

The Lord Jesus, on the night he was betrayed, took a piece of bread, gave thanks to God, broke it, and said:
"This is my body, which is for you. Do this in memory of me."

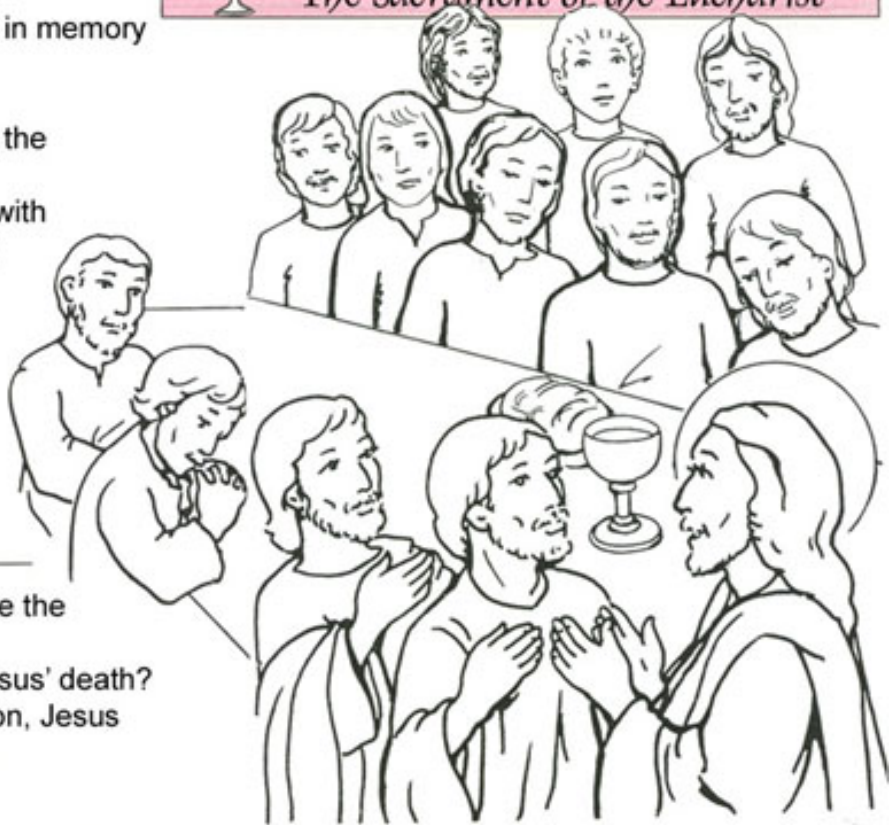
In the same way, after the supper he took the cup and said:
"This cup is God's new covenant, sealed with my blood. Whenever you drink it, do so in memory of me."

This is a sign of unity, which unifies us in our love for Christ and others.



A Gift from Jesus:

The Sacrament of the Eucharist



Have you thought?

- That in the Holy Communion you receive the Body and Blood of Jesus?
- That in the Eucharist, you remember Jesus' death?
- That when you take the Holy Communion, Jesus is in your heart?



It's true...

While they were seated at the table, He took the bread in his hands, gave thanks to The Father, blessed it, broke it apart and gave it to them saying:

*"This is my body, which is given for you. Do this in memory of me."
(Luke 22, 19)*

Then He took the wine, blessed it and gave it to them saying:

*"This is my blood, which is poured out for many, my blood which seals God's covenant."
(Mark 14, 22-24)*

And in this way, all Christians can take Jesus' body and his blood as nourishment.

Because of the meaning of this sacrament we name it in different ways:

- Eucharist:** Because it's a praise of thanks to God.
- Lord's Supper:** It reminds us of the Last Supper.
- Breaking of the bread:** Because all who eat from this bread which is Christ, are united to Him to form one body.
- The Eucharistic Assembly:** All of Jesus' Church participate in it.
- Holy Sacrifice:** Jesus' sacrifice in the cross is renewed.
- Comunion:** We are united to Christ when we eat His body and drink His blood.
- Holy Mass:** This is where the mystery of salvation is fulfilled and all of the faithful are sent to carry out the will of God.

