**THE EUCHARIST**

Discussion points:

* What particular teaching in the DVD made a strong impression on you?
* How has your understanding and appreciation of the mass changed over the years?

Some key points:

* In the Eucharist, the miracle of salvation is made present and real for us: the love of Jesus on the Cross; his resurrection; Pentecost – are all brought to us now.
* Jesus is as truly present to us as he was on earth and is in heaven.
* We receive the Holy Spirit – and our spiritual energy – from the Eucharist.
* In the Mass he is there in many ways: through our faith; in the scriptures; in the ministry of the priest; in the sacrament.
* We need to be more open to what is happening in the Mass: the more present we are mentally and spiritually, the more we will benefit.
* Times of crisis can be fertile times of growth – in the Church and in our lives; the grimmest moment in history, when we killed love incarnate, was the moment when Jesus gave us himself, a share in his own divine life.
* We are brought together around Jesus – the whole Church: living around the world, and also in heaven the saints, angels, Mary, the Trinity – all united in Christ.
* We celebrate what we are now, and who we hope to be in heaven – raised & purified
* The Mass is meant to be a beautiful liturgy – a place of joy, praise, worship, helpful preaching, love of each other. But even when these are not right, Jesus is still there. What can each of us do to make it better?
* Worship Jesus, trusting he really is there. Appreciate the reality of what we believe.
* Have faith in the word; hope in the presence of Jesus; recognise that communion is love – in family, in the parish, in the world.
* We make mistakes and go astray, but Jesus still gives himself to us, shows us that the Father welcomes us as sons and daughters in whom He delights.

**Prayer:**

*Father in heaven, thank you for the love you give us through the person, the salvation and the spirit of Jesus Christ truly present in the Eucharist. Forgive us for the times we have not appreciated this gift. Help us to encounter the risen Jesus and to respond to his call to live life to the full, in the power of the Holy Spirit. In Jesus’ name. Amen.*