

The Eucharist: The Heart of All Liturgy

Chapter 29 Summary

Chapter Learning Objectives

- The participants will examine the Eucharist as the source and summit of the Church's life.
- The participants will explore important elements of the Eucharist.
- The participants will reflect on how the Body and Blood of Christ unites us more closely with Christ and how we are to be Christ for one another.

Content Summary

1. The Eucharist is the heart and high point of the Church's life.
2. The Jews remember the Passover not only as past but also as present. This kind of remembering is called *anamnesis*.
3. In the same way, we remember Christ's Passover from death on the cross to Resurrection and eternal life. We celebrate that this saving action of Christ is present today in the Eucharist.
4. In the Eucharist, when we eat and drink the Body and Blood of Christ, we receive Communion. Communion transforms us, unites us more closely with Christ, and enables us to become more fully a part of the Body of Christ. In Communion we are united with Christ and with one another in his Mystical Body, the Church.
5. We celebrate the Eucharist in response to God's call to worship.
6. In the Eucharist we gather, listen to the Word of God, and give thanks to God for all he has done for us, especially in Jesus Christ. We remember how Jesus took bread and wine, blessed them, and gave them, now his own Body and Blood, to his Apostles. Through the power of the Holy Spirit and the words of the priest, this is what happens on our altar. We receive this Body and Blood and are dismissed to live as Christ for others. The entire Mass is one single act of worship of the Father, through the Son, in the love of the Holy Spirit.
7. The celebration of the Eucharist is God's work in which we participate. The priest leads the assembly, who is called to participate fully, consciously, and actively. Other liturgical ministers (altar servers, extraordinary ministers of Communion) may assist the priest.

(All summary points are taken from *The Catholic Connections Handbook for Middle Schoolers, Second Edition*. Copyright © 2014 by Saint Mary's Press. All rights reserved.)

