

The purpose of this folder is to give the man hope because Christ is present in the Eucharist to help them walk the talk and follow the new "Way".

Pointers for Folder 12

The focal point of the Catholic Way of life is the Eucharist. A man who has been baptized Catholic and who wishes to make his First Communion or to return to the sacraments will need to grasp the beauty, power and necessity of the Eucharist if he is going to walk the talk. To do so, he must believe that "Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner. He also must have gone through the reconciliation process that will allow him to freely accept the Body of Christ.

Some of the men will have attended Mass at some time or other in their lives. They will have feelings and ideas about the Eucharist, which may help or hinder their understanding of the Eucharist. Help them get in touch with their feelings and thoughts about participating in the Liturgy and receiving Communion. These may give you a starting point for unfolding the beauty and power of the Eucharist.

The Eucharistic Liturgy is both a sacrifice and a banquet. It is different from a prayer service, a Bible study or a songfest. Primarily it is the action of Christ among us gathering us into the one sacrifice He offered to His Father and feeding us with His flesh and blood (himself) that we may live lives similar to His. The Eucharist is our food for the journey. It is the mainstay of our hope that we will gradually be transformed and become worthy sons of the Father, brothers of Christ and temples of the Holy Spirit. It is also the primary way we express our gratitude to God for all that he has done for us. Of course, to believe and accept this mind-stunning truth we need the eyes of faith to see beyond the words, beyond the setting, beyond the bread and wine. How bread and wine become the body and blood of the risen and glorious Christ is not easy to explain, but we need to emphasize that it is not merely a symbolic transformation. It is the real thing!