

## Notes from the Liturgist...

### THE EFFECTS OF HOLY COMMUNION

#### **Holy Communion Augments our Union with Christ...**

- The principal fruit receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus.

#### **Holy Communion Separates us from Sin...**

- The Body of Christ we receive in Holy Communion is given up for us and the blood we drink shed for the many for the forgiveness of sins.

#### **The Unity of the Mystical Body: The Eucharist makes the Church**

- Those who receive the Eucharist are united more closely to Christ. Through it Christ unites them to all the faithful in one body – the Church.

#### **The Eucharist Commits us to the Poor...**

- To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren.

#### **The Eucharist and the Unity of Christians...**

- Before the greatness of this mystery St. Augustin exclaims O sacrament of devotion! O sign of unity! O bond of charity.

#### **The Eucharist Helps us to become more Mature in Faith...**

- It helps us to become like Christ to others.