



# IN THE SPIRIT OF EUGENE

---

## **“Living from the Heart of the Eucharist”**

### **Constitution 33**

**C 33** - *The Eucharist, source and summit of the Church’s life, is at the heart of our life and action. We will live such lives as to be able worthily to celebrate it every day. As we participate in its celebration with all our being, we offer ourselves with Jesus the Saviour; we are renewed in the mystery of our cooperation with him, drawing the bonds of our apostolic community ever closer and opening the horizons of our zeal to all the world. In gratitude for this great Eucharistic gift, we will seek the Lord often in his sacramental presence.*

*The Word of God nourishes our spiritual life and apostolate. We will not only study it diligently but also develop a listening heart, so that we may come to a deeper knowledge of the Saviour whom we love and wish to reveal to the world. This immersion in God’s Word will enable us to understand better the events of history in the light of faith.*

*The Liturgy of the Hours is the prayer of the Church, the spouse of Christ. In it, we praise the Father for his wonderful works and invoke his blessing on our mission. Each community will ordinarily celebrate part of the Hours in common. Where possible, the faithful will be invited to join us in this public prayer of the Church.*

*In the prolonged silent prayer we make each day, we let ourselves be moulded by the Lord and find in him the inspiration of our conduct.*

*Following our tradition, we devote an hour each day to mental prayer, part of which is spent together in the presence of the Blessed Sacrament.*

*Examination of conscience is important in helping us become aware of the ways in which the Lord calls and is present to us throughout the day. In this examen, we evaluate the faithfulness of our response to him. Charged with proclaiming the joy of God’s pardon to the world and acknowledging our own sinfulness, we will have frequent recourse to the Sacrament of Reconciliation.*

### **Introduction**

Constitution 33 brings us to the very center of our Oblate life: the Eucharist. Everything we are and everything we do flows from it and returns to it. This constitution weaves together the Eucharist, the Word of God, the Liturgy of the Hours, daily silent prayer, and the Sacrament of Reconciliation — the spiritual foundations of our missionary life. These are not just duties or devotions but living encounters that form our hearts and strengthen our communion with one another and with the people we serve.



# IN THE SPIRIT OF EUGENE

---

## Scriptural Passage – Luke 24:30-32

*“When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him.”*

Like the disciples on the road to Emmaus, we encounter Jesus most intimately in the breaking of the bread. The Eucharist renews our eyes of faith, helping us to see Christ present in our community, in the Word, and in the people we serve. The daily celebration of the Eucharist is not a routine — it is the heartbeat of our missionary life.

## Message from Saint Eugene de Mazenod

*“Let us renew ourselves continually in the spirit of our holy vocation; let us live in the presence of God; let us be faithful to prayer and to the duties of our state, and above all, let us live from the holy Eucharist.”*  
- Letter to Fr. Courtès, August 1822

For Eugene, prayer and mission were inseparable. His deep love for the Eucharist sustained his zeal and shaped his heart as a missionary. He wanted his Oblates to draw strength from daily communion and to see in it the source of fraternity, forgiveness, and courage for the mission. The Eucharist, Word, and daily prayer were not luxuries but essential nourishment for an apostle.

## Reflection

This Constitution reminds us that our missionary life is rooted in prayer and communion with Christ. The Eucharist stands at the center — the source of our strength, unity, and zeal. From it, we draw the love we share with one another and with those we serve.

The Word of God nourishes our hearts and helps us see the world through Christ’s eyes. Daily prayer — both personal and communal — keeps us grounded and open to the Spirit’s guidance. Through silence, we are shaped by the Lord; through Reconciliation, we remain humble and aware of our need for mercy.

Together, these practices form the rhythm of an Oblate’s life — a life lived from the heart of Jesus, renewed each day for the mission of love.

## Questions for Personal Reflection and Sharing

1. How central is the Eucharist in my daily life and ministry?
2. Do I allow the Word of God to shape my thoughts, actions, and relationships?
3. How does daily prayer — both personal and communal — renew my missionary spirit?
4. In what ways do I seek reconciliation with God and others, and how does it affect my ministry?
5. When do I most experience Christ “opening my eyes” like the disciples at Emmaus?



Constitution 33

December 1, 2025

# IN THE SPIRIT OF EUGENE

---

## **Closing Prayer**

Lord Jesus,

Bread of Life and Word made flesh, renew in us the fire of your love.

Teach us to find you in the Eucharist, to listen to you in your Word, to praise you in the prayer of the Church, and to meet you in silence and reconciliation.

Make our hearts one with yours, so that our lives may proclaim your presence to all the world.

**Amen**