

Believe Celebrate Live **THE EUCHARIST**

Communion

Today we pause for a moment to reflect on the Communion rite.

In the Eucharist, we receive the Body of Christ,
and as St. Augustine says, we *become* what we receive:

Christ's own body, living and active in the world.

We come to this table not because we *are* holy,
but because we long to *be* holy.

Jesus nourishes us with his Body and Blood—
not just once in a while, not just on special occasions,
but week after week, Sunday after Sunday.

The Eucharist is our strength, nourishment, and refreshment for
the journey of life, given to us our whole life long, to strengthen us
to do Christ's work in our households and communities,
in all the places where we live or work.

Without Christ we can do nothing,
but united in Christ there is no limit to what we can accomplish.

In a moment we will exchange a sign of peace with each other,
and because we are the body of Christ,
it is *Christ's* peace that we will give and receive.

It is the risen Christ who will speak words of peace to us—
through each other.

And it is Christ who will then invite us to the altar
to be filled with the bread of life, the cup of salvation.

St. Thomas Aquinas wrote this about our Eucharist:

“How holy this feast in which Christ is our food:
his passion is recalled, grace fills our hearts, and
we receive a pledge of the glory to come.”¹

1. *O Sacrum Convivium*. Evening Prayer II, Feast of Corpus Christi. *Liturgy of the Hours*, Volume III.
(Washington, DC: International Committee on English in the Liturgy), 622.