



## Why do we need to go to Mass?

ANSWER IN YOUR OWN WORDS:

### #217 What happens in the Church when she celebrates the Eucharist?

By "eating" the Body of Christ, the Church becomes the Body of Christ, which is just another name for the Church.

**#218 What is the right way to honor the Lord present in the bread and wine?** We must preserve the sacred gifts with the greatest reverence and worship our Lord and Redeemer in the Most Blessed Sacrament. We genuflect before any tabernacle. Find time to spend in adoration.

**#219 How often must a Catholic Christian participate in the celebration of the Eucharist?** A Catholic Christian is obliged to attend Holy Mass on all Sundays and holy days of obligation. Anyone who is seeking Jesus' friendship responds as often as possible to Jesus' personal invitation.

**#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. The Church recommends at least 1 hour of fasting.

**#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.

GOSPEL



**Then Jesus took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you." Luke 22: 7-20**

ANSWERS

TEAM

DISCUSSION

What quotes about the Eucharist really spoke to you and reflected what you were thinking? Which miracle surprised you? Why do you think that Jesus goes to the extremes in these Eucharistic miracles to prove he is truly present?



### SAINTS & INSPIRATIONAL STORIES

#### Venerable Jan Tyranowski

Jan was born in Poland in 1901. He loved science, studying languages & photography. Jan worked hard in school and became an accountant but soon after he became sick with a chronic stomach ailment. He left accounting and took up tailoring with his father. After this change, Jan became a much happier man. His faith also became more important and he was more involved in his parish. One day while attending Mass, he heard a priest's sermon that would forever change his life.