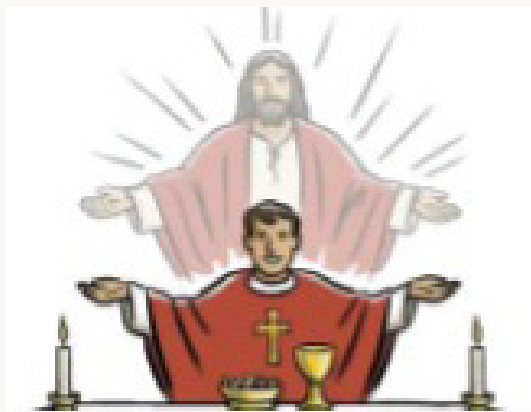


SCRIPTURE FOCUS

For the bread of God is the bread that comes down from heaven and gives life to the world.

Jesus teaches that he is “the bread that has come down from heaven” and, just as he receives life from our Father in Heaven, he calls us to receive life from him (see John 6:57)



Jesus chose for us to receive life from him in this most special way:

When we gather at Mass, the priest does what Jesus said to do, so that bread and wine are changed to become the Risen Jesus, yet still look like bread and wine. This is called the Eucharist.

Jesus Christ is really present in the Eucharist so that we can share in his everlasting life right now and help others to know him too.

To help us understand the importance of sharing in Jesus' life and his Good News, Jesus



I am the true vine and my Father is the vine grower. ... Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in them will bear much fruit, because without me you can do nothing.

John 15:1-5



To Remember

Jesus Christ is really present in the Eucharist for us to share in his Risen Life and for us to help others to know Jesus too.

TRADITION FOCUS

Pope Saint John Paul II teaches about the Real Presence of Jesus Christ in the Eucharist

We approach the Eucharist fully aware that we are approaching Christ himself.

The Eucharist is a mystery of presence, the perfect fulfilment of Jesus' promise to remain with us.

Pope Saint John Paul II,
Apostolic Letter *Mane Nobiscum Domine*
– Stay with us Lord §16.



Saint Teresa of Avila, one of the great teachers of the Faith, wrote about the Risen Jesus being really present in the Eucharist

When she [Teresa] heard some persons saying they would have liked to have lived at the time Christ lived and walked in the world, she used to laugh to herself.

She wondered what more they wanted since, in the

most Blessed Sacrament [of the Eucharist], they had Him just as truly present as He was then.

Saint Teresa of Avila, *The Way of Perfection*, Ch. 34 § 6.



Jesus Christ is present to us in many ways and most especially in the Eucharist

The Risen Jesus is present in his word (the Bible), in his Church's prayer "where two or three are gathered in my name, I am with you"; in the poor, the sick and imprisoned; in the sacraments of which he is the author; in the sacrifice of the Mass; in the person of the minister.

Most especially, Jesus is wholly and entirely present in the Eucharist when bread and wine become his body and blood for us to share in his risen life: we are joined to Jesus' thanksgiving and love of our Father in Heaven and to his work of sharing the Good News of salvation and life everlasting.

See Catechism of the Catholic Church, paragraphs 900 and 1373



To Remember

**Jesus, our Risen Lord is with us,
and most especially in the Eucharist.**