

Catechism 101...

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...**grace and truth came through Jesus Christ.** - John 1:17b



"Since Christ Himself said in reference to the bread:
"**This is My Body,**" who will dare remain hesitant?

And since with equal clarity He asserted: "**This is My Blood,**"
who will dare entertain any doubt and say that this is not His Blood? ..

You have been taught these truths.
Imbued with the certainty of faith, you know that what seems to be bread
is not bread but the **Body of Christ**, although it seems to be bread when
tasted. You also know that what seems to be wine is not wine
but the **Blood of Christ** although it does taste like wine."

- From a catechetical instruction given by St Cyril for his successor, John - 4th c

St Cyril of Alexandria

370-444

Bishop, Doctor of the Church

Preeminent role at Council of Ephesus

This Council defined the inseparable unity of the divine and human natures of Christ, and thus the appropriateness of invoking the Blessed Virgin Mary under the title of "Theotokos" or Mother of God.

FEAST DAY - June 27

"In Cana of Galilee Christ changed water into wine, and shall we think Him less worthy of credit when He changes wine into His Blood? - *St Cyril of Alexandria*

[Click here: St. Cyril of Alexandria - YouTube \(2 mins\)](#)

St Cyril of Alexandria, pray for us!

