

# The Mass

Eucharist



Lord's Supper



The Breaking of Bread



The memorial of the Lord's  
Passion and Resurrection



The Holy Sacrifice



The Holy and Divine Liturgy



*The Mass was described by  
John Paul II as  
"Heaven on Earth"  
He explained that the  
liturgy we celebrate on  
earth is a mysterious  
participation in  
the heavenly liturgy."*

*From his Angelus Address,  
Nov. 3, 1996*

## The Fruits of the Eucharist

**You are what you eat!!!**

**Transforming**

**The Fruits of Holy Communion**

So what do we receive when we take the Body and Blood of Christ into our bodies?

-Eucharist gives us union with Christ – intimate union!

Jesus said:

*"He who eats my flesh and drinks my blood abides in me,  
and I in him." John 6:56*

- Eucharist separates us from sin. Jesus died for our sins.  
The reception of the Eucharist, the Bread of Life,  
wipes away all venial sins and preserves us from future  
mortal sin.

- Eucharist makes us the Church.

*"Because there is one bread, we who are many are one  
body, for we all partake of the one bread." 1Corinthians10:17*

-Eucharist commits us to the poor. We are called to share  
with the poor which means not only the physically poor  
but those specially who are poor in Spirit-those who do  
not know Christ.

- Eucharist calls us to pray for unity among all Christians.

CCC1391-1398

**The Eucharist is food for our journey!!!** It unites us with our Lord, gives us strength, gives us the hope of eternal life and draws us into communion with the church in Heaven. **Let us all partake of this heavenly banquet frequently!!!** Right now we experience the presence of God through a veil but one day we will see Him face to face. CCC1404-1405

*"I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."*

*John 6:51*

serve the Lord".

# Celebrate Mealtimes

*“Everyday they devoted themselves to meeting together in the temple  
and to breaking bread in their homes. They ate their meals  
with exultation and sincerity of heart, praising God  
and enjoying favor with all the people.”  
Acts 2:46-47*

Sharing a meal is **far more** than the food we eat. Sharing a meal is sharing ourselves with one another. We all need to eat to survive—we also need one another to survive. Shared meals are a gift—God planned it that way. Just look at the way He gave Himself to us in the Eucharistic Banquet! We celebrate this Holy Meal with our brothers and sisters in Christ. **The banquet table at Mass is the model for our dinner table at home!** Jesus also modeled for us shared meals. The Old and New Testament are filled with stories of meals shared. Sharing a meal is more than sharing food!!! Meals shared in our home provide nourishment for our bodies but also for our souls.

**The following are some ideas to fill up your plates and spice up dinner time!**

- ◆ Eat meals together as often as possible –make it a priority. The effort is worth it!
- ◆ Serve hors d’oeuvres or healthy snacks if dinner needs to wait for someone—or feed the little ones early and then serve them dessert while the adults are eating the main course.
- ◆ Singles make it a point to share a meal with someone once or twice a week. We are all called to build community within the family of God.
- ◆ Families don’t forget to invite single friends and families over to share in family meals.
- ◆ Singles or couples with grown children invite some children over for a meal so their parents can enjoy a quiet dinner as a couple.
- ◆ Turn off the TV, radio, and computer!
- ◆ **Begin** with prayer
- ◆ **And** end with prayer before everyone scatters from the table. It can be as simple as “Thank you God for this shared time together.”