

# The Eucharist

## What is the Eucharist?

The Eucharist quite simply put is another word for the sacrament of Holy Communion, the Mass as well as the Sacred Host (Jesus' Body in the form of bread). Eucharist comes from the Greek word 'eukharistia' meaning thanksgiving. The Eucharist makes present Christ's saving sacrifice at Calvary and unites us to Him and to each other in Holy Communion. It is a means of Church unity and holiness as we share the sacred Body and Blood of Christ. While in other Christian traditions it is believed that the bread and wine represent Jesus' body and blood, for us Catholics, we believe that we are receiving the actual body and blood of Christ.

At the Last Supper, Jesus chose Bread and Wine to offer as a symbol of his sacrifice which was to come. **At Mass, these two elements become the Body and Blood of Christ (transubstantiation)** through the priest's words in the prayer of consecration.

## Glossary

**Transubstantiation** = the change from Bread and Wine into Body and Blood of Christ.

**Consecration** = the word itself means being made holy. In this instance, the Words spoken by a priest during the Eucharistic Prayer make the bread and wine holy.

**Anamnesis** = a Catholic belief that we are reliving and actually taking part in the Last Supper.



## What is Adoration?

Eucharistic Adoration is adoring or honouring the Eucharistic Presence of Christ Body, Blood, Soul and Divinity. During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist.

Usually, people will pray during adoration, perhaps their own prayer or use a rosary to help them focus.

By worshipping the Eucharistic Jesus, we become what God wants us to be!

## What is a tabernacle?

The tabernacle is the ornate, secure box in which the Blessed Sacrament is reserved outside of Mass. It is often at the centre of the church. The sanctuary lamp burns near the tabernacle as a sign in honour of the Real Presence of Christ. This provides a location where the Eucharist can be kept for the adoration of the faithful and for later use (e.g., distribution to the sick). The word tabernacle means "dwelling place." The tabernacle in Church is so named because it is a place where Christ dwells in the Eucharist.

Catholics believe Jesus is truly present in the Host when it has been consecrated.

