



## WHY IS IT IMPORTANT TO RECEIVE COMMUNION?



**#212 What names are therefore Jesus' meal with us, and what do they mean?** The different names indicate the unfathomable richness of this mystery: the Holy Sacrifice, Holy Mass, the Lord's Supper, the Breaking of Bread and Holy Communion. In the celebration of the Eucharist, the Church in heaven and on earth unite in one feast. Because the Eucharistic Gifts in which Christ is present are, so to speak, the holiest thing in the world, we also speak about the Most Blessed Sacrament. Because we unite ourselves with Christ at Holy Mass, and through him are united with one another, we speak about Holy.

## SAINTS & INSPIRATIONAL STORIES

### St Toribio Romo gonzales

St Toribio decided to become a priest during a time of persecution of the Church in the Cristero War. He put his life at risk every day to bring the sacraments to people and specifically travelled with the Eucharist to reach people in outlying towns. He knew that Jesus in the Eucharist gives us strength and nourishment in life.



### St Jose Robles Hurtado

Like St Toribio, Jose Robles became a priest during the Cristero War when the government was persecuting Catholic clergy. He had a strong devotion to the Sacred Heart and the Eucharist. HE wanted to make it clear to the people of Mexico that Christ was the King of the hearts of the people of Mexico. Promoting this love for the Sacred Heart and the Eucharist is what led to his martyrdom.



GOSPEL



ANSWERS

I am the bread of life. I am the living bread that came down from heaven; whoever eats this bread will live forever. – **John 6: 22-69**

## ANSWER IN YOUR OWN WORDS: