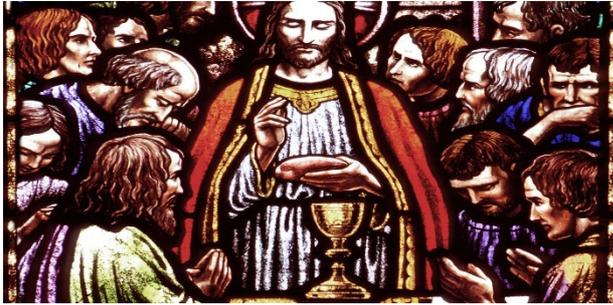


## **DIPPING INTO THE CATECHISM**

31

From the Compendium of the Catechism: paragraphs: 289 – 294



### **Why is the Holy Eucharist the paschal banquet?**

The Holy Eucharist is the paschal banquet in as much as Christ sacramentally makes present His Passover and gives us His Body and Blood, offered as food and drink, uniting us to Himself and to one another in His sacrifice.

### **What is the meaning of the altar?**

The altar is the symbol of Christ Himself who is present both as sacrificial victim (the altar of the sacrifice) and as food from heaven which is given to us (the table of the Lord).

### **When does the Church oblige her members to participate at Holy Mass?**

The Church obliges the faithful to participate at Holy Mass every Sunday and on holy days of obligation. She recommends participation at Holy Mass on other days as well.

### **When must one receive Holy Communion?**

The Church recommends that the faithful, if they have the required dispositions, receive Holy Communion whenever they participate at Holy Mass. However, the Church obliges them to receive Holy Communion at least once a year during the Easter season.

### **What is required to receive Holy Communion?**

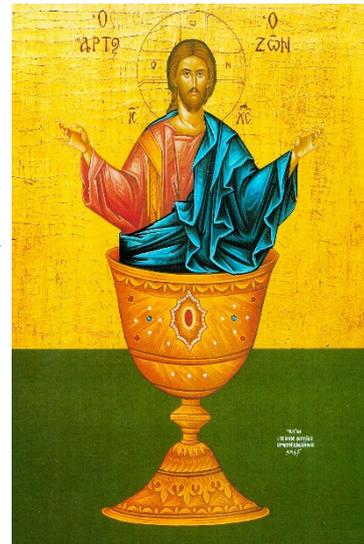
To receive Holy Communion one must be fully incorporated into the Catholic Church and be in the state of grace, that is, not conscious of being in mortal sin. Anyone who is conscious of having committed a grave sin must first receive the sacrament of Reconciliation before going to Communion. Also important for those receiving Holy Communion are a spirit of recollection and prayer, observance of the fast prescribed by the Church, and an appropriate disposition of the body (gestures and dress) as a sign of respect for Christ.

## What are the fruits of Holy Communion?

Holy Communion increases our union with Christ and with His Church. It preserves and renews the life of grace received at Baptism and Confirmation and makes us grow in love for our neighbour. It strengthens us in charity, wipes away venial sins and preserves us from mortal sin in the future.

## When is it possible to give Holy Communion to other Christians?

Catholic ministers may give Holy Communion licitly (i.e. legally under Church law) to members of the Oriental Churches which are not in full communion with the Catholic Church whenever they ask for it of their own will and possess the required dispositions. Catholic ministers may licitly give Holy Communion to members of other ecclesial communities only if, in grave necessity, they ask for it of their own will, possess the required dispositions, and give evidence of holding the Catholic faith regarding the sacrament.



## Why is the Eucharist a “pledge of future glory”?

The Eucharist is a pledge of future glory because it fills us with every grace and heavenly blessing. It fortifies us for our pilgrimage in this life and makes us long for eternal life. It unites us already to Christ seated at the right hand of the Father, to the Church in heaven and to the Blessed Virgin and all the saints.

In the Eucharist, we “break the one bread that provides the medicine of immortality, the antidote for death and the food that makes us live forever in Jesus Christ” (Saint Ignatius of Antioch)

*It is essential that every Catholic has access to good Catechesis to be able to deepen their faith. The Diocese of Plymouth recommends the many Catechetical Workshops from 'Franciscan at Home,' for more information on access to these and online or real group sessions contact [deborah.vankroonenburg@prcdtr.org.uk](mailto:deborah.vankroonenburg@prcdtr.org.uk)*