

## **Introduction to Become One Body One Spirit in Christ**

**'Become One Body One Spirit in Christ'** is an interactive DVD that has been produced as a catechetical resource for English-speaking Catholics throughout the world. It contains a wealth of material about the way in which the Eucharist is celebrated.

There are five pathways in the resource, entitled **'Celebrating the Eucharist'**, **'Exploring the Mass Through the Ages'**, **'Crafting the Art of Liturgy'**, **'Living a Eucharistic Life'**, and **'Receiving This English Translation'**. Each section is based on a foundational essay written by an expert in sacramental theology and liturgy. The essays are backed up by video, text, graphics and music to help users to enrich their understanding and deepen their appreciation of the Eucharist.

Parishes and individuals have been invited to purchase copies of the DVD for study and teaching.

For more information, see <http://www.becomeonebodyonespiritinchrist.org>