



*the power of the Eucharist to heal and forgive?*

The Eucharist gives innumerable, precious graces to us if we are properly disposed. It is an intimate encounter - we sacramentally receive Christ, Body and Blood, Soul and Divinity, into our bodies that we may be more completely assimilated into his. We are strengthened because Jesus forgives our venial sins and gives us the strength to resist mortal sin. Jesus said, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day." (John 6:53) Let us cherish the Eucharist as a treasure of immeasurable worth and properly prepare to receive His healing grace! *Want to know more? Our Adult Formation offerings cover this and much more!*