

If our Eucharistic worship is authentic, it must make us grow in awareness of the dignity of each person. The awareness of that dignity becomes the deepest motive of our relationship with our neighbor. We must also become particularly sensitive to all human suffering and misery, to all injustice and wrong, and seek the way to redress them effectively.

Saint Pope John Paul II, Dominicae Cenae #6, 1980

The relationship between the eucharistic mystery and social commitment must be made explicit. The Eucharist is the sacrament of communion between brothers and sisters who allow themselves to be reconciled in Christ... The recognition of this fact leads to a determination to transform unjust structures and to restore respect for the dignity of all men and women, created in God's image and likeness. Through the concrete fulfillment of this responsibility, the Eucharist becomes in life what it signifies in its celebration.

Pope Benedict XVI, Sacramentum Caritatis #89, 2007

The celebration of the Eucharist thus becomes a constant summons for everyone "to examine himself or herself" (1 Cor 11:28), to open the doors of the family to greater fellowship with the underprivileged, and in this way to receive the sacrament of that eucharistic love which makes us one body... When those who receive it turn a blind eye to the poor and suffering, or consent to various forms of division, contempt and inequality, the Eucharist is received unworthily. On the other hand, families who are properly disposed and receive the Eucharist regularly, reinforce their desire for fraternity, their social consciousness and their commitment to those in need.

Pope Francis, Amoris Laetitia #186, 2016