



Eucharistic Revival

by Sharon Sicinski Skeans, Ph.D.

Can you recall a time when you and your family celebrated by eating a special meal together? Maybe it was for someone's birthday or a Thanksgiving or Christmas dinner? Do you remember what food you ate? Were there any types of food that you especially enjoyed eating with your family? Mass is a very special meal for Catholics. Jesus loves us and shares his Body with us at each and every Mass. On Sundays when you go to church with your family, those who have been baptized and who have celebrated their First Communion receive Jesus in the Eucharist. That might also include you if you are in first or second grade and have learned about and celebrated the sacrament called Holy Eucharist.



Through the priest and by the power of the Holy Spirit, this holy bread becomes the true Body of Christ! Jesus is really with us all and present at Mass. It's a mystery, one that we believe by faith...just like the mystery that Jesus rose from the dead three days after his death on the Cross.



Jesus loves us very much. He gives us his Body and Blood as a gift. By receiving the Holy Eucharist, we remember that he died for us. We also become closer to him and to the Church and others in the world.



Ask your catechist or teacher the ways your parish will celebrate the Eucharist in a special way this year!