



Session Three

# The Eucharist and Us

## THE EUCHARIST AND US

### Opening Prayer

Lord, giver of lasting life,  
satisfy our hunger through Christ, the Bread of Life,  
and quench our thirst with your gift of belief,  
that we may no longer work for food that perishes,  
but believe in the One whom you have sent.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever. **Amen**

### Scripture *John 15:1-5*

Jesus said:  
'I am the true vine,  
and my Father is the vinedresser.  
Every branch in me that bears no fruit  
he cuts away,  
and every branch that does bear fruit  
he prunes to make it bear even more.  
You are pruned already,  
by means of the word that I have spoken to you.  
Make your home in me, as I make mine in you.  
As a branch cannot bear fruit all by itself,  
but must remain part of the vine,  
neither can you unless you remain in me.  
I am the vine,  
you are the branches.  
Whoever remains in me, with me in him,  
bears fruit in plenty;  
for cut off from me you can do nothing'.

## Words of Pope Francis

Although we are the ones who stand in procession to receive Communion; we approach the altar in a procession to receive communion, in reality it is Christ who comes towards us to assimilate us in him. There is an encounter with Jesus! To nourish oneself of the Eucharist means to allow oneself to be changed by what we receive. ... Each time we receive Communion, we resemble Jesus more; we transform ourselves more fully into Jesus. As the Bread and the Wine are converted into the Body and Blood of the Lord, so too those who receive it with faith are transformed into a living Eucharist. You reply "Amen" to the priest who distributes the Eucharist saying "the Body of Christ"; that is, you recognize the grace and the commitment involved in becoming the Body of Christ. Because when you receive the Eucharist, you become the Body of Christ. This is beautiful; it is very beautiful. As it unites us to Christ, tearing us away from our selfishness, Communion opens us and unites us to all those who are a single thing in him. This is the wonder of Communion: we become what we receive!

*General Audience, 21 March 2018*

## Reflection

*Fr Christopher Whitehead*

The reflection from Fr Christopher is available to download from [cliftondiocese.com](http://cliftondiocese.com). Play the video clip here.

## Questions for conversation

What is your own experience of the presence of Christ in the assembly, in the one who presides, in the Word proclaimed and in the Eucharist? What aids you in your encounter with Christ in these ways? Is it something that you don't necessarily think about when at Mass?

Do we see ourselves as 'gathered' and as the Body of Christ? Do we put effort and energy into our welcome and in gathering. Do we see ourselves as *sent out* from the Eucharist to bring Christ into the ordinariness and everyday-ness of our lives? If not, what would help us?

Where is 'noble beauty and noble simplicity' to be found in our churches and in our celebrations of the Mass? *You might like to have a look at Sacrosanctum Concilium 124 'noble beauty' in sacred art and our furnishings, and SC 34 'noble simplicity' in the Rites of the Church.*

**Re-read** the Scripture passage for this session. You may like to follow the reading with a time of prayer and intercession after which you might pray the **OUR FATHER**.

### **Final Prayer**

Lord Jesus Christ,  
in this most wonderful sacrament  
you have left us the memorial of your passion;  
deepen our reverence for the mystery of your body and blood,  
that we may experience within us the fruit of your redemption.  
You live and reign with the Father in the unity of the Holy Spirit,  
God for ever and ever. **Amen**