

have done to me- I still completely love you and forgive you. Don't feel helpless about not being able to have a perfect relationship with me- try –saying you are sorry for your sins along the way- because I will always love you and forgive you. You too can share everlasting life with me and my father in heaven.'

That is why we say he died for our sins. There was now no need to sacrifice Lambs (spill their blood for the forgiveness of sins- this was something the Israelites often did at that time) because Jesus was the perfect sacrifice; that is why he is referred to as the Lamb of God. The blood spilt from Jesus was enough to wash away all the sins of the world.

I am attempting to explain the 'Sacred mysteries' so don't worry if you are not 100% sure about this.

Please remember every time a Catholic receives the Eucharist she/he is remembering Christ's cross, death and resurrection. And that person is receiving Jesus in a very special way taking their communion. (Remember after the consecration by the priest- Catholics believe Jesus is truly present in the bread and the wine.) They are 'taking Jesus in' and using his body and blood as spiritual sustenance in order to help them become more 'Christ-like' in their hearts- for that is their mission.

Sacraments – ‘outward signs of an inward grace’

The Eucharist

This is the central sacrament in the Catholic Church. All other sacraments ‘orbit’ it rather like our planets orbit the sun.

Its roots- its beginnings- are to found at THE LAST SUPPER. This was in fact a Passover celebration Jesus was sharing with his disciples- At THE LAST SUPPER Jesus took some bread, broke it and gave it to his disciples and said ‘this is my body which will be given up for you’. He also took the wine and said ‘This is my blood the blood of the new and everlasting covenant it will be shed for you and for all men- drink this in memory of me’.

They didn’t quite understand at the time because Jesus had not been crucified and neither had he resurrected (remember it was the night before). It is only after these events that the true meaning of the Eucharist emerges.

THIS IS KEY- IF YOU UNDERSTAND THIS YOU ARE ABLE TO ANSWER MANY QUESTIONS ON THE SACRAMENT OF THE EUCHARIST.

When Catholics celebrate the Eucharist they are in fact celebrating Christ’s victory over death.

By eating ‘his body’ and drinking ‘his blood’ they are remembering his life death and resurrection done on behalf of them.

Mankind committed the *worse possible sins* by rejecting, torturing and crucifying God which Christ accepted but then by rising again bodily God was saying ‘fear not- death cannot hold me- nor can it hold you- if you understand that even now after the things you