

Living a Eucharistic Life in 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 provides five Pathways for deepening our understanding of the meaning and significance of the Eucharist in our lives

The **'Living a Eucharistic Life'** pathway focuses on the call to live the mission of the Gospel in our daily lives and explores aspects of how we are called to live our Catholic and Christian faith.

There are three sections within this pathway: **'Dismissal for Mission'**, **'Believe, Pray and Act'** and **'Renewal of Hope'**.

'Dismissal for Mission' explores how we are called to live out the mission of the Gospel in our daily lives.

'Believe, Pray and Act' challenges us to see the connection between what we believe and how we should live out our lives.

'Renewal of Hope' presents expressions of hope from each of the key Contributors for a deepened understanding of the meaning of Eucharist in our lives.