



Ignite the F.I.R.E.



Families Involved in Religious Education

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HOLY COMMUNION

In past newsletters, we have covered some of the Sacraments...Baptism and Confirmation and since we just had children celebrate their First Communion, let's go over the third Sacrament of Initiation, the Eucharist.

Although all of the 7 Sacraments are important and all provide us with God's grace, the Eucharist is by far the most important, and is the core of the Catholic faith. There is no other faith that claims that bread and wine fully and completely become the body and blood of Christ. It is the reason why weekly Mass is so important for our spiritual, mental and physical well-being, and why it's considered a sin if Catholics do not partake in it each week.

Can we encounter Christ outside of church? Absolutely! But Christ strongly teaches that "unless you eat of my body and drink of my blood, you will not have life within you." It is fitting that this past week that the daily Gospel readings were from parts of John 6, which is also referred to as "the bread of life discourse". Jesus lays out several times that He is the bread from heaven and that in order to have eternal life, we need to consume Him.

How is it possible to eat bread and drink wine and believe that it's Jesus? We now know, because of His words at the Last Supper, that He would change the bread and the wine into His flesh for us to have life within us. And why wouldn't we believe that He can? He changed water into wine, healed the sick and blind, raised Lazarus from the dead, walked on water, and multiplied food with just His words! Why is it unbelievable then that through His words and authority passed on, that the Eucharist is not what we believe it is? That's why we take such care in handling it, why we keep it under lock and key when we leave, why we genuflect in it's presence, why we need to partake of it every week.

As we move into the summer months, make sure to "keep holy the sabbath" and find out where Mass is wherever you are. www.masstimes.org God bless!

"Be who God meant you to be and you will set the world on fire!" ~ St. Catherine of Siena