

THREE TO GET MARRIED

Marriage & the Eucharist

“Having passed from this world to the Father, Christ gives us in the Eucharist the pledge of glory with him. Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.” Catechism of the Catholic Church # 1419

Things to Remember... *

- ❖ We thank and praise God the Father for the life, death and resurrection of his Son at every Mass.
- ❖ The Mass is the sacrificial memorial of Christ and his Body (CCC no. 1358).
 - The Mass makes present the sacrifice of Christ on the cross.
 - At the Last Supper, Jesus asked us to do this in memory of him.
- ❖ The Mass is the presence of Christ (CCC no. 1358).
 - Christ is present in the congregation.
 - Christ is present in the words of Sacred Scripture.
 - Christ is present in the priest who acts in “persona Christi” (the person of Christ).
 - Christ is present especially in the Eucharist with his body, blood, soul and divinity.
- ❖ During the Mass the priest consecrates the bread and wine, just as Jesus did at the Last Supper.
- ❖ Jesus remains with us in the Eucharist even after Mass.
- ❖ The Mass is the most effective source of grace we have on earth, and our dispositions affect the grace we receive. **
 - Increased union with Jesus.
 - Forgiveness of less serious (venial) sin.
 - Protection from serious (moral) sin.
 - Strength for the challenges and temptations of daily life.
 - Union with fellow Catholics and the Church in heaven.
 - Gives us the pledge of eternal life (CCC nos. 1416-1419)
- ❖ Confession and Holy Communion are the “bread and butter” of a Catholic’s journey. These are the sacraments we should receive frequently because they sustain and heal us on our journey towards God.

Keep Learning!

For better knowledge of our Faith and understanding God's plan:

Rediscovering Catholicism by Matthew Kelly

The Faith Explained by Leo Trese (a bit dated in the applications of some parts –written in 1965 - but otherwise very lucid and easy-to-grasp explanation of the essentials of the Catholic faith)

Introduction to Christianity by Joseph Ratzinger (a denser but very illuminating exposé of the reason why and what we believe as Christians)

Mere Christianity by C.S. Lewis (a very famous defense of the Christian faith and what it is supposed to help us do and become)

He Leadeth Me by Walter Ciszek (an autobiography of a priest in the Soviet gulags explaining what true faith looks like through his own struggle)

For better knowledge of friendship with God, the importance of prayer and how to do it:

Prayer Primer by Fr. Thomas Dubay

Navigating the Interior Life by Daniel Burke

Time for God or **Thirsting for Prayer** or any other book by Fr. Jacques Phillippe (these are short)

The Better Part by Fr. John Bartunek (a good resource to understand the Gospels better and learn how to pray meditating on God's word with a simple method and series of questions to ask yourself)

Filled with All the Fullness of God: An Introduction to Catholic Spirituality by Fr. Thomas McDermott

Fire Within by Fr. Thomas Dubay or **When the Well Runs Dry: Prayer beyond Beginnings** by Fr. Thomas Greene for someone familiar with prayer and seeking some deeper insights into advancing their relationship with God.

* Archdiocese of Boston, *Transformed in Love*, 2013, Pauline Book & Media, 245-249.

** John Hardon, SJ, *The Sacrifice Sacrament of the Holy Eucharist*, 1998, as accessed on May 2012 at http://www.therealpresence.org/archives/Mass/Mass_008.htm.