

## Chapter 19 Eucharist

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? *1 Corinthians 10:16*

### To the Parents:

In chapter 19, your child learned the following:

- The Eucharist unites a person to Christ and to the rest of the community.
- The Eucharist nourishes the Christian community and transforms it into the Body of Christ.
- Since ancient times, the People of God have had a specific and important role to play in the liturgy.

When Jesus ate with his friends for the last time before his death, he handed on to them a powerful message that is remembered to this day. His very body and blood are to be broken and shared by those who believe in him and who proclaim his message. The Real Presence of Jesus in the Eucharist is a core belief of Catholics and forms the basis for all sacramental celebrations.

When Catholics are offered the Body and Blood of Christ at Sunday Eucharist, they answer with a strong “Amen!” The ritual celebration recalls the death and resurrection of Jesus, and his command to “do this in memory of me” (*Luke 22:19*). Catholics are nourished by the Body and Blood of Christ, and they in turn become what they have received: the Body of Christ alive in the world. They then “go forth in peace to love and serve the Lord” and one another.

### With Your Child:

1. Read the Last Supper (*Matthew 26:26-28*), and at Mass, reflect on your belief of Jesus’ Real Presence in the Eucharist.
2. Together prepare a large meal for your loved ones. Recognize that as your meal brings together your family and friends, the Eucharist brings together God’s family, the Church.
3. Read the story of Saint Justin on the Review and Explore page.