



The Nurturing Spirit

The Sacrament of the Eucharist

The Eucharistic Sacrifice is the source
and summit of the Christian Life
(2nd Vatican Council)

- The Holy Eucharist is the greatest of the Sacraments often known as the “ Sacrament of Sacraments ..”
- It makes real Jesus’ sacrifice on Calvary “ For as often as you this bread and drink this cup, you proclaim the Lord’s death until he comes..” (St Paul)

What is The Eucharist

- The night before he died Jesus eat the Passover with his disciples



He took Bread and Wine and said

“ This my Body which shall be given
you...”

- This is my Blood , the blood of the new and everlasting covenant which shall be poured out for you ..Do this in memory of me..”

What is The Eucharist



In doing this he anticipated his death on the Cross on Good Friday
His total act of Self –giving and sacrifice for us all.

- On the night before he died Jesus instituted the Eucharist as a true and continuing sign of his presence

What is The Eucharist

- Christ's unique presence among us is in the Holy Eucharist at Mass the bread and wine are changed into his body and blood
- Transubstantiation : how Church explains the change that comes about , substance of the bread changes whilst the accidents remain the same

What is The Eucharist

- St Thomas Aquinas “.. Christ becomes present in this sacrament precisely by a change of the bread’s whole substance into his body and the wine’s whole substance into his blood ..”
- Real presence not as a person in space but appropriate to the sacrament . (Aquinas)
- Mass a sacrifice because each time we come to Mass we enter into the eternal sacrifice that Jesus has made for us.

What Happens at Mass

- 1. We come together , whenever we come to Mass we come together in faith, and are united in faith
- 2 Listening : We hear listen to the Scriptures the word of God
- 3 Thanksgiving : Eucharist comes from the Greek word thanksgiving , we thank God for what he has done for us. Jesus becomes truly present for us in the form of bread and wine .

What Happens at Mass

- 4. Communion : Holy Communion is personal moment when we share in the Body and Blood of Christ and share in his life
- 5. What does the Eucharist tell us: Jesus gives us his Body and Blood as a sign of his continued presence in our world
- We become what we receive.