

# Sacrament of Holy Eucharist



The sacraments of Christian initiation – **Baptism, Confirmation, and the Eucharist** – lay the *foundations* of every Christian life. The sharing in the divine nature given to all men and women through the grace of Christ bears a certain likeness to the origin, development, and nourishing of natural life. The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life.

**First Eucharist** is usually celebrated during the Easter season with children in second grade or above. To celebrate this sacrament, children will

1. participate in on-going faith formation,
2. attend the sacrament prep sessions, and
3. have celebrated First Reconciliation.

The Sacrament of Communion is a Holy Sacrament by which the believer eats the Holy Body and Precious Blood of Jesus Christ, present under the form of Bread and Wine. This Sacrament has the greatest importance among the Seven Church Sacraments. It is sometimes called the ‘Mystery of Mysteries’ or the ‘Crown of Sacraments’; for all the Sacraments are crowned by the Eucharist :

**The Sacrament of Holy Communion has many benefits, such as :**

Abiding in Christ according to His precious promise: *“He who eats My Flesh, and drinks My Blood abides in Me, and I in him”* (John 6:56). By receiving this Sacrament we become members of His Body, of His Flesh and of His Bones (Ephesians 5:30), and we also become partakers of the Divine Nature, (2 Peter 1:4).

**It gives us the promise of eternal life :** “Whoever eats My Flesh and drinks My Blood has eternal life and I will raise him up at the last day. He who eats this Bread will live forever” (John 6:54,58).

**It provides growth in the Spirit and spiritual perfection and life in Jesus Christ, for He said:** “For My Flesh is food indeed and My Blood is drink indeed ... As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me” (John 6:55,57).

**As food develops the body and keeps it healthy, so too the spiritual food, which is the Holy Body and Blood of Christ, strengthens the soul so that it may grow continually in grace.**

It provides remedy to the soul, body and spirit, as we say in the Offertory Mystery : “That they (Holy Body and Precious Blood) may become to us all for participation and healing and salvation for our souls, bodies and our spirits”.



