



Eucharist

Below is only a brief outline of the sacrament along with the Catholic particularity of each sacrament. The recontextualisation of each sacrament is explored and explained in the "Sacraments Tile" on the Awakenings website.

The Eucharist is the most important sacrament of the Christian church. The Eucharist is the gift of the Spirit to the Church[i]. The gift of Christ's total self-giving is made present every time the Eucharist is celebrated[ii]. The gathered community remembers this gift and is invited to be a part of it. In the Eucharist, Jesus makes a gift of himself through bread and wine. The Church teaches that "Jesus is really present in the gifts of the bread and wine through the power of the Holy Spirit in the action of the Church"[iii]. By accepting this gift, each person realises an intimate union with Jesus Christ[iv]. This gift is present at every liturgy even if one does not receive communion.

The Second Vatican Council describes the celebration of the Eucharist as the "Summit and Source" of Christian life. The Eucharist is a source of nourishment for both one's own Christian life and that of the faith community. In the celebration of the Eucharist, one receives the nourishment and inspiration, the hope and strength, to live as Christians in everyday life. The Paschal mystery celebrated each Sunday should be lived out within the daily lives of the faithful from Monday to Saturday. By participating in the Eucharist, believers recommit themselves to attitudes and ways of being so that they are a visible presence of the body of Christ in the world.

- Eucharist is not just about using food as symbols with deep meanings but also *believing the bread and wine has been transformed into the Body and Blood of Christ.*
- Eucharist is not just about sharing food that has been blessed but also *sharing the Body and Blood of Jesus.*
- Eucharist is not just about receiving nourishment to live but also about *receiving nourishment for one's spiritual life in order to be transformed to become more like Christ.*
- Eucharist is not just about remembering past events but also about *celebrating Christ's Paschal Mystery which is made present in the Word and Sacrament so that all baptised are strengthened and nourished.*

- Eucharist is not just about participating in a ritual on a particular day but also about *the Eucharist being the central act of worship on Sundays and being the source and summit of daily life.*

[i] Lambert J. Leijssen, *With the Silent Glimmer of God's Spirit: A Postmodern Look at the Sacraments*, trans. Marie Baird (Mahwah, New Jersey: Paulist Press, 2007), 57.

[ii] Leijssen, *With the Silent Glimmer of God's Spirit*, 57.

[iii] Leijssen, 54.

[iv] Leijssen, 56.