

**NEVER THE SAME AGAIN**  
**DAY 7 COMPANION SHEET**

**The grace to ask for today is:**

*Sorrow with Christ in sorrow; interior suffering because of the great suffering Christ endured for me.*

**Scripture Passage: Jn 19.33-34**

“When the soldiers came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out.”

**Invite St. Noël Chabanel, SJ (1613-1649) to spend the day with you:**

Noël Chabanel was a scholar, mastering languages and teaching them in France. But try as he would, he was not able to learn the Huron language. The people laughed at him when he tried to speak. To make things worse, his tastes were so sensitive and delicate, that he found everything about the culture revolting. In addition, he was always in the shadow of the other Jesuits who were so fluent and who were able to succeed in their ministry. He was sad and depressed. To counter this, he chose to make a solemn vow to remain in Huronia for the rest of his life. On Dec. 8, 1649, he was killed by an apostate Huron, and his body was thrown in the Nottawasaga River out of hatred for the faith.

**Read and reflect on what Pope Francis says:**

“How can we remember what we have only heard unless we have also experienced it? God knows how difficult it is, he knows how weak our memory is, and he has done something remarkable: he left us a *memorial*. He did not just leave us words, for it is easy to forget what we hear. He did not just leave us the Scriptures, for it is easy to forget what we read. He did not just leave us signs, for we

can forget even what we see. He gave us Food, for it is not easy to forget something we have actually tasted. He left us Bread in which he is truly present, alive, and true, with all the flavor of his love. Receiving him we can say: “He is the Lord; he remembers me!” That is why Jesus told us: “Do this in remembrance of me” (1 Cor 11:24). *Do!* The Eucharist is not simply an act of remembrance; it is a *fact*: the Lord’s Passover is made present once again for us. In Mass, the death and resurrection of Jesus are set before us. *Do this in remembrance of me*: come together and celebrate the Eucharist as a community, as a people, as a family, in order to remember me. We cannot do without the Eucharist, for it is God’s memorial which heals our wounded memory...

Through the Eucharist, the Lord heals our *negative memory*, that negativity which seeps so often into our hearts. The Lord heals this negative memory, which drags to the surface things that have gone wrong and leaves us with the sorry notion that we are useless, that we only make mistakes, that we are ourselves a mistake. Jesus comes to tell us that this is not so. He wants to be close to us. Every time we receive him, he reminds us that we are precious, that we are guests he has invited to his banquet, friends with whom he wants to dine. And not only because he is generous, but because he is truly in love with us. He sees and loves the beauty and goodness that we are. The Lord knows that evil and sins do not define us; they are diseases, infections. And he comes to heal them with the Eucharist, which contains the antibodies to our negative memory. With Jesus, we can *become immune to sadness*. We will always remember our failures, troubles, problems at home, and at work, our

unrealized dreams. But their weight will not crush us because Jesus is present even more deeply, encouraging us with his love. This is the strength of the Eucharist, which transforms us into *bringers of God*, bringers of joy, not negativity. We who go to Mass can ask: What is it that we bring to the world? Is it our sadness and bitterness, or the joy of the Lord? Do we receive Holy Communion and then carry on complaining, criticizing, and feeling sorry for ourselves? This does not improve anything, whereas the joy of the Lord can change lives.”

**“We need to proclaim that being kind, having faith, and working for the common good are great life goals that need courage and vigor.”**  
**(Let Us Dream: The Path to a Better Future, 2020)**

**Sing or recite:** Google: *What a Friend We Have in Jesus*, Alan Jackson, on You-Tube.

What a friend we have in Jesus  
All our sins and griefs to bear;  
What a privilege to carry  
Everything to God in prayer.  
Oh, what peace we often forfeit.  
Oh, what needless pain we bear.  
All because we do not carry  
Everything to God in prayer.  
Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged,  
Take it to the Lord in prayer.  
Can we find a friend so faithful,  
Who will all our sorrows share?  
Jesus knows our every weakness.  
Take it to the Lord in prayer.

**Additional Scripture Passages:**

Jn 13.1-7; Psalm 22; Mt 27.31-56;  
1 Cor 11.23-26