

## **Chapter 18 – The Eucharist: Source and Summit of the Christian Life**

The Mass is a sacrifice in the sense that when it takes place Jesus Christ makes present sacramentally his saving, sacrificial death on the Cross.

The Mass is also the sacrifice of the Church. The priest in the Mass links the Eucharistic consecration to the sacrifice of the Cross and to the Last Supper; thus making it possible that the sacrifice of Christ becomes the sacrifice of all the members of the Church.

The Mass is a sacred banquet that culminates in the reception of Holy Communion.

By the power of the Holy Spirit, Christ is present in the proclamation of God's Word, in the assembly, in the person of the priest, but above all in the Eucharist.

Through participation in the Eucharist we participate in the Paschal Mystery of Christ.

The sacrificial gift of self at every Mass is the best way to be continuously transformed into Christ. Then in Christ we become bread for the world's bodily and spiritual hungers.