




Eucharist: You Are What You Eat

What the Church says God does in a Sacrament really happens. What you see is what you get. In the Eucharist, when we eat and drink the consecrated bread and wine, we eat and drink the Body and Blood of Christ. This is called **Communion**. Communion transforms us, unites us more closely with Christ, and enables us to become more fully a part of the Body of Christ. This is because we are being intimately united in love with Christ. We actually become more like Christ. One reason this happens is because when we receive Communion, our venial, or less serious, sins are forgiven. Our union with Christ also strengthens us to resist more serious sins.



But this union goes even: further. When we receive Communion, we're united in love not only with Christ but also with all of his Mystical Body, the Church.

The bread we break: when we eat it, we are sharing in the body of Christ. 1 Corinthians 10:16

The word *communion* means "union with." When we celebrate the Eucharist, we are in union with all the faithful who have gone before us, all who will come after us, and, of course, all who are with us now.