Eucharist: More than Bread

The sacrament of the Eucharist is one of the 7 sacraments of the Catholic church and is the one received most often by practising Catholics, typically once a week during Sunday mass. Eucharist originates from Jesus’s actions 2000 years ago and is in reference to the last supper; the night before Jesus died. Then Jesus gathered his disciples, found a house were the owner’s were willing to share a room and proceeded to have a feast. During the last supper Jesus then informs Judas that he will betray Jesus, tells Peter that he will deny Jesus 3 times and Jesus then makes the first Eucharist sacrament by breaking the bread and telling his disciples that the the bread and wine had become his body and blood. This same sacrament is practised around the world today. This sacrament is very important to the church and is vital that Christians all across the world partake in it during weekly mass.

Transubstantiation is the change by which the substance of the bread and wine in the Eucharist becomes Christ’s real presence (reference). It occurs when the Priest of the mass states the words “And he took bread, gave thanks and broke it, and gave it to them, saying, ‘This is my body given for you; do this in remembrance of me’”(reference). This means that when people receive the Eucharist they literally have Christ within them. For this reason it occurs every Sunday in churches and consists of the second portion of the mass. Transubstantiation is imperative to the significance of the sacrament and its true meaning. This important fact is one of the many reasons that to be a good practising Christian you must participate in the Eucharist to become closer to Jesus and God.

The Eucharist has multiple names with the most common alternate name being communion. This encapsulates the fact that when we take communion, that is something that we share with the other Catholics in our church. This is important because being a community is one of the best aspects of the catholic church and required for a healthy and functional society generally. The Catholic Church‘s community is very important and helps many young people today by teaching them