



WHY DO I NEED TO GO TO MASS?

YOU CAT

#208

WHAT IS HOLY EUCHARIST?

The 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. When we eat the broken Bread, we unite ourselves with the love of Jesus, who gave his body for us on the wood of the Cross; when we drink from the chalice, we unite ourselves with him who even poured out his blood out of love for us. We did not invent this ritual. Jesus himself celebrated the Last Supper with his disciples and therein anticipated his death; he gave himself to his disciples under the signs of bread and wine and commanded them from then on, even after his death, to celebrate the Eucharist. “Do this in remembrance of me” (1 Cor 11:24).

SAINTS & INSPIRATIONAL STORIES

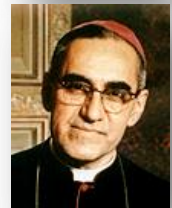
ST JULIANNA

St Julianna lived almost 1000 years ago and dedicated her life as a nun to teach people about devotion to the Eucharist and the importance of mass. A statue of St Julianna can be found in St Peter’s Basilica around the main altar – a place held for saints who helped spread the Church’s teachings.



BLESSED OSCAR ROMERO

Oscar Romero used the radio to teach people about the Catholic faith and bring to light those who were unjustly persecuting the Church. He was courageous and spoke out against the drug cartels. He found his strength and courage in the Eucharist and Mass. We need to turn to God to be able to live heroically.



GOSPEL



ANSWERS

AND IT HAPPENED THAT, WHILE HE WAS WITH THEM AT TABLE, JESUS TOOK BREAD, SAID THE BLESSING, BROKE IT, AND GAVE IT TO THEM. WITH THAT THEIR EYES WERE OPENED AND THEY RECOGNIZED HIM, BUT HE VANISHED FROM THEIR SIGHT.

– LUKE 24:13-35

ANSWER IN YOUR OWN WORDS: