

## THE BEAUTY OF THE MASS—1

The Catechism of the Catholic Church (1324-1327) states that “*the Eucharist is the ‘source and summit of the Christian life.’*” The other Sacraments, and indeed all the ecclesial ministries and works of the Apostolate, are bound up with the Eucharist and are oriented toward it. For in the Blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself.

The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the People of God by which the Church is kept in being. It is the culmination both of God’s action sanctifying the world in Christ and of the worship men offer to Christ and through Him to the Father in the Holy Spirit.

Finally, by the Eucharistic celebration, we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all. In brief, the Eucharist is the sum and summary of our faith: our way of thinking is attuned to the Holy Eucharist, and the Holy Eucharist in turn confirms our way of thinking.