

# Eucharist as Self-giving

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## Introductory Remarks

- Eucharist is a *mystery*
  - Clarification: Eucharist, Mass, Communion
  - Can never exhaust its depths and riches
  - Makes present the saving mystery of Christ
    - Paschal Mystery in the here and now
    - Paschal Mystery as a way of life
  
- Enriches us in many ways
  - The risen Christ's continued Presence
  - The risen Christ's continued nourishment
  - The risen Christ's continued Self-giving



## 1. Self-giving

- Self-giving = sacrifice = to make holy
- Spending self for the good of others
- Imitates Jesus' life and ministry

## 2. Elements of Eucharist that Invite Self-giving

- Entrance procession
- Sign of the Cross
- Collect
- Gospel
- Profession of Faith
- Universal Prayer
- Presentation of Gifts
- Water into chalice filled with wine
- *Epiclesis* over the gifts
- Institution Narrative
- *Epiclesis* over the people
- Offering
- Intercessions
- Amen
- Rite of Peace
- Commingling
- Holy Communion
- Thanksgiving
- Dismissal