



*we must prepare before Mass to receive Christ?*

“Unless you eat the flesh of the Son of man and drink his blood, you have no life in you.” To respond to this great and holy invitation, we must prepare. For this reason, the Church provides guidelines based on Scripture (1 Cor 11) and Canon Law: we must be in a state of grace, have been to confession since our last mortal sin, believe that the Body, Blood, Soul and

Divinity of Christ is present in the Eucharist (transubstantiation), and we must observe the Eucharistic fast - abstain from food or drink (except water and medicine) for at least one hour before Communion (the elderly, the ill, and their caretakers are excused). Preparation protects us and makes us better disposed to receive His grace. *Want to know more? Our Adult Formation offerings cover this and much more!*