



## WHY ARE MASS & COMMUNION IMPORTANT?



### #221 HOW DOES HOLY COMMUNION CHANGE ME?

Every Holy Communion unites me more deeply with Christ, makes me a living member of the Body of Christ, renews the graces that I received in Baptism and Confirmation, and fortifies me for the battle against sin.

### #220 WHAT SORT OF PREPARATION DO I NEED IN ORDER TO BE ABLE TO RECEIVE HOLY EUCHARIST?

Someone who would like to receive Holy Eucharist must be Catholic. If he has a serious sin on his conscience, he must first make a confession. Before approaching the altar, one should be reconciled with his neighbors. Until a few years ago, the practice was to eat nothing for at least three hours before Mass; that was how people prepared to encounter Christ in Holy Communion. Today the Church recommends at least one hour of fasting. Another sign of reverence is to wear one's finest clothing—after all, we have a rendezvous with the Lord of the world.

## SAINTS & INSPIRATIONAL STORIES

### BLESSED JERZY POPIELUSZKO

Fr Jerzy put his life at risk numerous times to offer Mass and communion to the people who were being treated unjustly and forced to sacrifice their faith to keep their jobs. The Communists did not intimidate him although they tried many times. He found his strength and courage from Jesus in the Eucharist.



### PRAXEDES FERNANDEZ GARCIA

Praxedes Fernandez lived a simple life as a loyal wife, mother and friend, but the secret to being a kind and good person was the fact that she went to Mass daily and prayed often. She is a good example of how Mass and communion should become a part of our daily lives.



### GOSPEL



### ANSWERS

THEN JESUS SAID TO THOMAS, "DO NOT BE UNBELIEVING, BUT BELIEVE." THOMAS ANSWERED AND SAID TO HIM, "MY LORD AND MY GOD!" JESUS SAID TO HIM, "HAVE YOU COME TO BELIEVE BECAUSE YOU HAVE SEEN ME? BLESSED ARE THOSE WHO HAVE NOT SEEN AND HAVE BELIEVED."

- JOHN 20:24-29

## ANSWER IN YOUR OWN WORDS:

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