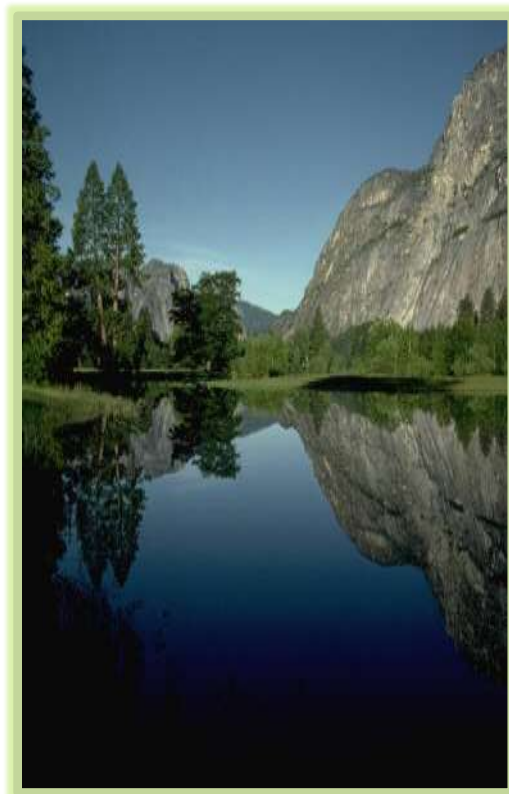


Discussion – Period One:

1. What part in your life's rhythm does the Holy Eucharist play?
2. Your young friend complains to you that “Mass is so boring! It's always the same thing...” How would you answer this complaint since you have attended these sessions?
3. What was the most powerful Mass you participated in? What did you bring to it? How were you transformed?



Discussion – Period Two

1. What will you bring to the altar the next time you go to Mass?
2. How does receiving Holy Communion change the way you experience your life?
3. After Mass, in what way do you look like someone who has been to Holy Eucharist?