The Eucharistic Celebration is much more than just a feast;

it is precisely the memorial of the paschal mystery of Jesus,

the central mystery of salvation.

“Memorial” does not mean just a memory, a simple memo0ry,

but it means that every time we celebrate this sacrament,

we share in the mystery of the passion, death and resurrection of Christ.

The Eucharist constitutes the pinnacle of God’s saving action.

The Lord Jesus,

making himself bread broken for us,

pours on us all his mercy and love,

so as to renew our hearts, our lives

and the way we relate to him and to others.

That is why, approaching the sacrament,

people commonly use the phrases

“to receive communion”,

“to make communion.”

This means that through the power of the Holy Spirit,

participation at the Eucharistic table conforms us

in a unique and profound love for Christ

giving us now a foretaste of that full communion with the Father

that characterizes the heavenly banquet,

where with all the saints we will have

 the joy of contemplating God, face to face.

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**Pope Francis** explained the **power** of the **Eucharist**

during his weekly general audience Feb. 5

Translated into English