

The “source and summit” of the Church’s life, the highest form of praise and prayer.. our source of strength.

The Eucharist

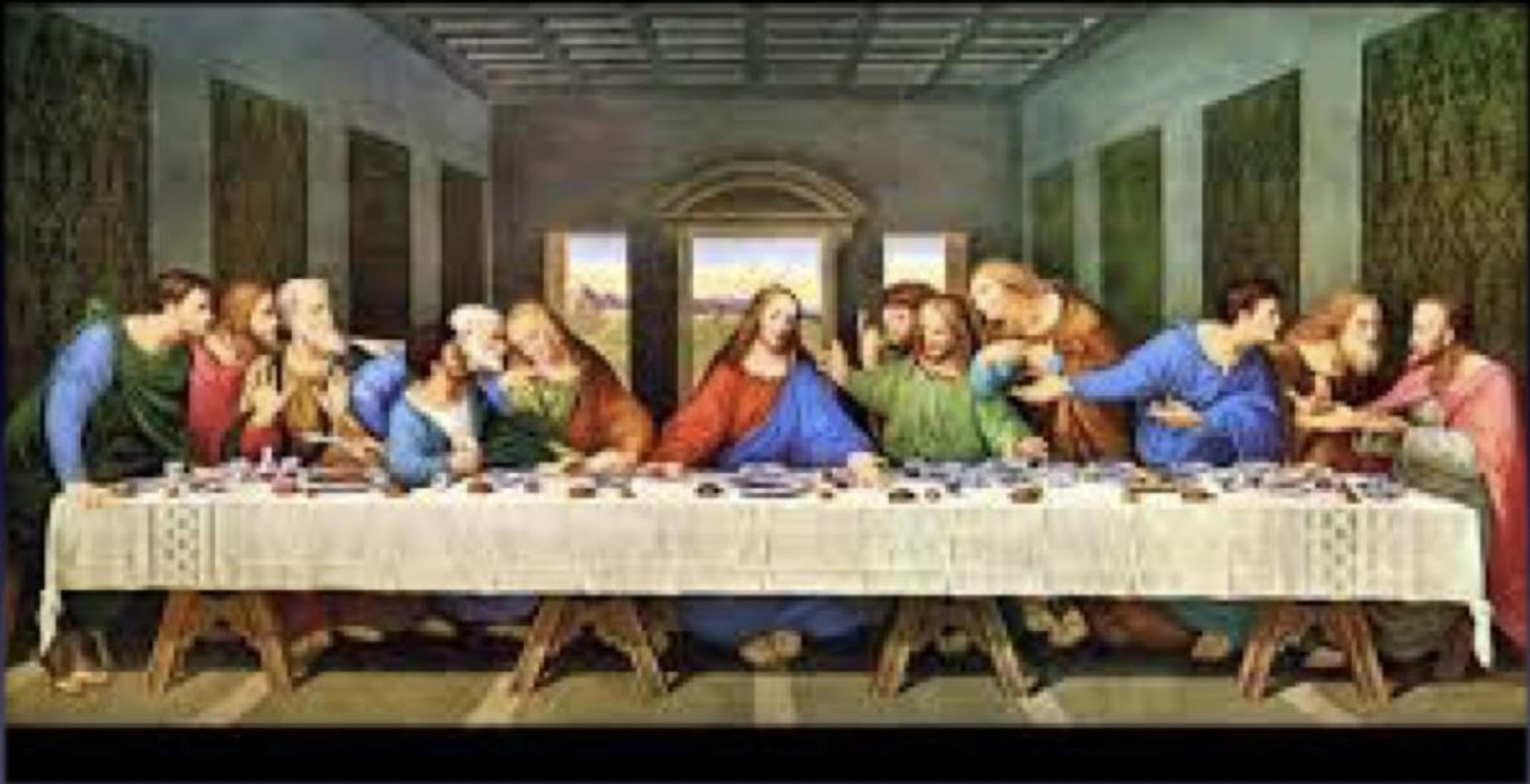
- **Eucharist**- means “THANKSGIVING” from the Greek word *eucharistein* (*to give thanks*)
- The word **Eucharist** can be used to describe the body and blood of Christ as well as the celebration of the Mass
- **Eucharist** is instituted by Christ at the Last Supper
- It is a **sacrament of Initiation**: Baptism, Confirmation, Eucharist
- Sunday is the day of Jesus’ resurrection and subsequently the most important day that we share the Eucharist and share in Christ’s sacrifice of his dying and victory of rising. The 1st mass can be called a **vigil** if held the evening preceding .

Key theological elements of the Eucharist

- Banquet/Meal
- Sacrifice
- Forgiveness of Sins
- Sacrament
- Memorial
- Real presence

- Transforms
 - union with Christ and Church
- Mystery
 - joins us to Christ's worship





St. John Paul II said that, “every time we celebrate Mass, it is as though we put ourselves back at the Last Supper.”

Concomitance

One person with two inseparable natures: In other words His body, blood, soul, and divine nature is present in it's entirety in every particle of the wine and bread.



A Mystery!

- A mystery of God with us, Transubstantiation. (Crossing over of one substance to another.. the bread and wine cease to exist, and that what appears to our senses as bread, no longer conveys the true reality that the wine and bread are now the body, blood, soul, and divinity of Christ.
- This REAL PRESENCE remains as long as the natural qualities of the bread and wine remain.

“Where do you live? and He replied, “Come and see”
(Jn 1:39 NJB) Christ is waiting for you to dig deeper
and find Him in the Eucharist He is waiting for
you.. He wants to live in you!!



We cannot separate our lives from the Eucharist; the moment we do, something breaks. People ask, 'Where do the sisters get the joy and the energy to do what they are doing?' The Eucharist involves more than just receiving; it also involves satisfying the hunger of Christ. He says, 'Come to Me.' He is hungry for souls.

— *Mother Teresa* —

AZ QUOTES



*The things that we love tell
us what we are.*
- St. Thomas Aquinas



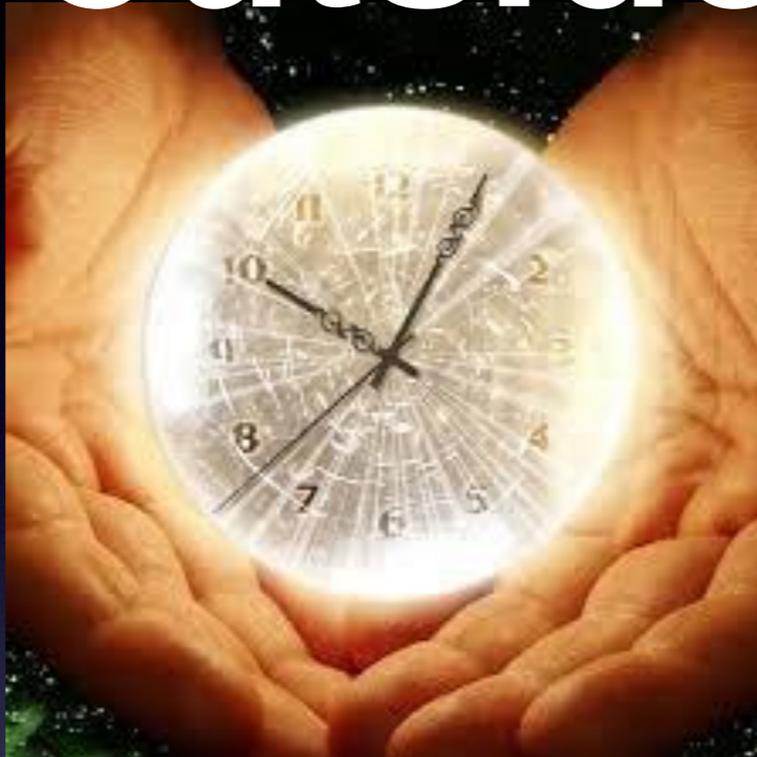
Catholically
The proper effect of the
Eucharist is the transformation
of man into God.

- Thomas Aquinas

Jesus is Alive in the Eucharist!

The Catechism says, “Under the consecrated species of bread and wine, Christ himself, *living and glorious*, is present in a true, real, and substantial manner.” 1413

God is outside of time



- This is how God can be present all throughout the world in the Eucharist and also be present in Heaven simultaneously. He can be fully present in Heaven as well as on earth.
- Consider that, “God is closer to us than we are to ourselves.” St. Augustine

Reverence and Awareness

- Receiving with reverence and awareness, we become more fully *alive* so like St. Paul, we can say, “It is no longer I who live, but Christ who lives in me.” (Gal 2:20 RSV)

Why we genuflect..



As a physical sign, to show reverence, love, and respect, we genuflect on our right knee when entering and leaving the Church.

Dress
appropriately

Use common sense..



Get clean on
the inside..



Prepare yourself with prayer

Go to Reconciliation

Get into “right” relationship with the Church..
Never receive the Eucharist if you have committed a
mortal sin without going to Reconciliation first.

How do we receive the Eucharist?

- Fast from food and liquids, except water, for at least one hour prior to receiving Eucharist- in order to be more conscious of the gift of Christ's Body and Blood
- Have proper reverence- this exhibits our respect for so great a privilege!



Is She right or left handed?



What do I do when I receive the Eucharist?

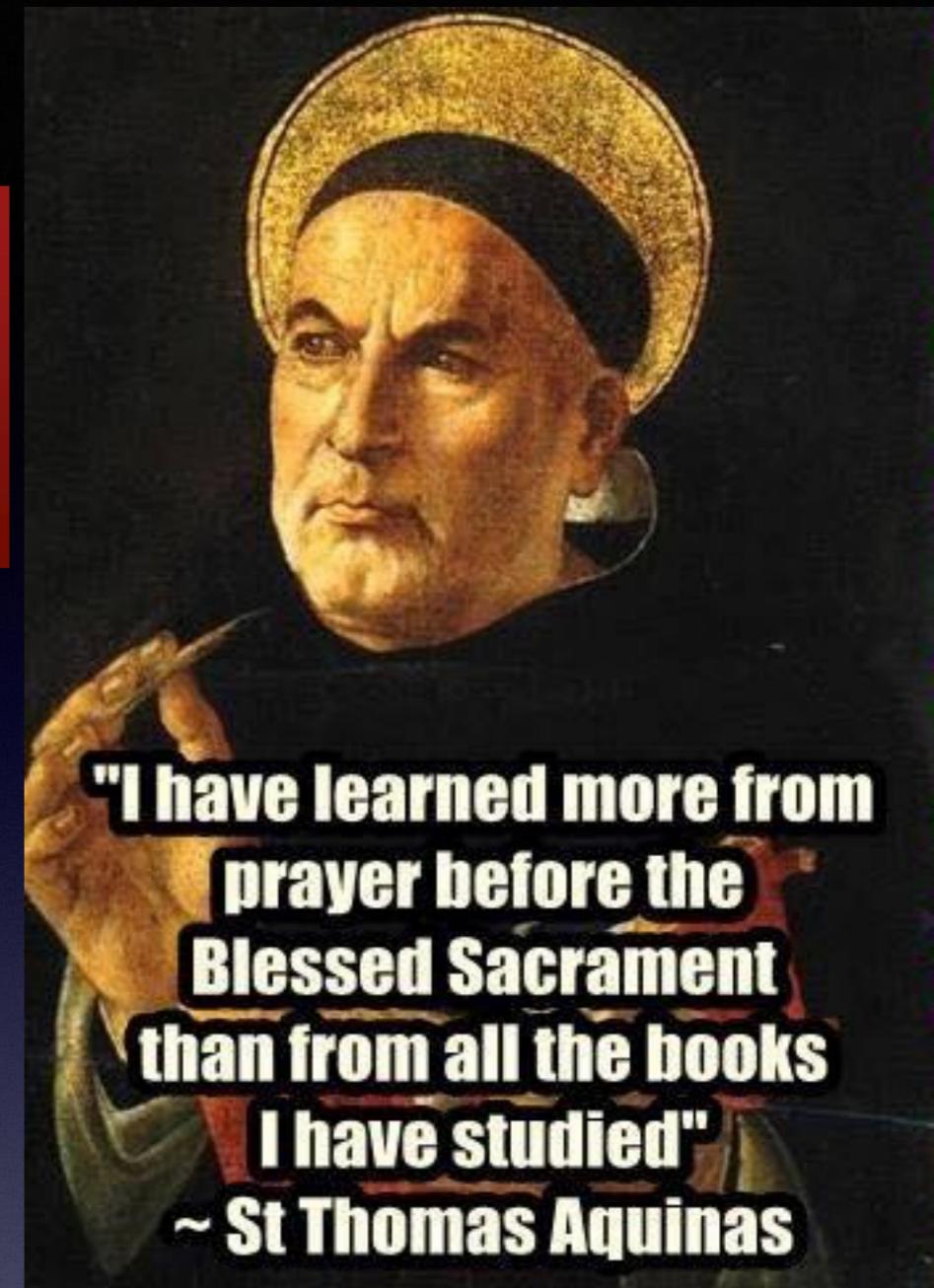
- Bow slightly
- Choose how you'd like to receive - tongue or hand
- When the Eucharistic Minister says, "This is the Body of Christ," You Reply: Amen!
- Dominant hand goes under ... tongue needs to stick out

Graces given by the Eucharist

- The grace of divine charity and unity with Christ and His Body, the Church .. these exist not only for ourselves alone but to be evident in our lives.
- Union with Christ- this is the primary fruit.. commits us to acts of Charity. This union is what causes us to grow and strengthens us to avoid serious sin in the future.

What other ways is the Eucharist available?

- Adoration: praying and adoring before Christ
- Tabernacle: candle burning near by indicating Presence
- For the sick, homebound, or imprisoned



“WITHOUT THE EUCHARIST, THE
CHURCH SIMPLY DOES NOT EXIST.”

- POPE BENEDICT XVI



THE GREATEST LOVE STORY
OF ALL TIME IS CONTAINED
IN A TINY
WHITE HOST



ARCHBISHOP
EULTON SHEEN

“And behold,
I am with you
always,
to the end
of the age.”

Matthew 28:20



“**HOLY
COMMUNION
IS THE
SHORTEST
AND SAFEST
WAY TO
HEAVEN.**”

- ST. PIUS X

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