



The Eucharist

St Thomas More Parish
RCIA – Journey of Faith
December 8, 2011



Revelation

- God reveals/shows himself to us
- God of Love – he wants us to be with him now and in heaven
- Relationship/union of God and humankind - Covenant
- Revelation through Bible/scripture and Tradition



Sacraments

- Visible sign of the invisible presence of God that confers grace, instituted by Christ – 7 sacraments
- How we establish and maintain our union or relationship with Christ/God
- Grace – Gift of God's presence in us.
 - Can not be earned – free for everyone
 - Abundance – wedding at Cana, multiplication of loaves, like a river.



Eucharist – Scripture

- Mark 14:22-26;
- Matthew 26:26-30;
- Paul 1 Cor 11:23-26
- Eucharistic prayer at Mass



Eucharist - Sacred Meal

- Jewish people celebrate the Seder supper to remember exodus/liberation from slavery
- Jesus instituted the Eucharist at his last supper, probably the Seder – Passover Lk 22: 14-23
- Mass–Liturgy of the Word and Eucharist
 - Ritual meal – we share the body and blood of Christ – encouraged to receive often
 - “Breaking of the bread”-Lk 24: 30



Eucharist - Sacrifice

- Memorial of Christ's passover (Death and resurrection)
- The sacrifice Christ offered once and for all remains ever present.
- Work of redemption is carried out every time the sacrifice of the cross is celebrated
- Sacrifice
 - This is my body given for you
 - This is my blood poured out for you



Eucharist – Holy Communion

- Union with Jesus –We enter into His Life
- Communion with brothers and sister in Christ – Jn 17:20-23
- Celebrate the Eucharist - receive communion often
- To receive –
 - need knowledge of eucharist
 - Fast for 1 hour
 - Free from serious sin



Real presence of Christ

- The whole Christ is truly, really and substantially contained
- Bread and wine look and taste, but substance – essence changed to Christ
- Council of Trent – Transubstantiation
- Consecration by the priest – change is made by Christ – priest is the instrument
- Presence continues until consumed



Eucharist - Thanksgiving

- Greek – giving thanks
- Praise and thank God for the work of salvation
- For gift of life and beauty of creation
- New covenant that promises eternal salvation
- Thank God for Jesus the Bread of Life



History of the Eucharist

- Early years – began at Last Supper-breaking bread – Acts 2: 42 and 46
- St Paul refers to the eucharist celebration with supper and abuses – 1Cor 11:27-29
- 2nd & 3rd centuries – developing liturgy, reading the word, praying, singing, homily – canon of scripture
- 4th to 8th centuries – latin was standard language, moved to basilicas and churches, sacrificial aspect, Christ



History of the Eucharist

- Middle Ages – debate “Real presence” and start using transubstantiation
- Focus on sacrifice, laity are spectators, rarely receive communion, elevation
- Reformation to 20th century - Council of Trent – focus on real presence, sacrificial nature, define transubstantiation
- Roman missal (1570) for next 400 years
- Devotion to the Blessed Sacrament



Eucharist Today

- Vatican II - Constitution on Sacred Liturgy
 - Vernacular instead of latin
 - Liturgy of the word is important – Homily
 - Altar faces the people
 - Prayer of the Faithful
 - Active participation of faithful
 - Communion in the hand / both species
 - Laity assumes ministerial roles



Fruits of the Eucharist

- Augment our union with Christ
 - Intimate union with Christ
 - “ He who eats my flesh and drinks my blood abides in me, and I in him.” Jn6:(51-59) (67-68)
- Our spiritual food to nourish our Life of Grace received at Baptism
 - Spiritual food for our journey to heaven
 - Preserves, increases and renews - Life



Fruits of the Eucharist

- Separates us from sin
 - Cleanse us from past sins
 - Wipes away any venial sins
 - Preserves us from mortal sins
- Unity of the Mystical body of Christ
 - Members of the church are united with Christ and each other – yearn for unity of christians
- Commits us to acts of charity and the poor