



## The Sacrament of the Eucharist

The Eucharist is an act of worship of the whole Church. It is our greatest prayer.

The Eucharist is a profound mystery. No statement can quite get to the bottom of it. The Church speaks of the Eucharist in a variety of ways, some of which are mentioned on this page.

In any given community there will be people appreciating and speaking of the Eucharistic mystery from a number of different perspectives. We can enjoy our own view and be enriched by the insights of others.

**1.**

### **Gift of love**

Christ says: I want to live within you. You are not alone, I am with you, I want to know you, be so close to you, inside you, part of your very being.

**2.**

### **Gift of self-giving; sacrifice**

We remember that he loved us to the end; the last supper summed up his greatest act of love. He gave his life for us.

**3.**

### **Gift of unity**

It's about family, about belonging, relationships. Jesus redeems us as a community.

**4.**

### **Gift of life; Bread of life**

In the eucharist Jesus wants to feed our deepest hunger

St Augustine says: "Christ is the food looking for hunger"

**5.**

### **Gift of presence**

We sometimes speak of the eucharist as a 'real' presence.

Eucharistic adoration is sometimes described as 'sitting with the Lord', 'exposing our true selves to the Lord's presence.

**6.**

### **Gift and a responsibility**

Eucharist is not a gift to be taken lightly. With each eucharist come a responsibility to be well prepared in spirit, humility, gratitude before God's gift.

**7.**

### **Gift with a mission; Bread for the world**

We are fed, we are called to feed others. Eucharist contains a mission. That's why we end each Mass with: 'Go in peace to love and serve the Lord...'

**8.**

### **Gift of promise; hope; eternal life**

The Eucharist is the eternal banquet, the sign of promise that one day we will live with Christ forever.

In the eucharist we take comfort knowing that death is never the end. There is life, a love stronger than death.



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