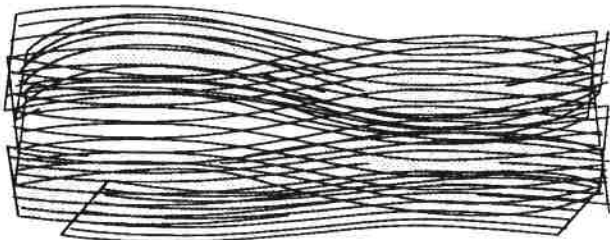


THE SACRAMENT OF HOLY EUCHARIST

The Family of God

The Church is a family. We became part of this family at our Baptism. At Baptism we become children of God. Baptism is the sacrament of new life given to us by Jesus.

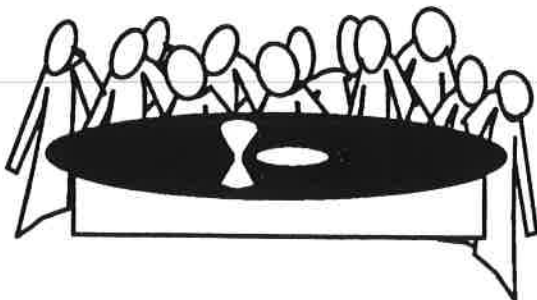
Some people only think of the church as a building where we go to pray. But when we talk about church, we mean the people. Belonging to the church means we belong to the People of God. At Baptism we become Catholics. We are baptized in the name of the Father, and of the Son, and of the Holy Spirit. We promise to follow Christ as Christians.



Holy Eucharist

In the sacrament of Holy Eucharist, we receive Jesus in the form of bread and wine. Holy Eucharist is the sacrament of the Body and Blood of Jesus.

By receiving Eucharist, we unite with Christ in a special way. We call this union with Jesus in the Eucharist Holy Communion. The celebration of the Eucharist is the Mass.



The Last Supper

The first Eucharist was celebrated by Jesus at the Last Supper. On the night before Jesus died, He gathered his friends to share a meal together. It was the time of the Jewish feast of Passover.

At the end of this special Passover supper, Jesus took bread, blessed it and broke it, and gave it to his apostles. He told them, "Take this and eat, for this is My Body." Then Jesus took wine, blessed it and gave it to his apostles. Jesus said, "This is the cup of the New Covenant. This is My Blood. Do this whenever you drink it, in remembrance of Me."

It was at the Last Supper that Jesus celebrated the first Mass. That night the apostles received their first Holy Communion. Jesus also gave them the power to change bread and wine into his Body and Blood.



Some scripture stories that you may enjoy:

1. The Wedding Feast of Cana (John 2)
2. Loaves and Fish (Luke 9 or John 6)
3. The Living Bread (John 6)
4. The Last Supper (Luke 23, Matthew 26, or Mark 14)
5. The Road to Emmaus (Luke 24)