



Sunday is **A DAY OF UNITY**

From Sacred Scripture

John 17:20-23

I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me.

From the Mass, Source and Summit of Life

Receiving Communion at the Eucharistic Table is a sign of Unity in the Body of Christ.

“Humbly we pray that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit” (Eucharistic Prayer II).

From the Riches of Our Faith

Parishes gather people who think about things differently, experience life differently, and live their lives differently, yet can meet around the same Eucharistic table despite their differences and receive the Body and Blood of the Lord together. Any movement toward unity that takes place in parishes has its origins in the Eucharistic feast. Different people with one faith sharing in one meal are drawn closer to one another in Holy Communion.

Only the Holy Spirit through the grace of the celebration of the Eucharist could bring together in the same pew a bank president, a person who lives on the street, a single mother with a rambunctious toddler and two fashionable urbane millennials.

From the moment, myrrh bearers found Christ's empty tomb, Sunday was known as the Lord's Day. By definition, each Sunday is a call to Christian unity since it is on this day that we are called to communion with the Lord, by the Lord. Despite all of the challenges that have tugged at the threads of Christian unity, the Lord's Day remains the one, unassailable marker of Christian unity since it is on this day that all of us, despite our many differences, gather together as believers in Christ.

"If you wish to be the body of Christ and His members, your mystery lies on the Lord's table, you receive your mystery...For you bear the body of Christ and you answer Amen. Be therefore a member of Christ's body in order that your Amen may be true" (Saint Augustine, Sermon 272).

"The celebration of Sunday observes the moral commandment inscribed by nature in the human heart to render to God an outward, visible, public, and regular worship 'as a sign of his universal beneficence to all.'

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Sunday worship fulfills the moral command of the Old Covenant, taking up its rhythm and spirit in the weekly celebration of the Creator and Redeemer of his people" (CCC, 2176).

In communal worship of the Most Holy Trinity, the Church fulfills the law written in the heart of each human being by the Creator Himself. Together, unified in doctrine and in worship, we present to the Father the gift given us by the Son: His very life, on behalf of all and for the salvation of all, until He returns.

Live It!

- What can you do to bring our unity in the Eucharist beyond the walls of our Church? What can you do to work for the common good of all God's children?
- Where do you find a lack of unity in your life? It may be with a person or group of people. Pray for that person or group of people as well as an understanding for yourself.
- Engage in a conversation with someone and actively listen to them so the other person feels heard and understood.

Sacred Scripture throughout the Week

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| 1. Psalm 133:1 | How good it is when God's people live in unity. |
| 2. John 15:5, 7-9 | Remain in my love. |
| 3. Romans 12:4-8 | Many parts in one body. |
| 4. 1 Corinthians 10:16-17 | We are one body. |
| 5. Ephesians 4:1-6 | Preserve unity through the bond of peace. |
| 6. Philippians 2:1-2 | Complete my joy by being of the same mind. |

Remember, Sunday is a Day of Unity.
