



## Knowing What to Say

It is easier to know something than to explain it. Living the love of Christ shows in everything we do. But when questions come up, we need to have true and ready answers. Below are a few ways to explain the importance of the Holy Eucharist.

### ON THE REAL PRESENCE:

At Mass, when the bread and wine are being blessed and transformed into the body, blood, soul and divinity of Jesus, let your child know that Christ is really here! In some churches, bells ring at this time of the Mass!

### ON EUCHARISTIC MINISTERS (EMS):



Show your child how careful EM's are when distributing Holy Communion. They also bring Holy Communion to those who can't come to Mass due to illness or age.



### ON JESUS' 'LITTLE HOUSE':

The tabernacle is Jesus' little house and the sanctuary lamp is the light that Jesus leaves on to show that he is home! Your child will enjoy this charming concept and be encouraged to visit Jesus at *his* house.

### ON FIRST COMMUNION:

Part of receiving Jesus in Holy Communion is preparing our hearts. Your child will copy your behavior in Mass. Show God the reverence he deserves, since you are receiving Jesus at Mass and not just a 'snack'.

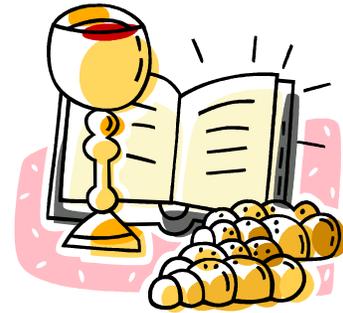


### ON LOVING GOD:

We open our entire hearts, souls, minds and strength to God when we receive him worthily.

## The Working Parents Guide

### Sacraments on the Run



## Holy Communion

Most people enjoy a good meal; asking friends over, having great conversation, telling stories, laughing together, and sharing meaningful times where everyone is important. We can get to know each other better, and learn what makes each other tick. We can often relate to each other's experiences, finding common ground that we weren't aware of. But the most important thing about sharing a meal together is to BE together, to become greater as a group than we were as individuals. We are so close to our friends at times like this that we can begin to consider them family. In a similar way, our church community at Mass is like this. By sharing in the Communion Meal, we share in the life of Christ, as well as sharing our lives with others. We find Christ truly present in this great sacrament; his love and sacrifice are offered to us, as we receive him into our hearts. Just as simple bread and wine are transformed into the Body and Blood of Christ, we are also transformed to be the hands, feet, and voice of Christ in the world.



# Why is Holy Communion

## so Important?

Holy Communion both creates and sustains our union with the Church. Eucharist means thanksgiving and tells of our gratitude to God. These two words refer to the same Blessed Sacrament.



The Catechism of the Catholic Church (1322-1419) reminds us:

- +All sacraments are connected to Holy Eucharist (a sacrament of initiation) and lead us to it.
- +Within the Holy Eucharist, all spiritual good can be found.
- +The Holy Eucharist is the reason that we join in union with God and His People. God blesses us and we worship God.
- +Through the Holy Eucharist, which gives us a taste of heaven, we learn to desire eternal life.
- +As we receive Christ in the Eucharist, we find that we may become perfect in the eyes of God.

## Taste, Jesus tells us ...

"I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." (John 6:51 NRSV)



Receiving Jesus in Holy Communion is not just eating a piece of bread or drinking wine. It is receiving the body, blood, soul and divinity of Jesus who is fully present to us in the

Blessed Sacrament. It isn't just a symbol of Christ's presence, but actually the Risen Christ – in Person!

As the bread and wine are transformed into the true presence of Jesus during the Mass, we are also changed into people more able to follow Jesus.



## and See ...

Jesus taught us to pray the Our Father saying, 'give us this day our daily bread'. The Eucharist is that bread! By receiving Holy Communion we become one in Christ and his Church. We may become more Christ-like since we receive God's grace and power. We may experience:



- \*a more kind and loving approach to our friends and family
- \*a surprising desire to reach out to those in need within your community
- \*a willingness to go the extra mile at work or in your work at home
- \*a hunger to spend more time with Jesus in the Blessed Sacrament



## Oh Come Let us Adore Him!

Many parishes have Eucharistic Adoration, where the blessed host is exposed in a monstrance (an ornamental holder). Some parishes even have adoration chapels where people can pray at any time.

During a 'visit' with Jesus in the Blessed Sacrament we join our prayer to his as he asked the apostles to do in the garden. Spending time with the one who loves us helps us to love him more. This love then overflows from our hearts into our lives.



*"... next to Holy Communion no act of worship is so pleasing to God, and none is so useful, as the daily visit to Our Lord Jesus Christ in the Blessed Sacrament ... Know that in 1/4 of an hour which you spend before Jesus in the Blessed Sacrament you attain more than in all the good works of the rest of the day."*

*St Alphonsus Liguori*

