

to God by your great attention in the Eucharistic Prayer. Keep your eyes open to one another and do everything you can to build up the Church, the Body of Christ. If the presider or homilist needs help, do not criticize—help.

our lives all week. The thanks we proclaim at the Eucharistic Prayer is a preparation for thanks we offer every day. The common table of Holy Communion is a preparation for looking at the whole world.

Know the awesome responsibility you share for making this liturgy!

Apart from the liturgy, be the Church.

Remember we are always the Body of Christ in communion with one another. In the simplest deeds of daily life, at work or at home, be conscious of this life we share in Christ. Look at the liturgy as a remote preparation for your week. Listening to God's Word on Sunday is preparation for listening for God's Word in

Give thanks always. Pray grace at meals, even when you are alone. Sing when you are with others at table. Permeate your morning prayer and night prayer with praise and thanks to God. Enrich it with verses of psalms and prayers from the tradition. Cultivate moments of contemplation even during the busiest day, when gratitude can flow from the goodness of a person, any element of creation, or any good work of human making.

For Reflection

What good habit will you try to form to make your participation at Sunday Eucharist more complete?