



Year of the
EUCCHARIST
SOLEMNITY OF CORPUS CHRISTI 2020 - 2021
CATHOLIC DIOCESE OF SPOKANE

Eucharist Witness Guide Sheet

A guide to the what, why, how and where; when asking someone to share their witness.

What is a witness?

- A witness is a testimony about God's impact on our life. Just as we share with others what makes us happy (a great day with family or a great restaurant), so too we should share the joy a relationship with Jesus has brought to us.
- A witness about the Eucharist is a testimony about the transforming power that Christ, truly present in the Eucharist, has in our lives.

Why does it matter?

- Our hope is that others see that the Christian life is one of joy. Our witness has the power to encourage others in their journey.
- As baptized Christians, we are called to live out the "common priesthood of the faithful" (CCC 1591) through our prayers, witness, and service to others.

What should a Eucharistic Witness be about?

- The impact the Eucharist has had on their life using concrete examples. Think about:
 - Why they believe in the True Presence of Jesus Christ in the Eucharist?
 - If you are a convert, what was their life like before they believed and how has it changed since believing?
 - What would they want to tell someone who has never been to Adoration?
 - Why do they go to Mass? What do they hope others will receive from participating?

How should they give their witness?

- For a video, keep it to 30-60 seconds; for an in person, witness 2-3 minutes (end of Mass, parish mission, catechetical setting)
- Keep it focused on Jesus, the Mass, the Eucharist
- Find a balance in how personal it is. If it is too personal and they are uncomfortable or crying, it may be too intimate to share.
- Give a challenge at the end. For example, if they talk about their love of Eucharistic Adoration, encourage/challenge the listener to go for 15 minutes this week.

Where to share Eucharistic Witness?

- Website
- Social Media for the parish, school, ecclesial community, or personal account
- End of Mass (not during)
- At a ministry or faith formation gathering
- With someone you meet who asks you why you believe

Keep in mind:

- For videos-
 - A release should be given to post someone's witness to a church affiliated page
- For a live witness to the faith community –
 - It should be rehearsed and practiced, also it should be approved by the pastor



Creating a Witness Video

To help celebrate the Year of the Eucharist, consider (with your pastor's permission) creating witness videos that profess Christ's true presence in the Eucharist. A witness video is a short video where one or more people directly address a camera and speak about the true presence and how that affects their lives. These do not need to be professional speakers, and the videos do not need to be fancy or long. Short 30-60 second videos of ordinary people speaking from the heart, simply shot, will have the greatest impact.

Identify Candidates

Anyone who believes that Christ is truly present in the Eucharist and is comfortable sharing his or her faith is a perfect candidate for a witness video. Try to get a mix of people from different age groups and backgrounds. Extraordinary Ministers of the Eucharist, daily communicants, members of youth groups, and members of small groups are all likely candidates. You may also want to try asking people after Adoration.

Ask

Approach your candidates and introduce yourself if you do not know them personally. Explain what you're doing and why; ask if they'd be willing to share their faith. Answer any questions that they might have, and reassure them that after you film, you will allow them to view their response, and, if they so choose, delete it or redo it. It may be helpful to emphasize that their comments do not need to be profound, so long as they are honest. A simple but heartfelt witness is more desirable than an eloquent but insincere one. Be sure to have your subject grant permission to use their testimonial on your website or within your social media platforms.

Check Your Location

Make sure that you are in a suitable location for video. There should be ample light, a background that is not distracting, and it should be quiet enough that you will be able to clearly hear the subject's witness. Make sure that your video will not disturb anyone else around you. Selecting a location where there is not a strong echo will help ensure that the audio is clear.

Practice

Offer your subject the opportunity to do a quick "dress rehearsal" of what they want to say before you start recording, or, if they prefer, start filming right away.

Record

Record the witness. Do your best to keep the camera or phone steady. If you have one, feel free to use a tripod or other type of support. Focus the camera on the speaker's shoulders and head, that way you will be close enough to capture facial expressions and hear the speaker clearly.

Review

Play the witness back for the speaker. If both of you are satisfied, move on. Otherwise, give the speaker an opportunity to try again. Share the video to the person who manages your parish, school, or ecclesial ministry website and/or social media accounts to post. The "witness" may want to share it to their social media as well. The more people we share our witness with the better!