



FINDING
Unity
IN THE

Eucharist BY JOANNA DAILEY

The early Church of Corinth offers a glimpse into ways the Church can fall short, ways that continue today. Many times we focus on our different opinions, cultures, or ways of approaching challenges instead of what we have in common. Often, then, we divide ourselves into groups and adopt a “we versus they” mindset. “We” believe one way, while “they” are on the other side. In the First Letter to the Corinthians, Paul admonishes Corinthian Christians for focusing on their differences rather than what unites them. **Paul reminds us that God loves all of us, and we are brought together in our belief in the Eucharist:**



The cup we use in the Lord's Supper and for which we give thanks to God: when we drink from it, we are sharing in the blood of Christ. And the bread we break: when we eat it, we are sharing in the body of Christ. Because there is the one loaf of bread, all of us, though many, are one body, for we all share the same loaf. (1 Corinthians 10:16-17)

These verses from First Corinthians speak to the importance and beauty of the Eucharist. The bread and wine become the Body and Blood of Christ, the Real Presence of Jesus. **Sharing in the Eucharist gives us the grace to be more like Christ—more patient, kind, and truthful.** The Eucharist also reminds us to recognize Christ in those who are poor.

Catholics believe that the Eucharist is the “source and summit of the Christian life” (*Catechism of the Catholic Church*, 1324). This means we believe the Eucharist is the most important sacrament. We believe that Jesus is really present in the Eucharist, and that the bread and wine become the Body and Blood of Christ. The Eucharist strengthens us to live our faith confidently. We know we are loved by God. The Eucharist helps us to become better, more like Jesus. **The Eucharist joins all of us as one family in Christ.**

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