



## MARCH 2023

### From the Catechism of the Catholic Church, paragraph 1365

"Because it is the memorial of Christ's Passover, the Eucharist is also a sacrifice. The sacrificial character of the Eucharist is manifested in the very words of institution: 'This is my body which is given for you' and 'This cup which is poured out for you is the New Covenant in my blood.' [Lk 22:19-20.] In the Eucharist Christ gives us the very body which he gave up for us on the cross, the very blood which he 'poured out for many for the forgiveness of sins.' [Mt 26:28]"

**Quote:** "Consider the generosity of our Savior: what He acquired by dying becomes ours by eating. As often as we receive this Sacrament with proper dispositions, we make our own the fruits of all the labors, injuries and sufferings of His life, especially those borne at the time of His passion and death. Just as the power and the sensations of the head reach all the members of the body, in the same way, because Christ is "the head of the Church which is His Body" (Eph. 1:23), the treasures of His grace are made abundantly available to all who through charity are one with Him as living members."

- *Louis of Grenada (1554-1623)*

**Reflection:** Where do I picture myself within Christ's Body?

**Prayer:** Lord Jesus Christ, by your grace, help me to share more abundantly in the grace of your blessings upon the Church. May your Spirit instill within me the desire to serve the least of your brothers and sisters with all my heart, with all my mind, and with all my strength. We make this prayer through Christ our Lord.