries, with the help of the others I conquer the obstacles. I have put my sins humbly down. That is how I arrive to the Lord, to whom I can give thanks for everything. What we shall call the attention of the participants for: the love of our country, faith to Christ; present in the Eucharist; and that our ultimate goal is Heaven.
- ♦ for the journey: “Humility and love walk together. One of them adores, the other onesanctifies.” (Padre Pio)
- ♦ “Let Mary always fill your soul with the flowers and scent of new virtues, and stroke your head with her motherly hand. Tie yourself always stronger to the heavenly Mother.” (Padre Pio)
- ♦ “Always, in everything and under every circumstances accommodate yourself to the will of God! Do not be afraid! That is the sure way, which leads you to Heaven.” (Padre Pio)

- ♦ implementation: if possible there must be a wide variety of food, but none of them shall be enough for everybody. The campers can make them themselves. During the meals they shall be attentive to the others. With small renunciations everyone will be satiated. The Kingdom of God is among you. The Kingdom of God is not excessive eating and drinking, but justice, peace and joy in the Holy Spirit. Surprises: by the end we can make small shows for the others, using one’s talent. There will be some, who discover their abilities here. God is the God of surprises. At the end we shall be giving thanks kneeling before the Eucharist for the previous days. Here you can marvel God’s love again and again. The encounter with him requires sacrifice and exertion, but it does worth it. It is a true joy to be with God. We shall seek the opportunity to spend time with Him even after the camp. The Eucharist is the spring of our joy.

One hour before the Eucharist

IV.

“The Father seeks the true worshippers, who worship him in truth and spirit”
(cf. John 4:23-24)

1. You are here to pray and meet Jesus in the Eucharistic presence. Enter the innermost room of your heart, into the sanctuary of the personal encounter. Ask the Holy Spirit to be your guide and spiritual master! Come, O Holy Spirit and teach us to pray!
2. Silence both inside and outside. The outer noises and voices are far away, and are silenced. Create the silence inside you too. There might be thoughts pounding inside your head, your burdens, your fears, questions, problems, for which you seek for a solution. Your tasks, desires, plans, which you intend to fulfil, might be bustling inside you. Your inner world might be loud because of the conversations with yourself and others. These noises inside you do not help your praying. Give them to Jesus – even if you are not ready to trust them wholly to Him -, allow Him at least for the time of the prayer to hold in His hand, let

Him embrace, guard and heal who you are, what belongs to you (thoughts, feelings, memories, desires, connections). During prayer trust yourself to God, who is love.

3. Look at Jesus! Let your heart speak, love Him, who love you first.
4. Listen to every single word you speak or read. It is not the quantity what is important, but that your heart shall be tuned to the conversation with God. Let the Word of God reach out to you. Choose ashort paragraph from the Scriptures (a verse from the Psalms, from the Gospels), taste it, repeat it let it resound inside you.
You can turn to the Lord with a prayer suitable to your situation of life. Repeat it, slowly, softly until it really becomes your prayer, your sigh, your beat of heart: “My Lord, Jesus, Son of God, have mercy on me”; “Heart of Jesus, I trust in you”; “Father, into your hands I commend myself”; “My Jesus, I am yours”, “Jesus, I love you”; “Jesus, I trust in you”; “Jesus Christ”; “Jesus” ...
5. Jesus is present for you. Embrace the Light, radiating from His presence unto you. The sunshine melts the ice, shines light into the darkness, calls out the buds. If you open up to Him, the presence of Jesus will similarly penetrate and warm your heart with the power of life and love.

6. If you are tired and the tide of your thoughts carry you away, do not worry and be persistent. As soon as you realize that you are carried away – without the pressure of the performance – gently and peacefully return to the presence. Look at Jesus again and repeat your prayer.
7. Jesus is hiding under the species of the bread. He comes to you as poor, so that you can learn to accept your and your brothers' and sisters' bounds with justice and mercy.
8. Thanks and gratitude. Learn to realize and say thanks for the material and spiritual goods, which you have. Realize, that you need to rely on the others and that a great number of people are helping your life. Give thanks for all these!
9. Jesus is the centre. The centre of the church is the Eucharistic presence of Christ. He wants to be the centre of your life, too. Look at Him, place Him in the axis of your thinking. How would Jesus think, feel or act? Practice this, so that more and more He becomes the measure of your deeds, and you live the spirituality of "not-me-but-You".
10. You are in a presence, so be present. It is your vocation, that your life shall speak of God. Even after finishing the prayer, stay present for Jesus. The mother of Jesus, Mary will help you to perceive that the Holy Trinity lives in your heart, and you will experience that a spring of living water will flow from it (cf. John 7:38).

Prayer for the International Eucharistic Congress

Heavenly Father, source of all life!
Send us your Holy Spirit,
that we may recognize
and grow in the love of Christ
present in the Eucharist,
who handed himself over for us!
He is our Lord and our Master,
our friend and our food,
our healer and our peace.
Give us the courage to take his strength
and his joy to every person!
Grant us, that the time of the preparation
and the celebration of the Eucharistic Congress
would serve the spiritual renewal
of our community, cities, nation,
Europe and the world!
Amen.



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