

Part 2 SESSION 2 THE EUCHARIST

Summary of Main Points presented in this Episode:

- The Eucharist is the “the source and summit of the Christian life” (CCC 1324).
- The Real Presence: At Mass, the bread and wine are changed into the body and blood of Jesus Christ. This is not a chemical change because the outward, sensible appearances of bread and wine remain, but under those appearances of bread and wine, Jesus is truly present in the Eucharist (CCC 1374).
- The Eucharist as Sacrifice: The Mass is a sacrifice because it represents (makes present) the sacrifice of the cross, because it is its memorial (CCC 1366). At every Mass, we are called to join our lives in union with Christ’s gift of himself to the Father (CCC 1368).
- As a biblical memorial, the Mass makes present Christ’s sacrifice on the cross in order to apply the fruit of his sacrifice to our lives (CCC 1366).
- Communion: Jesus loves us so much he desired to come to us in Holy Communion. When we receive the Eucharist, we are receiving the very body and blood of Jesus into our souls (CCC 1391).
- It is important to take time for loving thanksgiving with Jesus after we receive him in Holy Communion, which nourishes and strengthens our life in Christ (CCC 1391-92).

Although all are invited, not all are ready to receive the Eucharist, either because of serious sin that has not been brought to the sacrament of reconciliation or for a lack of full communion with the Catholic Church (CCC 1400).