

The Eucharist: Communion and Sending Forth

Chapter 32 Summary

Chapter Learning Objectives

- The participants will examine common gestures and postures that help lead us to communion and unite us in prayer.
- The participants will understand that sharing in the Eucharist is a sharing in the life of Christ and in the life of his Church.

Content Summary

1. *Communion* means the receiving of the Body and Blood of Christ.
2. *Communion* also means our union with Christ and one another, especially when we eat and drink his Body and Blood.
3. The Communion Rite is the high point of the Sacrament of the Eucharist.
4. After the Eucharistic Prayer is finished, we pray the Lord's Prayer, the prayer that Jesus taught his own disciples. In this prayer we promise to forgive one another.
5. At the Sign of Peace, we put our promise into action and share a sign of peace with one another.
6. At the Fraction of the Bread, the priest breaks the consecrated Host into smaller pieces so that it can be shared. At this time we sing a litany, the Lamb of God.
7. We are then invited to come to Communion and to receive the Body and Blood of Christ. As we share Communion, we sing together to show our union with one another through the Holy Spirit. In Communion we become one with the Body of Christ in his very Body and in the Body of Christ that is the Church.
8. After a short time of silence or a song of praise, we give thanks to God for the gift of the Eucharist. We end the Communion Rite with a prayer asking that the Communion we have shared will change our lives.
9. After the Final Blessing, we are sent out to announce the Good News of the Gospel with our lives.

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