

# Eucharist Parent/Adult Catechesis 7:2

## Communion

Read the following selections from the letters of St. Paul.

The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread. (1 Corinthians 10:16–17)

For in Christ Jesus you are all children of faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. (Galatians 3:26–28)

Reflect on the following points, drawn from the readings:

- Paul calls our reception of the Cup of Blessing a “sharing” or participation

in the Blood of Christ. Certainly, we believe that we drink the Blood of Christ, present in the form of wine. But we also participate in the sacrifice of Christ, symbolized by his Blood, by continuing his work on earth through our acts of service and in the virtue of our lives.

- In becoming a man, the Son of God entered into the fullness of human life and into solidarity with each of us. In eating his Body, we complete that cycle of solidarity by entering into solidarity with the divinity of Christ.
- We also enter into solidarity with each other through our common reception of the one Lord. In the Eucharist, all of the superficial things that we allow to separate us melt away. Wealth, social status, race, gender—these things mean nothing when it comes to our common identity as children of the Father and brothers and sisters in Christ.