

# THÁNH THỂ TRONG ĐỜI SỐNG NGƯỜI HUẤN LUYỆN VIÊN THE EUCHARIST IN THE LIFE OF A YOUTH-LEADER TRAINER

## I. **Thánh Kinh – Scripture:**

Jesus said to the crowds: “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

## II. **Lời Mời Gọi – The Invitation**

In the past few years, there has been a big phenomenon happening in the world of food: Sushi. Just like in the world of fashion, food, and drink have evolved; people are flocking to this new food craze. Practically every restaurant caters to this new phenomenon. Even supermarkets and fast food places have jumped into this craze.

However, when you look at this new phenomenon, eating raw meat, sushi, it is nothing new at all. Over two thousand years ago, Jesus already picked up on this phenomenon and invited people to “eat my flesh and drink my blood” because Jesus realized that it was the only way that God could be embedded into the life of the people He loves. By eating His flesh, the people can be nourished by the life-giving God who always wants to be part of the people, who always wants to journey with the people, and who always wants to live in and among the people that are dear to Him.

With this invitation, Jesus offers his own body as the food for the world, for you and I. It is the food that only gives life and not coli. It is the food that only offers people a chance to be one with him and not a separation from the truth. It is the food that promises a life eternal with Jesus in heaven.

As a Youth-Leader Trainer, this invitation extends to you but in a more profound level because you are no longer merely a bystander or in a crowd to receive, but a true follower, a beloved disciple of Jesus who became bread for the world and the extension of Christ for others. In a sense, Youth-Leader Trainer, you are a few, a proud, a marine for Christ.

## III. **Ơn Gọi Huấn Luyện Viên – The Vocation of a Youth-Leader Trainer**

The invitation to eat his flesh and drink his blood is there, but the call to be a Youth-Leader Trainer can only be realized through the life of prayer and the acceptance of the invitation. In order to recognize the call, a Youth-Leader Trainer must know who he/she is, what his/her mission (sứ mệnh) and his/her responsibility. Once a Youth-Leader Trainer knows the role, the mission, and the responsibility, then the Youth-Leader Trainer can live a life of the Eucharist and be the Eucharist for others.

## **Người Huấn Luyện Viên, Bạn là ai --- Youth-Leader Trainer, Who are you?**

### ***Thầy Giảng – Religious Teacher***

As a Youth-Leader Trainer, you are first and foremost a teacher of faith, sharing the faith of Jesus Christ with Youth-Leaders (các Huynh Trưởng) and các em. You are neither a babysitter nor just a regular worker, you are a bridge that connects their life stories with the stories of Jesus. You have a responsibility to bring that faith alive in whatever you do.

As teacher of faith, a Youth-Leader Trainer needs to communicate to các Huynh Trưởng and các em the tremendous mercy of his love for the world, for them and for you. Most importantly, you need to share the love of the Eucharist for các Huynh Trưởng and các em. Letting them know that their life must be embedded into the life of Jesus.

### ***Người Bảo Vệ Đức Tin – Defender of Faith***

As a Youth-Leader Trainer, you are the defender of faith. It comes with the territory of being the teacher. You are to challenge and invite các Huynh Trưởng and các em to live an authentic lifestyle as a person of the Eucharist. Just like Jesus challenged his disciples when they were too content with their life or when they forget their mission. He called them back and invited them to move into a deeper knowledge of God and the people. In a similar way, your job is to call các Huynh Trưởng and các em when they have lost their focus, when they forget their mission and when they are too content with the status quo. You need to call them back to the core being --- Living the Eucharistic Day (Sống Ngày Thánh Thể.)

### ***Người Sáng Tạo – Creator***

After you have shared your faith with other Huynh Trưởng and the teens through being a teacher and a defender of faith, you have a certain experiences that called you to find ways to reach them in your role as creator.

As a creator, you are called to develop, cultivate and find new ways that help other Huynh Trưởng and the teens to become more dedicated to Phong Trào and to the local Churches wherever they find themselves in. Part of your job is to initiate, nurture and introduce a new approach that allow other Huynh Trưởng and the teens to live a life of the Eucharist and to become the Eucharist for others.

Just like Jesus during his ministerial years, He constantly tried to find new ways to help his disciples and the people understand the mercy and the love that God has for them. So as a Youth-Leader Trainer, you are called to help other Huynh Trưởng and teens understand the deep of Jesus' love for them through your creating spirit and your invention.

### **Người Huấn Luyện Viên: Sứ Mệnh của Bạn là gì Youth-Leader Trainer, what is your mission?**

In order to be a teacher of the Eucharist, your mission is to live the life of the Eucharist. It means that your life must be filled with the Eucharist. It means that your life, your whole being needs to be one with Jesus. Every word that comes from your mouth, every thought that passes through your head, Jesus in the Eucharist (Chúa Giêsu Thánh Thể) must be the center of it. He must be part of your equation, your actions, and he must be you.

### **Sống Thánh Thể --- Live the Eucharist**

As a Youth-Leader Trainer we are called to live the Eucharist, to breathe the Eucharist and to be the Eucharist to other Huynh Trưởng, the teens, your family and friends. By Living the Eucharist, we receive the strength we need to overcome challenges we face each day. By Breathing the Eucharist, we become a good Christian, a good Huynh Trưởng, and a good Huấn Luyện Viên. By being a Eucharist we share the love of the Eucharist with other Huynh Trưởng and the teens.

#### **1. Thánh Lễ – The Mass**

A Youth-Leader Trainer must be Euchacentric. It means that our lives, who we are, what we do and what we become must center around the celebration of the Eucharist. The Mass must be the focal point of our day. It is the highest point of what we are to be: a lover of the Eucharist.

Going to Mass is perhaps the most important action where everything we do centers around. Even living the Eucharist Day (Sống Ngày Thánh Thể) without going to the celebration of the Eucharist is missing the whole point.

The Eucharist is where everything begins and ends. All our actions, our good deeds, our sacrifices and our prayer MUST flow from it. Therefore, celebrating the Eucharist is the essential and focal point of a Youth-Leader Trainer.

**Action:** *When you go back to your daily routine, try to go to Mass at least two days per week besides Mass on Sunday.*

Mass is where the Body and Blood of Christ is broken and shared. It is the essential gift which God makes to us in Christ through the power of the Holy Spirit. As we partake in Jesus' Body and Blood, we become his extended Body to others, especially Huynh Truôngs at Đoàn and the teens.

When we come and celebrate the Eucharist we participate...

- **In thanksgiving to God**, the Father. It is the great thanksgiving to the Father for everything accomplished in creation, redemption and sanctification.
- **In memorial of Christ** because the Eucharist is the memorial of the crucified and risen Christ. The living and effective sign of his sacrifice, accomplished once and for all on the cross and still operative on behalf of all humankind.
- **In the invocation of the Spirit** because in the celebration the Spirit makes the crucified and risen Christ really present to us in the Eucharistic meal, fulfilling the promise of Jesus before He ascended into heaven.
  - If the presence of Christ is the center of the Eucharistic Meal and God, the Father is the primary origin and final fulfillment of the Eucharistic event, then the Holy Spirit is the immeasurable strength of love which makes it possible and continues to make it effective.
  - It is in virtue of the living word of Christ and by the power of the Holy Spirit that the bread and wine become the sacramental signs of Christ's body and blood.
  - The Holy Spirit through the Eucharist gives a foretaste of the Kingdom of God: the Church receives the life of the new creation and the assurance of the Lord's return.
- **In the communion of the faithful** because by the sharing of one-bread and one cup, we are connected with all those alive and deceased, those in heaven and on earth. It is in the celebration of the Eucharist that our communion with God and others become fully manifested.
- **The meal of the Kingdom** because when we come to Mass, the Eucharist opens up the foretaste of the Kingdom of God which has been promised as the final renewal for us as faithful followers of Christ.

## 2. Rước Lễ Thiêng Liêng - Spiritual Communion

After we come to the celebration of the Eucharist and receive His Body and Blood, Spiritual Communion is like a teatime where we come together to savor the experience. Since the experience was so powerful and rich, we want to be united with Christ again and again. Therefore, Spiritual Communion is the desire to receive Christ once again because we cannot fathom the God who so loves us and continues to be our Bread for the journey. Spiritual Communion is a yearning to have Christ become part of our body, part of who we are, and part of our lives.

### **Spiritual Communion Prayer**

*Lạy Chúa Thánh Thể, con yêu mến Chúa,  
xin Chúa ngự vào tâm hồn con  
và ở lại với con luôn mãi. Amen.*

### **3. Sống Ngày Thánh Thể – Living The Eucharistic Day**

Living the Eucharistic Day is a fundamental and unique methodology that Phong Trào invites every Thiếu Nhi Thánh Thể to live and practice daily. Phong Trào knows that to be a Good Christian and a faithful disciple of Christ in the midst of this changing world, its members must rely on the source and the summit of our faith: The Eucharist.

As a Youth-Leader Trainer, this call is even more urgent because we must be the first example of living the Eucharistic Day. We are called to live our day where the Eucharist is the center of our lives, where we unite ourselves with the Lord in our prayer and actions, and where we receive the strength to be a Youth-Leader Trainer and to be a good leader for Phong Trào.

In living the Eucharistic Day, we are united with Christ on the Cross and with the joy and suffering of the people around the world and with thousands of TNTT around the globe.

By Living the Eucharistic Day, we are receiving the strength we need to overcome challenges we face each day and put them into the perspective of God.

### **4. Viếng Thánh Thể - Eucharist Visitation**

Being a Youth-Leader Trainer, we must unite ourselves with Christ in the Eucharist. We must surrender our life to the Eucharist where Jesus' love and life pours out for the people. Visiting and Adoring the Eucharist is the extension of surrounding ourselves with total Eucharist so that every thought and word comes from the love of the Eucharist.

It is a time where we consciously focus on Jesus, connect with Him in the Blessed of Sacrament and get closer to Him. From there we can receive the strength to continue our lives as a Youth-Leader Trainer.

**Action:** *When you go back to your daily routine, try to stop by a Church on your way home from work or school and visit the Blessed Sacrament for 15 minutes. While you are there, talk with Him as a friend, as a buddy and as Lord. Share with Him your thoughts, your struggle, and your joy. Let him know what you are thinking and how those thoughts affect your life with others.*

### **5. Chuỗi Mân Côi – The Rosary:**

In one of the five Tôn Chỉ of Phong Trào, we are called to honor and learn from Mary because she was not only the Mother of God but she is the first and faithful disciple of Christ. She worked in the background helping Jesus to achieve what He was here for: preached the mercy and love of God, shared the Good News with people and showed the love of the Father to the world.

As a Youth-Leader Trainer, we must learn from Mary. She is a good role model for us to get closer to her Son. As a mother, she contemplated Jesus' words and kept them in her heart. So as a Youth-Leader Trainer, we are called to do the same: to contemplate on the Eucharist and keep Him by our side and in our heart.

As a faithful disciple, Mary followed and taught other disciples about Jesus. So as a Youth-Leader Trainer, we are called to follow Christ, to love Christ and to share the love of the Eucharist with other Huynh Truong and the teens.

**Action:** *Part of your commitment as a Youth-Leader Trainer is to recite the rosary every day, contemplate the Mysteries of the Rosary, and unite yourself with Mary before the Eucharist.*

**Conclusion: Người Huấn Luyện Viên Là ai? Who is Youth-Leader Trainer?**

Jesus said to his disciples and the people that unless they “eat the flesh of the Son of Man and drink his blood,” they will not have life within them. So unless we are united ourselves with Christ in the Eucharist, we have no life in him; and if we have no Jesus in our lives, we have no business being a Youth-Leader Trainer. Jesus promises that if we eat his flesh, drink his blood, and make his life part of ours, we will remain in Him and He in us.

Therefore, as a Youth-Leader Trainer, we are called to unite ourselves with Jesus, with his life and death, with his Body and Blood in the Eucharist. Our mission is to bring the love of the Eucharist to other Huynh Truong and the teens, but we first must live the Eucharist by going to Mass, practicing spiritual communion, living the Eucharistic Day, visiting and adoring the Eucharist, and uniting ourselves with Mary. We must understand the Eucharist and be the Eucharist in our words and actions. Only then can we bring the love of the Eucharist to our Huynh Truong, to our teens, and to our family and friends.