



Eucharist: Heart of Church's Life

Eucharisto is a Greek word meaning "to give thanks." This is what we do in our Eucharistic celebrations.

The Eucharist is the heart and high point of the Church's life. We gather in response to God's love. We try to bring our best selves and give heartfelt thanks to God. But our thanksgiving falls short of the extraordinary goodness of God. Because we are members of the Body of Christ, however, our thanks are joined to Christ's sacrifice of praise to the Father.



Christ gave his fullest self in thanksgiving to the Father when He offered Himself on the cross, once for all. Through His perfect offering, Christ pours out the grace of salvation on his Body, the Church.

What can I offer the Lord for all His goodness to me? I will bring a wine offering to the Lord, to thank Him for saving me.

(See Psalm 116:12-13)