

QUOTES FROM THE SAINTS

"He said: This is my Body; therefore the Eucharist is not the figure of his Body and Blood, as some have said, talking nonsense in their stupid minds, but it is in very truth the Blood and Body of Christ."

--St. Macarius the Great

"When we work hard, we must eat well. What a joy, that you can receive Holy Communion often! It's our life and support in this life -- Receive Communion often, and Jesus will change you into himself."

--Saint Peter Julian Eymard

"This supernatural bread and this consecrated chalice are for the health and salvation of mankind."

--St. Cyprian

"Every time you visit the Church for the love of Christ, His heart draws us in an embrace of sheer delight. The tabernacle is like Mary's womb wherein dwells the same Christ who reigns above, adored by angels, He who enters our bodies and souls."

--St. Margaret Mary Alacoque

"Live on the divine Eucharist, like the Hebrews did on the Manna. Your soul can be entirely dedicated to the divine Eucharist and very holy in the midst of your work and contacts with the world."

--St. Teresa of Avila

"Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart...don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love. Receive Communion often, very often. There you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing."

--St. Therese of Lisieux

"I hunger for the bread of God, the flesh of Jesus Christ; I long to drink of his blood, the gift of unending love."

--St. Ignatius of Antioch

"If Christ did not want to dismiss the Jews without food in the desert for fear that they would collapse on the way, it was to teach us that it is dangerous to try to get to heaven without the Bread of Heaven." -

--St. Jerome

"Holy Communion assures me that I will win the victory; and so it is. I fear the day when I do not receive Holy Communion. This bread of the Strong gives me all the strength I need to carry on my mission and the courage to do whatever the Lord asks of me. The courage and strength that are in me are not of me, but of Him who lives in me - it is the Eucharist."

--St. Faustina

WHY IS THE EUCHARIST SO IMPORTANT?

Recent polls have shown that roughly only 1/3 of Catholics believe in the official dogma of the Church that the Eucharist IS the actual body, blood, soul, and divinity of Jesus Christ. Sadly, 2/3 mistakenly believe that the Eucharist is only a "symbol" of Jesus!

The Church calls the "Eucharist" ("Thanksgiving") the source and summit of Christian life. The word "Communion" comes from the Latin words "cum" (with) plus "unus" (oneness or union). In other words, we become one with Christ after partaking of the Eucharist! This cannot be done with a symbol, any more than communing with nature can be done by sitting amid plastic plants (symbols of nature). Eating a plastic banana (a symbol of a real banana) does not give you the nourishment that an actual banana does. Just so, only eating a symbol of Jesus does not make you one with Christ.

No longer do we have to part of the genealogy of Jesus to be his blood relatives. Instead, we become his blood relatives by having his actual blood flow in our veins and arteries after consuming his precious blood at Mass.

And since Jesus is the King of Heaven and earth, then what will that make us, his sons and daughters in the Kingdom? His servants now, but Princes and Princesses after death!

St. Peter says in the Bible that the devil goes around like a roaring lion, looking for someone to devour, so as to drag him into hell. But Jesus, the Lion of the tribe of Judah, instead desires us to devour Him in the Eucharist, so as to lift us up to Heaven!

Whereas eating the forbidden fruit from the Tree of Knowledge of Good and Evil led mankind to death, eating the fruit from the Tree of Life (the Cross), the Eucharist, instead leads us to eternal life.

Just as Moses fed the thousands of Israelites in the desert with the supernatural bread from Heaven, manna, just so, Jesus feeds billions of His followers with the new supernatural bread from heaven, the Eucharist, to overcome the modern world, which is even more of a vast desert than that of Moses' day. Instead of sand, snakes, and scorpions, we today have even more dangers, like rampant pornography, drugs, abortion, adultery, fornication, and the love of money over God, which can kill our souls.

THE EUCHARIST IN THE BIBLE

Genesis 14:18:And Melchizedek, king of Salem, brought out bread and wine; he was priest of God Most High.

Exodus 12: 5:-THE PASSOVER LAMB - Your lamb shall be without blemish, a male a year old; you shall take it from the sheep or from the goats; 6:and you shall keep it until the fourteenth day of this month, when the whole assembly of the congregation of Israel shall kill their lambs in the evening.7:Then they shall take some of the blood, and put it on the two doorposts and the lintel of the houses in which they eat them.8:They shall eat the flesh that night.

Exodus 16:4: - THE MANNA FROM HEAVEN - Then the Lord said to Moses, "Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may prove them, whether they will walk in my law or not.

Isaiah 62:8:The Lord has sworn by his right hand and by his mighty arm: "I will not again give your grain to be food for your enemies, and foreigners shall not drink your wine for which you have labored; 9 but those who garner it shall eat it and praise the Lord, and those who gather it shall drink it in the courts of my sanctuary."

John 6:11 - MULTIPLICATION OF THE LOAVES - Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted.12: And when they had eaten their fill, he told his disciples, "Gather up the fragments left over, that nothing may be lost."

John 6:27: Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal."

John 6: 48: I am the bread of life.49:Your fathers ate the manna in the wilderness, and they died.50:This is the bread which comes down from heaven, that a man may eat of it and not die. 51: I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

Matthew 26: 26: Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is my body."27:And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you; 28: for this is my blood of the covenant, which is poured out for many for the forgiveness of sins .

Revelation 2:17:He who has an ear, let him hear what the Spirit says to the churches. To him who conquers I will give some of the hidden manna.

Revelation 3:20:Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

FROM THE CATECHISM

1376 The Council of Trent summarizes the Catholic faith by declaring: "Because Christ our Redeemer said that it was truly his body that he was offering under the species of bread, it has always been the conviction of the Church of God, and this holy Council now declares again, that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called transubstantiation."

1377 The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsist. Christ is present whole and entire in each of the species and whole and entire in each of their parts, in such a way that the breaking of the bread does not divide Christ.

1378 Worship of the Eucharist. In the liturgy of the Mass we express our faith in the real presence of Christ under the species of bread and wine by, among other ways, genuflecting or bowing deeply as a sign of adoration of the Lord. "The Catholic Church has always offered and still offers to the sacrament of the Eucharist the cult of adoration, not only during Mass, but also outside of it, reserving the consecrated hosts with the utmost care, exposing them to the solemn veneration of the faithful, and carrying them in procession."

1381 "That in this sacrament are the true Body of Christ and his true Blood is something that 'cannot be apprehended by the senses,' says St. Thomas, 'but only by faith, which relies on divine authority.' For this reason, in a commentary on Luke 22:19 ('This is my body which is given for you.'). St. Cyril says: 'Do not doubt whether this is true, but rather receive the words of the Savior in faith, for since he is the truth, he cannot lie.

