



APPENDIX

The Eucharistic Encounter (EME) and Blessed Carlo Acutis' 5 Steps to Holiness in Schools, Parishes, and other Settings

Blessed Carlo Acutis programmes are available for parishes, schools, and other organisations through “The Blessed Carlo Acutis Apostolate for Ireland.”

These are based on “The Eucharistic Encounter” that has already been created and implemented in Scotland known as “EME” (Eucharistic Miracles Encounter) and Blessed Carlo’s 5 Steps to Holiness, as described in this book and “Blessed Carlo Acutis. 5 Steps to Being a Saint.” Details of these programmes and their impact in the lives of those who have participated in it are described below.

Report from Bishop John Keenan, Bishop of Paisley, Scotland:

“The Carlo Acutis Encounter has now visited all but one of our diocesan high schools and I can say that in every one of them its positive impact on the faith life of the school was palpable. Not only were the young people, both boys and girls, fascinated by the life and faith of Carlo, but they were amazed at his website accounts of Eucharistic miracles across the world. The teachers, who hosted the classes with oratory visits, noticed the dramatic impact on the pupils, along with their Head Teachers who attended sessions.

I was particularly impressed with its impact in the wider community and its invitation to primary school children, as well as evenings for parents and clergy.

The Encounter has laid a firm foundation for a new appreciation of the Holy Eucharist in our communities, and it is one upon which we hope to thoughtfully build.”

Report of Jacquie Stacey, Designer and Implementer of the EME:

The Eucharistic Miracles Encounter programme has been described as “a means of enabling young people to see the faith lived in the context of a young man whose faith was central to his life, with his focus being centered on the Eucharist.”

Today we see our empty church pews and the strain of young people who are in urgent need of the message of Carlo. Young people are struggling with life and mental health issues and do not have the faith that would equip them to deal with the pressures of life. They are resorting to unhealthy coping strategies to alleviate how they feel. When Mother Elvira, the founder of the Cenacolo Community, described the young addicts who came knocking at her door for help, she said that “they came neither seeking money or food but LIFE.” “We want to live,” they would say.

As always, God responds to the needs of His people, and I believe that His particular response has been in the young person of Carlos Acutis, the first millennial Blessed, who is now on the path to sainthood. Blessed Carlo Acutis has been given to us as a beacon to light to help guide our way, especially through the Eucharist. Saint John Paul II spoke of a new evangelisation through the Eucharist: “The Eucharist thus appears as both the source and the summit of all evangelisation” (*Ecclesia de Eucharistia*).

Today, Catholics throughout the world are facing a crisis of faith. Do we believe that Jesus Christ is truly present body, blood, soul, and divinity within the Most Holy Eucharist? Recent statistics in the United States (a survey has not been carried out in the United Kingdom to my knowledge) report only 30% of Catholics still have this faith.

Through the exhibitions of Eucharistic miracles that he designed on the web, Blessed Carlo leaves a legacy of easy access to all these miracles that have occurred over the centuries. The EME brings these to schools, parishes, convents, and other groups and institutions, proposing also Blessed Carlo’s “roadmap” to holiness, based on the 5 simple practices that he followed in his life:



- Regular participation in the Mass
- Eucharistic Adoration
- Spiritual Direction and Confession
- Devotion to the Blessed Mother and the Saints
- Acts of charity

All Encounter sessions are multi-sensory, allowing everyone to actively participate. There are four stages:



LEARNING

We begin sessions with a learning/catechetical focus with the opportunity to learn about Blessed Carlo and some of the best-known Eucharistic miracles, using visual aids, and introducing his 5 Steps to Holiness.

ADORATION

The session moves to an oratory or church for a period of prayer and Adoration before the Blessed Sacrament.



VENERATION

Everyone is invited to venerate a first-class relic of Blessed Carlo, which we bring to schools, parishes, and other encounters. This is preceded by a catechesis on the saints and the meaning of their intercession through the veneration of relics.



PRAYER

Finally, an invitation is extended to write a prayer. These prayers are gathered and kept confidential. They are taken and placed under the tomb of Blessed Carlo Acutis at the Shrine of the Renunciation in Assisi. On the 12th day of every month, Mass is offered at the Sanctuary, specifically for these prayer intentions.



The EME is offered as a great vehicle for evangelisation in schools, parishes, and other settings. There has been a great demand from First Holy Communion and Confirmation preparation classes, and for

parish retreats. The feedback has been astonishing. One young boy wrote after the session at his school: “I connected with Jesus and could have a rest from the world and all its struggles.” Another girl reported: “My thoughts were that I did not need to worry, and I was very happy.” Many young boys are now taking Carlo as a Confirmation name. Convents, religious orders, parents, and families, who, as with Carlo and his parents and friends, are often inspired by their/school children, have also been keen to know more about the “saint kid in jeans and sneakers,” the first millennial Blessed.

