

THE EUCHARIST

Opening Prayer St. Alphonsus de Liguori

Mary as my advocate and for having called me to visit you in this church. My Lord Jesus Christ, who for the love you bear us, remain night and day in this Sacrament, full of compassion and of love, awaiting, calling and welcoming all who come to visit you. I believe that you are present in the Sacrament of the Altar. I adore you from the abyss of my nothingness and I thank you for all the graces you have given me until now, and in particular, for having given me your Most Holy Mother Mary as my advocate and for having called me to visit you in this church.

I now salute your Most Loving Heart, and this for three ends: first, in thanksgiving for this great gift; second, to make amends to you for all the outrages which you receive in this Sacrament from all your enemies; third, I intend by this visit to adore you in all the places on earth in which you are present in this Sacrament and in which you are the least revered and the most abandoned. My Jesus, I love you with my heart. I grieve for having until now so many times offended your infinite goodness. I purpose by your grace never more to offend you for the time to come; and now, miserable and unworthy though I am, I consecrate myself to you without reserve. I give you and renounce my entire will, my affections, my desires, and all that I possess. From now on, use me and all that I have as you wish.

All I ask of you and desire is your holy love, final perseverance and the perfect accomplishment of your will. I recommend to you the souls in Purgatory; but especially those who had the greatest devotion to the Most Blessed Sacrament and to the Most Blessed Virgin Mary. I also recommend to you all poor sinners. And finally, my dear Savior, I unite all my affections with the affections of your most loving Heart, and I offer them with you to your Eternal Father and beg him for your sake and for love of you, graciously to accept and grant them.
Amen.

I. Source and Summit

- The Eucharist is the Source and Summit of our lives

II. It is a sacrament

- A visible sign
- Of an invisible reality
- That gives grace
- And is instituted by Christ

Sacrament of Initiation

- It is one of the Sacraments of Initiation:
- Baptism
- Eucharist
- Confirmation

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How is it different from the other sacraments?

- The other 6 sacraments: *virtus Christi*
- The Eucharist: *ipse Christus*

III. Institution

1. The Last Supper

- The Eucharist was instituted by Christ in the Last Supper
- The Last Supper was a **Ceder Meal**

2. With a new meaning

- Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." (Luke 22:19)

2. With a new meaning

◦He did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood. (Luke 22:20)

John 6

I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.

So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever. (John 6:48-51, 53-58)

3. Transubstantiation

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- Accidents:** what you see
- Substance:** what something is

3. Transubstantiation

- The conversion of the bread and wine into the Body and Blood of Christ
- The accidents stay the same
- The substance changes

IV. Eucharist as...

1. Meal
2. Memorial
3. Sacrifice
4. Thanksgiving
5. Communion
6. New Covenant

IV. Eucharist as...

1. **Meal**
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1. Meal

- Throughout history, God has wanted to feed His people
- The Garden of Eden
- The Jewish Passover
- The Wandering in the Desert
- Isaiah

On this mountain the Lord of hosts will make for all peoples
 a feast of rich food, a feast of well-aged wines,
 of rich food filled with marrow, of well-aged wines strained clear.
 And he will destroy on this mountain
 the shroud that is cast over all peoples,
 the sheet that is spread over all nations;
 he will swallow up death forever.
 Then the Lord God will wipe away the tears from all faces,
 and the disgrace of his people he will take away from all the earth,
 for the Lord has spoken.
 It will be said on that day,
 Lo, this is our God; we have waited for him, so that he might save us.
 This is the Lord for whom we have waited;
 let us be glad and rejoice in his salvation (Isaiah 25:6-9)



IV. Eucharist as...

1. Meal
- 2. Memorial**
3. Sacrifice
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2. Memorial

- "Do this in memory of me"
- To **remember** the sacrifice of Jesus
- To **remember** is different for God than it is for humans

IV. Eucharist as...

1. Meal
2. Memorial
- 3. Sacrifice**
4. Thanksgiving
5. Communion
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3. Sacrifice

Why is the crucifixion a sacrifice?

Passover: Sacrifice of a Lamb



Our Sacrificial Lamb



We participate in the sacrifice

- We bring forth the sacrifices of our daily lives to unite them to the sacrifice of Christ during the **offertory**
- "The Altars of our daily lives"

IV. Eucharist as...

1. Meal
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4. Thanksgiving

- Eucharist = "Thanksgiving"

IV. Eucharist as...

1. Meal
2. Memorial
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- 5. Communion**
6. New Covenant

5. Communion

- When we receive the Eucharist, we are united to ...
- 1. Christ
- 2. The **communion of saints**

Communion of Saints

- All the faithful...
- On Earth
- In Purgatory
- In Heaven

IV. Eucharist as...

1. Meal
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6. **New Covenant**

6. The New Covenant

- There were 4 covenants in the Old Testament:
 - 1. Noah (God will always be faithful to his people)
 - 2. Abraham (God will bring blessings on everyone through Abraham's family)
 - 3. Moses (God makes a people that will be faithful)
 - 4. David (a descendant of David will extend the kingdom to all)

6. The New Covenant

- The 5th and final covenant is through Jesus:
 - If we are faithful to Christ, we will inherit eternal life

V. Reception

1. How to receive

- Hand or tongue?

2. Dignity

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the body, eat and drink judgment against themselves (1 Cor 11:27-29).

2. Dignity

- You must be in the **State of Grace** to receive communion
- Free of mortal sin

Mortal Sin

- A sin that completely cuts off your relationship with God
- It is grave matter
- You give your full consent
- You do it with complete freedom

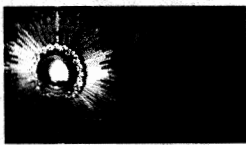
3. Fifth Precept

- The fifth precept of the Catholic Church says that one must receive the Eucharist at least once a year between the First Sunday of Lent and Trinity Sunday.

4. Effects of reception

1. Increase our union with Christ
2. Separates us from sin
 1. Forgives our venial sins
 2. Preserves us from future mortal sins
 3. Helps us grow in holiness
3. The unity of the Mystical Body; the Eucharist makes the Church
4. It involves a commitment to the poor
5. The unity of Christians

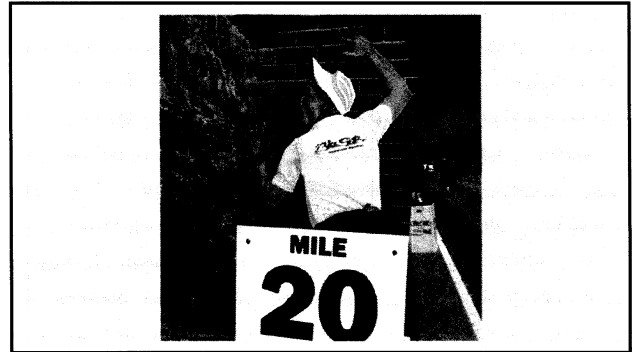
VI. Praying with the Eucharist



VII. Anticipation of Eternal Glory

- The Eucharist is the most precious treasure on earth and our greatest hope for heaven

◦ "Man is not satisfied with his own happiness"
(St. John Henry Newman)



For Reflection

1. What was your view of the Eucharist before this talk?
2. What changed in the way you see the Eucharist now after listening to this talk?
3. What role do you want the Eucharist to play in your life?
4. What can you do to prepare to receive the Eucharist for the first time?
5. What can you do to increase your devotion to the Eucharist?

Anima Christi St. Ignatius of Loyola

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen.