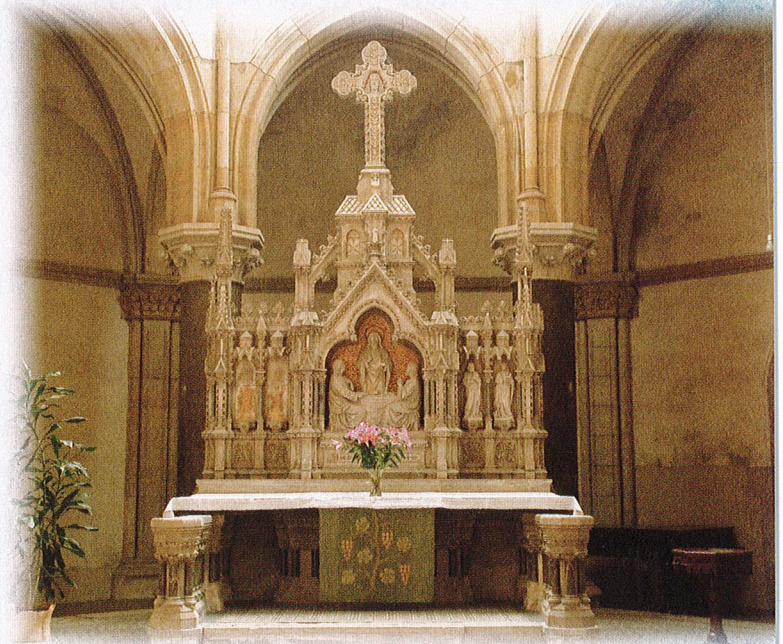


## The Sacrament of the Eucharist

### Part 1 I Open My Heart

At Mass we recall Jesus' sacrifice of himself for us, given to us in the Eucharist. The altar reminds us that the Mass is a holy meal since it is a remembrance of the holy meal Jesus shared at the Last Supper.

Look at the altar in the picture. Think about being at Mass.



How is the Mass like sharing a meal at a table with friends or family?



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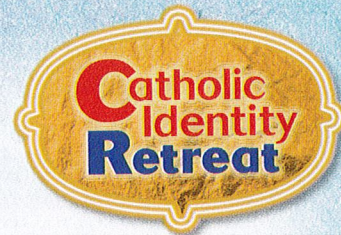
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## The Sacrament of the Eucharist

### Part 2 We Come Together for Prayer

**Leader:** Lord Jesus, your love for us is so great. You gave us the gift of yourself in the Eucharist. When we receive the Eucharist, we “are united more closely to Christ” (CCC, 1396). Jesus, prepare us to be united with you.

**All:** Lord, fill our hearts with your love.

**Reader 1:** Jesus, you invite us to your table, to receive the gift of your Body and Blood.

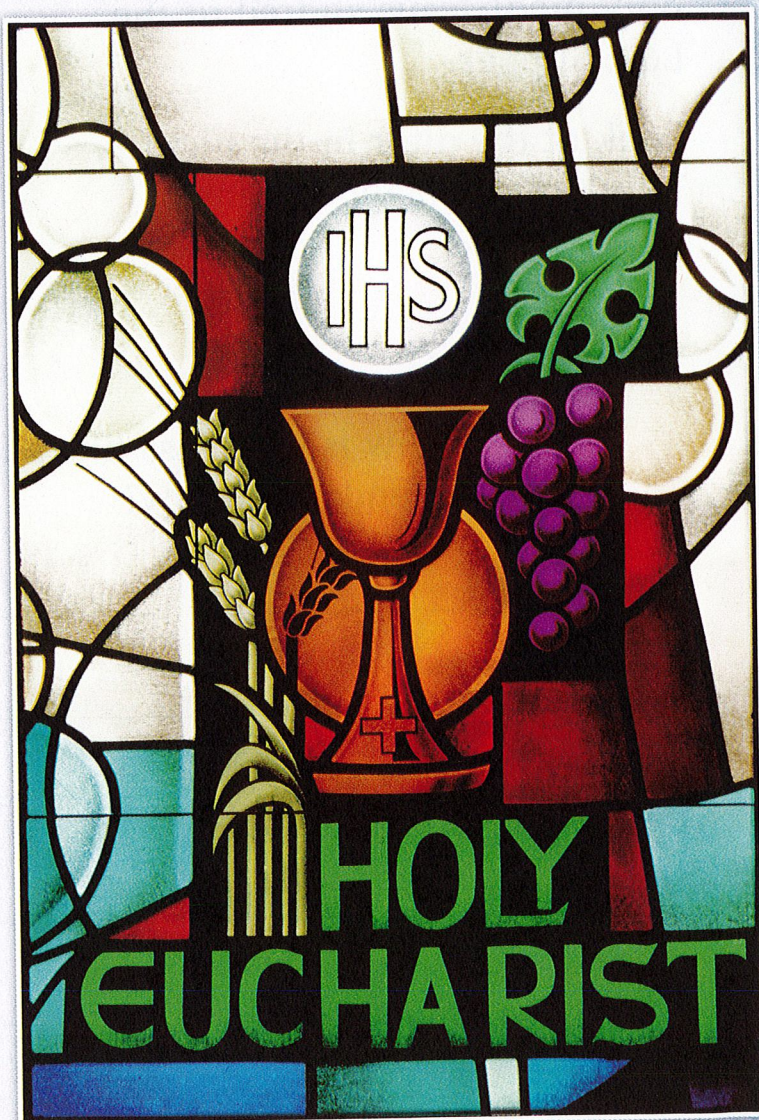
**All:** Lord, fill our hearts with your love.

**Reader 2:** Jesus, your love for us never ends.

**All:** Lord, fill our hearts with your love.

**Leader:** Jesus, help us to always have your love in our hearts. Help us to . . .  
(Add your own request to Jesus. Pray it aloud.)

**All:** Lord, fill our hearts with your love. Amen.



## The Sacrament of the Eucharist

### Part 3 I Cherish God's Word

“Jesus said to them, ‘I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.’” (John 6:35)

**READ** the Scripture passage. Read slowly. Pay close attention to what you are reading.

**REFLECT** on what you read. Think about:

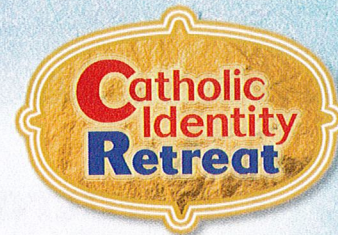
- What does it feel like to be hungry or thirsty?
- What does “bread of life” mean to you?
- How can you prepare your heart to receive Jesus in Holy Communion?

**SHARE** your thoughts and feelings with God in prayer. Let your thoughts and feelings come naturally. Speak to God as a friend.

**CONTEMPLATE** or sit quietly and think about God's Word in the Scripture passage from the Gospel of John above.



*The Miracle of the Loaves and Fishes, by Harold Copping (1863–1932)*

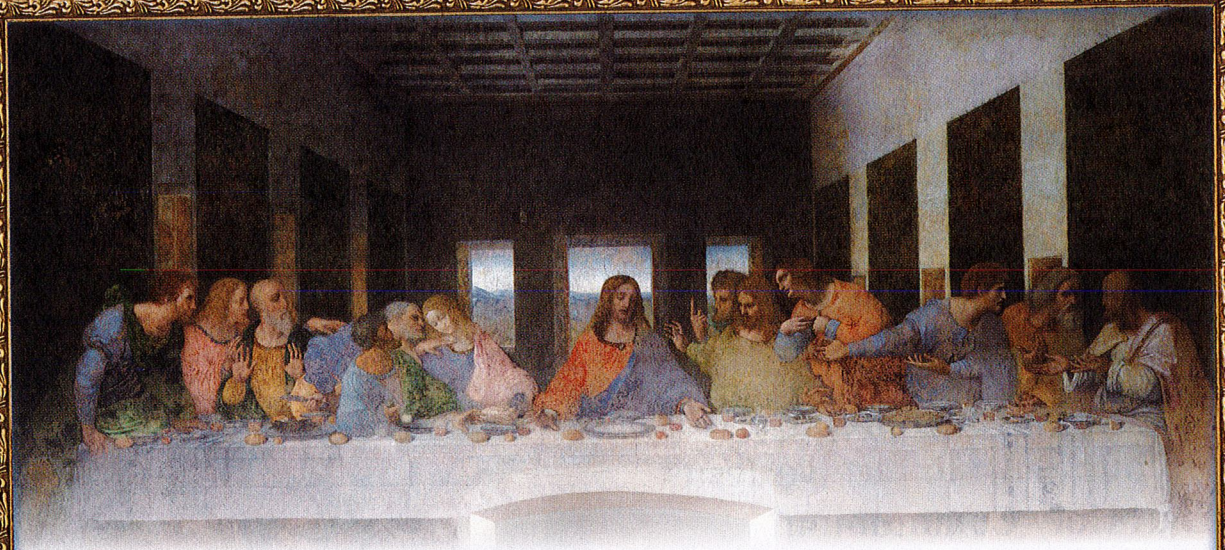


# The Sacrament of the Eucharist

## Part 4 I Value My Catholic Faith

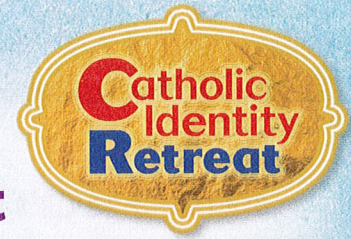
At the Last Supper, Jesus gave us the gift of his Body and Blood. During the Mass we remember what Jesus did at the Last Supper.

Work in groups to compare the events of the Last Supper to what happens at Mass.



*The Last Supper*, by Leonardo da Vinci (1452–1519)

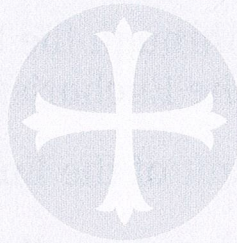
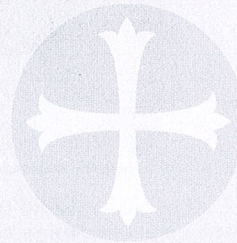
Last Supper	The Mass
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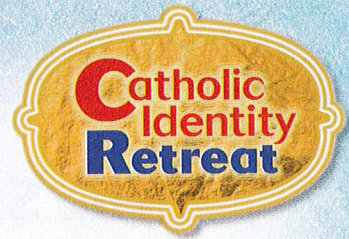


# The Sacrament of the Eucharist

## Part 5 I Celebrate Catholic Identity

In each circle, write a way you can thank Jesus for the gift of the Eucharist. Copy your favorite three ways onto the banner circles you were given. Now string all the circles together. Hang up the finished banner in the classroom or parish hall. This banner will remind us to say thank-you to Jesus.

A large green-outlined circle with three horizontal lines inside for writing.A large blue-outlined circle with three horizontal lines inside for writing.A large purple-outlined circle with three horizontal lines inside for writing.A large red-outlined circle with three horizontal lines inside for writing.A large orange-outlined circle with three horizontal lines inside for writing.



## The Sacrament of the Eucharist

### Part 6 I Honor My Catholic Identity

**All:** Lord, thank you for the gift of the Eucharist.

**Reader 1:** “Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” (Luke 22:19)

**Leader:** Let us pray. Jesus, in the Eucharist, you take away our hunger and help us live as your disciples.

**Reader 2:** Lord Jesus Christ, through the love you have for us, you give yourself to us in the Eucharist.

**All:** Lord, thank you for the gift of the Eucharist.

**Leader:** Let us join together in praying the Prayer before the Blessed Sacrament.

**All:** Jesus,  
You are God-with-us,  
especially in this Sacrament  
of the Eucharist.  
You love me as I am  
and help me grow.  
Come and be with me  
in all my joys and sorrows.  
Help me share your peace  
and love  
with everyone I meet.  
I ask in your name.  
Amen.



Child receiving First Holy Communion from Pope Francis



# Bringing the Retreat Home

## The Sacrament of the Eucharist

### Retreat Recap

Review the pages of your child's *Celebrating Catholic Identity: Liturgy & Sacraments* retreat. Ask your child to tell you about the retreat. Talk about the Sacrament of the Eucharist:

- The Eucharist is the Sacrament of the Body and Blood of Jesus Christ.
- Jesus gives us the gift of himself in the Eucharist. We receive this gift of Jesus in Holy Communion.
- The Eucharist helps us to live as Jesus' disciples.

### A True Gift

The Eucharist is truly a gift in our lives. At Mass, the gifts of bread and wine are offered, and these gifts become the Body and Blood of Christ. This happens by the power of the Holy Spirit and through the words and actions of the priest. Then we receive Jesus himself in Holy Communion. Share with your child memories of your First Holy Communion Day, or one you have attended. Write an important memory of this day below.



### Take a Moment

The Blessed Sacrament is another name for the Eucharist. Contact your parish to ask when Adoration of the Blessed Sacrament is offered. Attend as a family, praying and meditating together on the presence of Jesus Christ in the Eucharist.

### Family Prayer

Review this prayer as a family. You may wish to silently pray these words when you receive Holy Communion.

**J**esus, you are the bread of life.  
Thank you for sharing your life with me.  
Help me always to be your friend and disciple.

For more resources, see the *Catholic Identity Home Companion* at the end of this book.



# Why We Believe As a Catholic Family

## What if someone asks us:

- What do Catholics believe about the Eucharist?

The following resources can help us to respond:

Jesus instituted the Sacrament of the Eucharist at the Last Supper, the meal Jesus shared with his disciples before he died. "Jesus took bread, said the blessing, broke it, and giving it to his disciples said, 'Take and eat; this is my body.' Then he took a cup, gave thanks, and gave it to them, saying, 'Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.'" (Matthew 26:26–28) Jesus told his disciples that the bread and wine were his Body and his Blood. He instructed them to continue to do this in memory of him.

In the Sacrament of the Eucharist, the priest does and says what Jesus said and did at the Last Supper. The priest takes the bread and says:

"TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU."

Then the priest takes the cup of wine and says:

"TAKE THIS, ALL OF YOU, AND DRINK  
FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD. . . ."

This is called the *Consecration*. Through the words and actions of the priest, and by the power of the Holy Spirit, the bread and wine are changed into the Body and Blood of Christ. What looks and tastes like bread and wine has become the Body and Blood of Christ.

## What does Scripture say?

"The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ?"

(1 Corinthians 10:16)

In the Eucharist, the Body and Blood, together with the soul and divinity, of our Lord Jesus Christ become present to us. In the Eucharist we receive the fullness of Jesus poured out for us on the Cross and first offered at the Last Supper. He is our Bread of Life, given so that we might have eternal life. The Eucharist is the greatest gift Jesus Christ leaves to us!

The true presence of Jesus Christ in the Eucharist under the appearances of bread and wine is called the Real Presence. When we receive Holy Communion, we remember that Jesus is truly present.

## What does the Church say?

"The Council of Trent summarizes the Catholic faith by declaring: 'Because Christ our Redeemer said that it was truly his body that he was offering under the species of bread, it has always been the conviction of the Church of God, and this holy Council now declares again, that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called transubstantiation.'" (*Catechism of the Catholic Church*, 1376)

## Notes: