Questions for me to ponder:

1. What does the Church teach me about the Holy Eucharist?
2. What did the Holy Eucharist mean to St. Francis of Assisi?
3. What questions would I like to ask Francis about the Holy Eucharist?
4. Describe a positive experience I have had involving the Holy Eucharist.
5. How does the Holy Eucharist feed my mind, body and soul?
6. Describe the most ideal place that I would be when receiving the Holy Eucharist.
7. What does The Rule of the Secular Franciscan Order teach me about the Holy Eucharist?
8. What did I learn from the General Constitutions of the Secular Franciscan Order about the Holy Eucharist?
9. What does the Ritual of the Secular Franciscan Order inform me about the Holy Eucharist?
10. What did I take away from the Regional Day of Reflection about the Holy Eucharist?