

Eucharist IS “THE HEART AND THE SUMMIT of the Church’s life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church.” – CCC, 1407

KEY WORDS AND ACTIONS:

Words of consecration by the priest as he elevates the host and the chalice, at separate intervals: “*This is my body which will be given up for you ... This is the chalice of my blood ...*” Reception of the Eucharist by the communicant with the assent: “*Amen.*”

IN THE CATECHISM:
CCC, 1322-1419, 2042

FIND IT IN THE BIBLE:

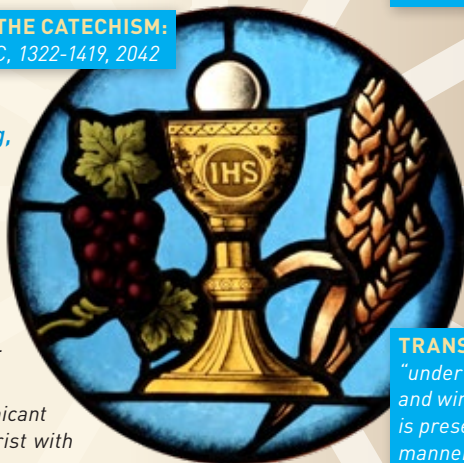
“*Then he took the bread, said the blessing, broke it, and gave it to them, saying, ‘This is my body, which will be given for you; do this in memory of me.’ And likewise the cup after they had eaten, saying, ‘This cup is the new covenant in my blood, which will be shed for you.’*” – LUKE 22:19-20

Also: Mt 26:26-29; Mk 14:22-25, Jn 6:51, 53-59; 1 Cor 11:23-29.

THE GRACES GIVEN:

- * Increases union with Christ so that the communicant is spiritually nourished and strengthened by Christ with sanctifying grace.
- * Forgives venial sins and preserves the communicant from grave sins.
- * Reinforces communion with the Church – the mystical Body of Christ.

MINISTER OF THE SACRAMENT: Priest



SIGNS:

Bread =
changed by consecration into Christ’s Body

Wine = changed by consecration into Christ’s Blood

TRANSUBSTANTIATION means that “under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity” (CCC, 1413).

EUCHARIST MAY BE RECEIVED ONCE DAILY. The Precepts of the Church ask that communicants receive on Sundays and holy days of obligation. [See more at CCC, 2042.]