

Effects of the Catholic Eucharist

1. I become Jesus. I develop a deeper intimacy & love for Him.
2. I renew my covenant, begun at baptism every time I receive the Eucharist. I say yes to Jesus and His great love for me.
3. Remission of my venial sins and it strengths me not to commit more.
4. The Bible has deeper meaning. I get to know the Father, Son and Holy Spirit better.
5. Sometimes there is physical healing.
6. Relationships are healed, in the family, parish, work, country, world.
7. We receive spiritual consolation in our sorrows. We will all meet again in heaven. We are eternally united with those who go before us.
8. The Eucharist preserves us from mortal sin.
9. It helps the souls in purgatory.
10. Our faith becomes stronger. We receive strength for the journey.
11. Masses can be offered for the healing of our family tree.
12. Unity between us and Jesus strengthens our unity with all others as we see each person as another Jesus. We are Jesus' brothers and sisters as we are nourished with His life.
13. Every Eucharist we receive is a participation in the eternal life of the Trinity on earth, and a foretaste of heaven.
14. I become closer to the people I go to Mass with- friendships are formed within the community.
15. Receiving communion can feed us physically. Think of all the saints who ate only the Eucharist and lived for years on It.

St Cyril of Jerusalem (c. 350 A.D.) "Keep these traditions undefiled, and keep yourselves free from offense. Never cut yourselves off from Communion; never let yourselves be deprived, through the pollution of sin, of these holy and spiritual mysteries."

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