



## Our active participation in the liturgy is a reflection of our active participation in the mission of Christ.

**W**hen it comes to the liturgy, it is not enough simply to be present, because we are not to be “silent spectators” or consumers, but devout collaborators with Christ in the holy work of redemption. Our active participation in the liturgy is a reflection of our active participation in the mission of Christ. Gathering time and again to celebrate the liturgy, we experience and participate in Christ’s self-offering in the Eucharist. And even as we share in the fruits of his sacrificial love, we are called to make that love the model of our own lives: We are called to offer ourselves for others. The liturgy is not only the model for our lives, but forms us to live our day-to-day lives with this same sacrificial love of Christ.

This way of life is captured beautifully in the Morning Offering prayer: “Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day ... in union with the Holy Sacrifice of the Mass.” The divine life of Christ shared with us in baptism is nourished in us with every Eucharist that we may complete the mission of Christ in our lives. The Catholic life is a Eucharistic life. We, too, are to be blessed, broken, multiplied, and shared so that others may come to know Jesus Christ (see John 6:1-15). Our faith is to be integrated into every aspect of our life, because as Catholics we no longer live for self, but it is Christ who lives in us (see Galatians 2:20).

Archbishop Paul D. Etienne  
*The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle*  
Read the whole pastoral letter at [NWCatholic.org](http://NWCatholic.org)

## St Catherine of Siena on, the Eucharist

By this light I shall come to know that you, eternal Trinity, are *table* and *food* and *waiter* for us. You, eternal Father, are the *table* that offers us as *food* the Lamb, your only-begotten Son. He is the most exquisite of foods for us, both in his teaching, which nourishes us in your will, and in the sacrament that we receive in holy communion, which feeds and strengthens us while we are pilgrim travelers in this life. And the Holy Spirit is indeed a *waiter* for us, for the Spirit serves us this teaching by enlightening our mind’s eye with it and inspiring us to follow it. And the Spirit serves us charity for our neighbors and hunger to have as our food.



St. Catherine of Siena  
(1347-1380)

## For Reflection

Are there aspects of my life that I keep separate from my faith life?

Where can I integrate my faith more fully in every aspect of my life?

What does it mean to live a “Eucharistic life”?