

Lesson 14: Eucharist

Please click twice to watch the video

<https://www.youtube.com/watch?v=gndxqjRrXwk&list=PLKsOUfYtz1JU-jXLBXoSJzxZcrQmyJtDw&index=3>

Holy Eucharist is the sacrament in which Jesus Christ gives his Body and Blood – himself – for us, so that we too might give ourselves to him in love and be united with him in Holy Communion. In this way we are joined with the one Body of Christ, the Church.

Eucharist actually means ‘Thanksgiving’; in other words, we celebrate by giving thanks to God our Father for His undying love for us and to thank him for giving us Jesus. In addition, the Eucharistic Celebration is also a solemn reminder of the sacrifice of Jesus who died for us on the cross to take away our sins, rose from the dead and who now lives with our Father in heaven and in our hearts.

Now here is something to remember and keep close to your heart. God so loved the world, he gave us his only begotten Son Jesus Christ. And Jesus loved us so much that He could not bear to leave us completely alone. So being the Son of God, he instituted (provided) a way to be with us always. By giving us His real body which takes the appearance of the bread (Communion Host) we offer at the altar and His blood which takes the appearance of the wine we offer at the altar. Jesus lovingly shares this truth with us; *“The man who feeds on My Flesh and drinks My Blood remains in me and I in him. Just as the Father Who has life sent Me and I have life because of the Father, so the man who feeds on Me will have life because of Me.”*

Jesus gives himself to us in the Eucharist as our spiritual nourishment for which we are in Holy Communion (fellowship) with God the Father, God the Son, God the Holy Spirit, His Church (all of us) and together with the Angels and Saints in the Heavenly Liturgy where Christ eternally intercedes for us.

Now with true faith, you understand that you’re are receiving Jesus the Son of God (which is His Divine Body), so then you must receive him in a state of grace. (pure without having committed mortal Sin) If we had committed a mortal sin which basically means a terrible sin which would lead us away from God, then we must first go for the Sacrament of Reconciliation to be pardoned of that sin first. Only having done that, can we receive Jesus and reap the spiritual benefits the Eucharist has to offer.

The Eucharist is a sacrament of unity because it unites us more closely with God and with one another through the growth of sanctifying grace in our soul. The same grace, that helps us to love our neighbor for the love of God.

Of all seven sacraments, the Holy Eucharist, or Holy Communion, is the most central and important to our faith. Holy Communion is offered at every Mass, and in fact, the ritual of the Mass is largely taken up with preparing the *hosts* (wafers made of wheat) and wine to become the body and blood of Christ and the congregation to receive the body of Christ. **Transubstantiation**

is the act of changing the substances of bread and wine into the substances of the Body and Blood of Christ.

Jesus is present in the Eucharistic celebration in the four ways:

1. in the person of the Celebrant (The Priest).
2. in his Word (The Gospel).
3. in the bread and wine when he through the Priest offers it to us.
4. in the assembled people. For he promised, “Where two or three are gathered in my name there am I in the midst of them.” (Mt 18:20)

Symbols of Eucharist



BREAD AND WINE

Wheat is grown and ground, transformed by human work to make bread. Grapes are grown and crushed, transformed by human work to make wine. It is traditionally the work of human hands.

Bread is life. Wine is joy. The sharing of food and drink is often linked with peace-making and the resolution of differences. From the earliest times, human beings have shared meals together. The very act of eating and drinking together is a symbol of fellowship, common life, common love.

In biblical times, people ate everything from the same plate. People ate using flat bread which served as a ‘spoon’ dipped into the communal dish. Sharing food in this way increased the sense of solidarity and fellowship among those eating it. They became, in a sense, one body.

The breaking of the bread was the ritual gesture that established communion among those at table in a Jewish ritual meal. The Last Supper was such a meal. Jesus identified the broken bread and poured wine with his own Body and Blood, broken and poured out in his suffering and Death. After his Resurrection, Jesus’ disciples spoke of recognizing him in the ‘breaking of the bread’.

The 'breaking of the bread' eventually came to describe the whole action of the Eucharist after the time of Jesus.

Eucharist is unique among the sacraments as it is at the heart of our faith. For Catholics, the Eucharist, or Mass, is the most powerful way we encounter the real presence of Jesus Christ. Sunday after Sunday (some gather everyday), Catholics gather to celebrate the Eucharist, the ritual in which, by the power of the Holy Spirit, bread and wine are transformed into the Body and Blood of Christ. We who celebrate are also transformed, becoming Christ's presence to others, and recognizing the presence of Christ in others.

