



Dear Friends,

While in the seminary, I was teaching Sunday school and was asked this question about the Eucharist: “Why do we eat the body of Jesus? Isn’t that kind of like cannibalism?” I was surprised by the question and thought it was a good one, but I was not so experienced that I could give a good response. So I brought it to a wiser Paulist and asked how he would respond. He said this: “Well, if we are all trying to be more like Jesus, and I hope we are, wouldn’t it help if we consumed him so that our body could be more like his?”

This is how I look at the Eucharist now. I want to be more like Jesus, so I take every opportunity to conform myself to him in a physical way. The Eucharist nourishes and transforms us in both a physical and spiritual way. And when the Eucharist transforms us, it also transforms our community. While we believe in a real way that the Eucharist is the presence of Christ, St. Paul also reminds us in his letters that we, the community of believers, are the body of Christ as well. As we individually consume Christ’s body, we collectively become it and together become more like him.

You may have heard already that our church is currently undertaking a Eucharistic Revival, to encourage a greater understanding and devotion to the gift of the Eucharist. The Revival, which began on the feast of Corpus Christi 2023 and will last until Pentecost 2025, is currently in the “Parish Revival” phase, when we are called to renew our fervor for what the Second Vatican Council called “the source and summit of the Christian life.”

The Catholic Information Center is responding to that call. Along with the Basilica of Saint Adalbert, we are co-sponsoring a talk on Friday, February 23 at 6:30 p.m. by Dr. Timothy O’Malley, academic director of the Notre Dame Center for Liturgy. He will talk about how we *believe, celebrate, and live* as Eucharistic people.

This will be accompanied by an opportunity to participate in Lenten small groups and discuss Dr. O’Malley’s book *Becoming Eucharistic People*. It will be a great opportunity to understand the Eucharist at a deeper level, share your faith with others, and encourage one another to live out our faith as Eucharistic people who strive to become more like Christ as individuals and as a community. Groups begin meeting the week of Feb. 18. You can choose from a variety of days and times. More information can be found on our website on how to participate.

As we begin the season of Lent, nourished by the Eucharist, may the Lord bless you as you continue to become more and more like him.

Happy Lent!

Blessings,

Rev. Mike Cruickshank, CSP  
Associate Director

## Pray for:

Sean Donovan  
+Bob Kaminski, Sr.  
+Donald LaPonsie  
McCutchen Family  
+Roger Szcepanski  
Darlene Truszkowski  
Evelyn Wells  
Brijida White

**February Mass for CIC  
Intentions:  
Sunday, Feb. 11  
5:30 p.m. at the  
Cathedral**

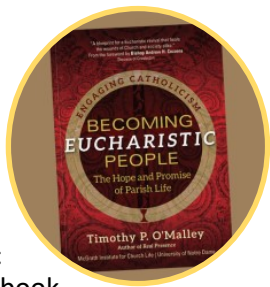
*Please include your prayer intentions with your green envelope or email them to [cicoffice@catholicinformationcenter.org](mailto:cicoffice@catholicinformationcenter.org)*

# Upcoming Programs

**Becoming Eucharistic People: Lenten Small Group Book Study**  
**February 14 - March 23**  
**Find a time that works for you**

Embark on a transformative journey this Lent with

"Becoming a Eucharistic People" in our intimate book study. Starting Feb. 18, diverse small groups will gather weekly, at various times, both in person and online, for facilitated conversations. Register online.



**Becoming Eucharistic People**  
**Friday, Feb. 23**  
**6:30-8:30 p.m. ET**

Join **Timothy O'Malley**, academic director of the Notre Dame Center for Liturgy and a member of the executive planning team for the US Conference of Catholic Bishops' Eucharistic Revival, for an evening of reflection on the mystery of Christ's Body and Blood. Hosted at the Basilica of Saint Adalbert.



**Pain and Joy and the Journey of Faith**  
**Thursday, Feb. 15**  
**10-11:30 a.m. ET**

Chronic illness and pain can challenge us in many ways, but most especially when our lived experience meets faith.

**Maureen Pratt**, MTS, MFA, an award-winning Catholic author will frame the journey of faith within daily living with chronic illness and offer prayerful and practical ways to reap abundant grace and encouragement along the way. This presentation is part of the 55 Plus Series, exploring spirituality and vitality in the second half of life.



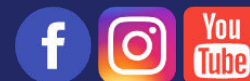
**Following Jesus in a Warming World**  
**Tuesday, March 5**  
**7-8:30 p.m. ET**

Using stories from the field, **Rev. Kyle Meyaard-Schaap** will offer a theological and scriptural exploration - and practical advice - to offer hope to Christians paralyzed by the scale of the climate crisis and turn it into action.



Your generous and regular contributions help ensure a vibrant and enduring future for the Paulist ministry at the CIC. All donations, no matter the size, make a significant impact.

Become a monthly contributor through online giving by scanning the QR code below or by visiting our website.



Follow us on Social Media for the latest updates and news.

For information about upcoming programs, including the Lenten Book Study visit [catholicinformationcenter.org](http://catholicinformationcenter.org) or call 616-459-7267

## Friendship Corner

**Young Adult Leadership Institute Alumni — Katy Serba**

**When did you first encounter the CIC?** I was nominated to participate in the Young Adult Leadership Institute (YALI) by our youth minister leader. After prayerful consideration, I applied & was accepted into the 2022 Cohort. This was my first experience participating with the CIC & I continue to be grateful for answering this opportunity.

**How did YALI impact your spiritual journey?** Since beginning my participation in YALI, I have been able to hold myself more accountable to maintaining & expanding my spiritual growth. The peer-to-peer support & overarching guidance provided made me want to be a better disciple of Christ. I became more aware of the ways in which the Holy Spirit was trying to guide me. But, most importantly, I learned how our faith expands past the parish doors & Mass obligation. Every day, we can use our talents & strengths provided by God to better our world through kindness, understanding, & patience. By becoming more aware & active in living through His eyes, I have much more enriching experiences with my family, my colleagues at work, friends, & strangers alike.

**Why is YALI important to you?** My first impression made the largest impact overall. I walked in as a stranger & left with so many different friendships, resources, & confidence that I previously did not have. Then each time I attended the meetings & retreats, I felt more equipped to continue to grow my faith, personal, & professional because I knew each person there was dedicated to helping me to become the person I am called to be.

