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.

Transubstantiation is the change by which the substance of the bread and wine in the Eucharist becomes Christ’s real presence (reference). This means that when people receive the Eucharist they literally have Christ within them. This is imperative to the significance of the sacrament and its true meaning.