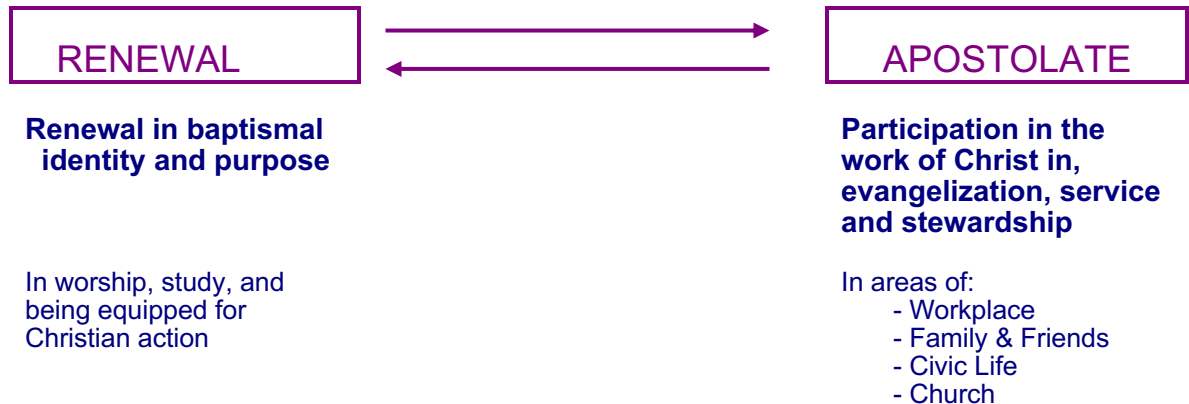


# THE RENEWAL - APOSTOLATE CYCLE

## As Related to Eucharistic Spirituality

The Renewal - Apostolate Cycle is a way of describing a central dynamic of Christian life. The central process of a parish can be seen as enabling people in a faithful and effective movement between renewal and apostolate.



The Eucharist, and participation in the Eucharistic community, is the primary means for the individual Christian, and the church, to be renewed.

### What we bring to the Eucharist

#### **Our Weekday Prayer Life**

The extent to which we have participated in offering:

- the daily prayer of the church (some form of the Daily Office) and/or
- our personal devotions (e.g., adoration, contemplation, intercession, etc.) Especially reflection. The particular type of personal devotions we make use of is properly related to our personality and calling

#### **Our Daily Life**

Our work, friends & family, civic involvements and political passions, our work in the church; all of the joy and pain that comes with those involvements

#### **A Cycle**

The cycle is between a conscious and intentional attention to God and Christian formation and a subconscious reliance upon God as members of the Body of Christ, in the workplace, family, with friends in, civic life and the parish's life.

#### **In that Cycle:**

##### **We Need:**

To accept our dependence on God

To accept responsibility for ordering our spiritual life

To accept our interdependence with others in the Church



##### **Which is Helped By:**

Openness to spiritual guidance

Establishing a rule of life

Life in Christian community, a congregation

It is important to note that:

1. There is something organic about this cycle in relation to the Eucharist. By just showing up at the Eucharist, we bring ourselves – our daily life, our prayer life, etc. Even in those times of a weary, half-hearted participation, God may act. Our being present is our offering and God may use that toward our transformation.
2. If we seek a more powerful experience of Eucharistic prayer – we can be more intentional in our weekday prayer life and we can, at the Offertory, offer ourselves and/or a specific intention that rises out of our daily life.