



And to be Christ's Body is to carry on the mission of Christ in the world.

When the Church celebrates the Eucharist, it is not the bread and wine alone that are transformed into the Body and Blood of Christ. We must be transformed as well. When we present our gifts of bread and wine, along with any collection, we symbolically place ourselves upon the altar, that we may become (along with the bread and wine) the Body of Christ. When we receive the Body and Blood of Christ, we become what we receive — we are incorporated into Christ's Body. St. Augustine said to his congregation, "So, if you want to understand the body of Christ, listen to the apostle telling the faithful, You, though, are the body of Christ and its members (1 Corinthians 12:27). If it is you that are the Body of Christ and its members, it is the mystery meaning you that has been placed on the Lord's table; what you receive is the mystery that means you."

And to be Christ's Body is to carry on the mission of Christ in the world. This mission at its core is to proclaim the Word of Christ, to celebrate his sacraments, and to extend his love through lives of charity.

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

The Saints and the Eucharist

How beautiful is the Mass, especially when celebrated in a cathedral filled like ours on Sundays, or even when celebrated simply in village chapels with people full of faith, who know that Christ, the King of Glory, Eternal Priest, is gathering together all that we bring him from the week: sorrows, failures, hopes, plans, joys, sadness, pain! How many things each one of you, brothers and sisters, brings to your Sunday Mass! And the Eternal Priest gathers them in his hands and by means of the human priest who celebrates lifts them up to the Father.



St. Oscar Romero
(1917-1980)

For Reflection

What do I bring to the altar today? What joys or sorrows, what successes or failures, can I offer to God in love and thanksgiving?

Do I have the courage to ask God to transform my life as he transforms the bread and wine into the Body and Blood of Christ?