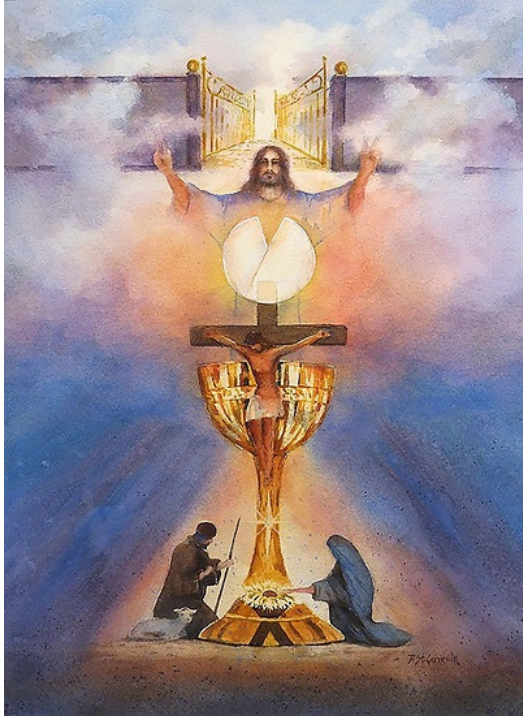


The Eucharist

What is the Eucharist?

- The Eucharist is the source and summit of our lives
- The Eucharist is a sacrament, that is, a visible sign of an invisible reality that gives grace and it was instituted by Christ.
- The Eucharist was instituted at the last supper:
“The day of Unleavened Bread arrived on which it was appointed to sacrifice the paschal lamb. Accordingly, Jesus sent Peter and John off with the instruction, ‘Go and prepare our Passover supper for us...’ When the hour arrived, he took his place at table, and the apostles with him. He said to them: ‘I have greatly desired to eat this Passover with you before I suffer. I tell you, I will not eat again until it is fulfilled in the kingdom of God.’ Then, taking bread and giving thanks, he broke it and gave it to them, saying: ‘This is my body to be given for you. Do this as a remembrance of me.’ He did the same with the cup after eating, saying as he did so: ‘This cup is the new covenant in my blood, which will be shed for you.’” (Luke 22:19-21)





- The Last Supper on Holy Thursday is linked to the Passion of Christ on Good Friday
 - The Last Supper is a Passover meal which involves the sacrifice of a lamb.
 - The Passion and Crucifixion of Christ is a great sacrifice and act of love. Love always involves sacrifice.

- The Eucharist is a memorial. We remember God and God remembers us. God does not remember as we remember. God always remembers—it is part of His nature. The statement that “God remembered” places an emphasis on His faithfulness and everlasting care.
- The Eucharist is our new and final covenant with God:

“I am the bread of life. Your ancestors ate manna in the desert, but they died. This is the bread that comes down from heaven for a man to eat and never die. I myself am the living bread come down from heaven. If anyone eats this bread he shall live forever; the bread I will give is my flesh, for the life of the world.’... Thereupon Jesus said to them: ‘Let me solemnly assure you, if you do not eat the flesh of the Son of Man and drink his blood, you have no life in you. He who feeds on my flesh and drinks my blood has life eternal, and I will raise him up on the last day. For my flesh is real food and my blood real drink. 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. This is the bread that came down from heaven. Unlike your ancestors who ate and died

nonetheless, the man who feeds on this bread shall live forever.” (John 6: 48-51 53-58)

- The word Eucharist in Greek means thanksgiving. During the mass we thank God for His love.
- The Eucharist is Communion.
 - When we receive the Eucharist we are united to Christ and to the Communion of Saints. The Communion of Saints are the faithful on Earth, in purgatory, and in heaven.
 - The bread and wine becoming the Body and Blood of Christ is called transubstantiation. The look, taste and feel of the bread and wine remain but the underlying reality of them becomes Christ.
 - We always ‘receive’ the Eucharist. We never ‘take’ it.

Meanings of the Eucharist

Meal
Sacrifice
Memorial
Covenant
Thanksgiving
Communion

When to Receive the Eucharist

- You must be in the State of Grace, free of mortal sin:
“This means that whoever eats the bread or drinks the cup of the Lord unworthily sins against the body and blood of the Lord. A man should examine himself first; only then should he eat of the bread and drink of the cup. He who eats and drinks without recognizing the body eats and drinks a judgment on himself.” (1 Corinthians 11:27-29)
- A Mortal Sin is a serious sin that completely cuts you off from God.
 - It must be a grave matter.
 - One must give full consent.
 - One must have full knowledge of what one is doing.

- We must go to Confession and receive the Eucharist once a year between the 1st Sunday of Lent and Trinity Sunday (8 weeks after Easter).
- In the past people did not receive the Eucharist unless they went to Confession in the prior week or two. The Church encourages people to receive the Eucharist whenever they are able.
- Now some people receive the Eucharist even if they haven't been to Confession in years. This is also incorrect. Confession is an important part of our spiritual lives.
- How to Receive the Eucharist Video

Eucharistic Adoration



- The Eucharist is placed (exposed) in a monstrance.
- The people pray or silently contemplate in the real presence of Christ.
- Eucharistic Adoration is held on:
 - Saturdays after the 8 am mass until 9:30 at St. Casimir.

- Thursdays from 7:30 to 9 am in the Felician Chapel.
- 1st Saturday evenings until Sunday morning by the Nocturnal Adoration Society at St. Casimir.

Closing Prayer

Anima Christi (St. Ignatius of Loyola)

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen.