

The Liturgy of the Eucharist

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In the Eucharistic Prayer, we pray to God the Father, through the Son, that the Holy Spirit will transform bread and wine into the Body and Blood of Christ so that we might enter deeper communion with God and one another. We pray that we too may be transformed. Because this prayer is the center and summit of the Mass, everything that happens in the liturgy is leading us to this high point. Following the Eucharistic Prayer, we pray the Lord's Prayer, and share the Sign of Peace. As Christ offers us peace, we extend that peace to others. At peace with one another through Christ, we dare to approach the altar to receive his Body and Blood. The Liturgy of the Eucharist concludes with a period of silent prayer and the Prayer after Communion. Through this prayer spoken by the priest, we pray for Christ's Body and Blood to bear fruit in our lives.

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