

Eucharist / Holy Communion

The **Sacrament of Eucharist** (Mass and Holy Communion) is one of the three sacraments of initiation that make a person a full member of the Catholic Church. (The other two are Baptism and Confirmation). We Catholics believe that, in Eucharist, bread and wine are changed by God into the Body and Blood of Christ. We receive the real Body/Blood of Christ in Holy Communion so that, together, we may become the Body of Christ in the world.

Following Jesus' instruction at the Last Supper to "do this in memory of Me", Catholics gather together, weekly, around the altar to be nourished and strengthened with God's Word and with the Body and Blood of Christ. We believe that this holy sacrifice and meal is **the source** of the faith that enables us to live as Jesus taught us to live, and **the summit** – our most important act of Catholic worship which celebrates and creates Christian unity.

The word "eucharist" comes from the Greek word for "thanksgiving". We give God thanks for the gift of Jesus. The word "Mass" comes from the Latin word that means "sent". Strengthened by the Eucharist, we are sent into the world to do Christ's work.

The parish provides preparation for children and adults who would like to share Holy Communion for the first time. Preparation is a two-year process with general preparation in the faith during the first year and specific preparation in the second year. Typically, children receive Communion in the second grade but it can be anytime from the age of 7 on. The child should have made their First Penance/Confession prior to beginning these classes. Specific information about the classes and preparation is available by calling the Faith Formation Office at (607) 733-3484.

For adults, call the parish office and you will be put in touch with the proper staff person.

