

The Sacrament of the Eucharist

The Sacrament of the Eucharist

- # The Eucharist is the greatest of all sacraments.
- # We receive sanctifying grace.
- # But something else happens that is so awesome!
- # The bread and wine become Jesus!
- # Huh?
- # That's impossible. I don't see a change.
- # But nothing is impossible with God.
- # Yes, a miracle takes place.
- # Jesus loves us so much he wants to give himself to us.
- # The idea of the Eucharist is the way he chose to be with us in a special way until the end of time.



- ✚ So, what is happening?
- ✚ The bread and wine are offered up to God the Father at Mass.
- ✚ The priest prays the words of "consecration" over the bread and wine.
- ✚ At that time Jesus enters the bread and wine changing it.

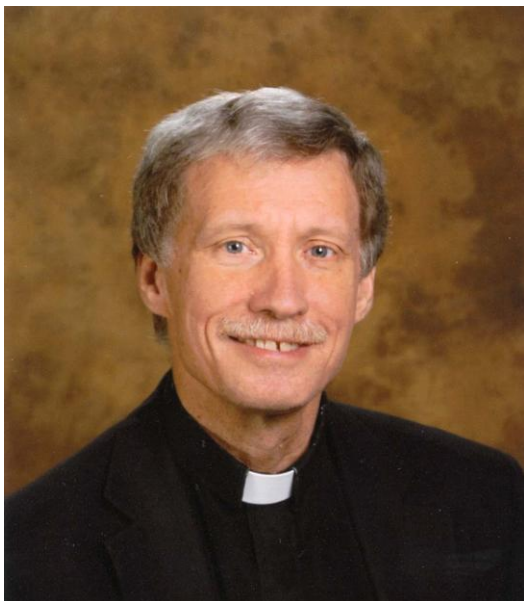


- ✚ Huh? Still hard to understand?
- ✚ Well, it is a mystery that we can't fully understand.

Here is one way that might help us understand what is happening:

- + Remember we have a body and soul, right?**
- + Our soul is (or defines) who we really are.**
- + We use our body to show (or express) who we are.**
- + We use our bodies to show love or hate; to do good things or bad things; to talk and to listen; to see and taste.**
- + If my body changes, let's say I change the color of my hair. Am I still the same person? Yes.**
- + If I lose an arm, am I still the same person? Yes.**
- + So, changes in my body doesn't make me a different person.**

- + Now let's suppose I trade souls with the bishop. I may still look like Fr. Dana and talk like Fr. Dana, but I would be the bishop, right? That would be impossible for me or the bishop to do, but not for God.**



- ✚ Well, the bread and wine have a type of soul.
- ✚ It is not like ours, immortal and spiritual.
- ✚ It is different.
- ✚ The big word for this type of soul is called substance.
- ✚ You don't really need to remember that.
- ✚ Anyway, the soul of the bread and wine is replaced in a special and miraculous way with the person Jesus. We say that the person of Jesus is truly present, body, blood, soul, and divinity, under the appearances of bread and wine.
- ✚ It stills looks and tastes like bread and wine, but the soul of the bread and wine was replaced with Jesus.
- ✚ The big, big technical word is transubstantiation. "Trans" means change. "Substantiation" refers to substance (the soul).



- ✚ We say that Jesus is present is a sacramental way – a combination of something visible and invisible, like a sacrament.
- ✚ The visible part is bread and wine. The invisible part is Jesus himself.
- ✚ It is a mystery, but not an impossibility.
- ✚ So what are the matter and form of the Sacrament of the Eucharist?
- ✚ The matter is the bread and wine.
- ✚ The form is the words of consecration:



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



**TAKE THIS, ALL OF YOU, AND
DRINK FROM IT, FOR THIS IS
THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND
ETERNAL COVENANT, WHICH
WILL BE Poured OUT FOR
YOU AND FOR MANY FOR THE
FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.**

- ✚ **Jesus gave us the sacrament (instituted it) at the Last Supper. He also made the Apostles bishops at that time.**



 We celebrate the Sacrament of the Eucharist within a Mass.

 At Mass we offer up Jesus, now present in the bread and wine, up to his Father.



 We then share in a meal – Holy Communion.



How does one receive Holy Communion?

- ✚ When receiving Holy Communion it is important to do it reverently and with an understanding of who you are receiving.
- ✚ Fold your hands as you walk up to receive Holy Communion. The rule for receiving Holy Communion in the dioceses of the United States is standing.



- ✚ When it is your turn to receive make a slight bow of the head as a sign of reverence. A bow of the head is the proper gesture when receiving Holy Communion in the dioceses of the United States.



✚ The priest or extraordinary Eucharistic minister will show you the Sacred Host and say "The Body of Christ." You reply with "Amen."

✚ You can receive Holy Communion in the hand or on the tongue.

✚ To receive Holy Communion in the hand: Place your left hand on top of your right in the form of a cross and, with your palm open, receive the Sacred Host. Then, stepping to side and still facing the altar, take the Sacred Host with the fingers of your right hand and place the Sacred Host reverently on your tongue.



✚ To receive Holy Communion on the tongue: Tilt your head back slightly. The tongue should come out over the bottom teeth, equal with the bottom lip. The priest (or Eucharistic minister) will place the Sacred Host on your tongue. [Do try to grab the Sacred Host with your teeth – you accidentally bite the priest or minister!]



Receiving the Precious Blood from the Cup

- ✚ The priest or extraordinary Eucharistic minister will show you the Cup and say "The Blood of Christ." You reply with *"Amen."*
- ✚ You then take the cup. Take a small taste. And hand it back. Let the minister take it from your hands.

