

Sunday Mass reflections

Jesus is present in the Bread and Wine at Mass

Each Sunday we are given the gift of Jesus' life, energy, love and power in the Eucharist. We call this transubstantiation. In some real, yet miraculous way, the substance of the wheat and grape cells look the same but they are truly something else in spite of this. The bread and wine becomes Jesus for us.

They become Jesus for us.

For this reason going to Mass is the most important thing we as Catholics do. All the rest; the good deeds, the kind nature, the generosity, the acceptance of everyone, the concern for the poor and justice, all come from us eating the Bread that is Jesus. In short we need the food to strengthen our connection to God and give us power to make good choices. This is what we believe.

You are asked to write down thoughts about six (6) masses during this year. You have been given two blank pages to fill in. Below see a sample filled in for you to demonstrate how to do this.

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Date _____ Time _____

Celebrant (priest's name) _____

Gospel Evangelist, (writer) _____ Citation, (ch and verse) _____

Brief summary of the Gospel:

Reflection: Your thoughts on what the Gospel means for you. What can you learn from this scripture passage for your life today?

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