# 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 is the central act of Christian worship and is practiced by most Christian churches in some form("Catholic Australia - Eucharist", 2022). 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 where the owners 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. He does this by breaking the bread tells his disciples that 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 (Britannica, 2022). 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’” ("Luke 22:19 - New International Version", 2022). 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 essential 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 significant and helps many young people today by teaching them morals and ethics to use in their future. This helps society by having more young people become more ethical and better, more compassionate members of their own community.

The Eucharist is an essential part of any Catholics' life to be participated on a weekly basis when you attend church. This is because it brings you closer to Jesus by following in his footsteps and doing what he did when he was on this Earth. You also gain the benefit of being in an amazing community of the Catholic Church and learn morals to be a good person in your society.

In conclusion The Eucharist is

# Reference List

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