

# Braving the Storm

## JESUS AND THE EUCHARIST



**Hi, Caleb here!**

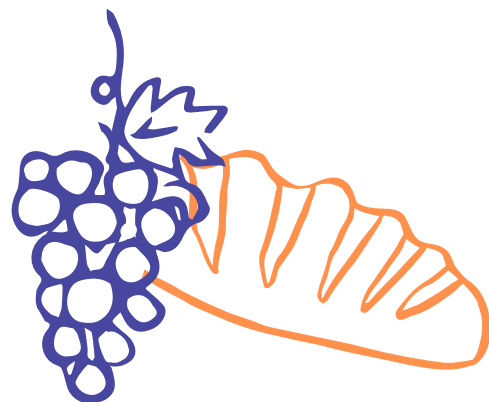
The last chapter of *Braving the Storm* takes place on the feast of **Corpus Christi**. Those two words are Latin. They mean “the Body of Christ.” The full name for this day is **The Most Holy Body and Blood of Christ**. It’s a day we celebrate the gift of the Eucharist!

Noah has not made his First Communion yet. I was trying to explain to him what the “Eucharist” is. It’s kind of hard. There are different words for it because there is so much to say about this gift from Jesus!

**Eucharist** is the name of the sacrament. It means “thanksgiving” in Greek. We use this word because celebrating the Sacrament of the Eucharist is the best way to thank God the Father for giving us Jesus. At Mass, the priest offers Jesus to the Father because Jesus is the best gift we can give!

The **Mass** is another name for the celebration of the Eucharist. Father Joe told me the reason why. He said “Mass” comes from “Missa.” This means “sent” in Latin. At the end of Mass, we are sent out to bring Jesus to everyone.

Jesus gave us the Eucharist. He gives us himself as food. We really eat and drink the living Jesus in **Holy Communion**. The bread and wine have been changed into the Body and Blood of Jesus, even though they still look and taste like bread and wine. (We call them the Sacred Hosts and the Precious Blood.) When we eat regular food, our body changes it. Parts of the food become part of us. But with this spiritual food, Jesus changes *us* to become more like *him*!



After Mass is over, we keep the leftover Hosts so that sick people who can’t come to Mass can receive Holy Communion. They are kept in the tabernacle. The tabernacle is a beautiful box or container. There is always a candle burning near it to let people know that the **Blessed Sacrament** is there.

The first Christians didn’t use any of these words. They called the Eucharist “**the Breaking of Bread**.” Watch how the priest at Mass

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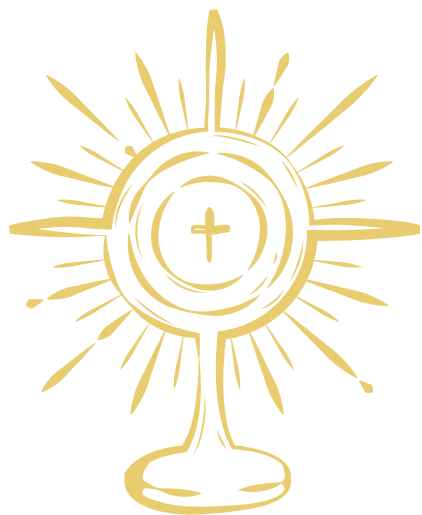
breaks the large Host so that we can receive Communion. (But because there are many people, we also have a lot of little Hosts.) So, everyone who receives Communion is united together. We all belong to Jesus.

The “breaking” of the Host during Mass is also important. It reminds us how Jesus gave himself for us by dying on the Cross. The Mass is also called the **Eucharistic Sacrifice**. It’s like we time travel back to be present at that moment when Jesus offered himself to the Father to save us! Wow!



There’s one more thing I want to tell you! We can go and pray in the church anytime. We know that Jesus is there in the tabernacle. This is called **Eucharistic Adoration**.

Even though we can talk to Jesus any time and anywhere, he is present in the Eucharist in a special way. Sometimes people gather together for Adoration. A large Host is put in a beautiful container called a monstrance. It has a clear glass window in the middle through which we can see Jesus. This makes it easy to talk to him.



**ACTIVITY:** The next time you go to Mass with your family, watch what the priest does. Pay special attention during the Eucharistic Prayer (the long prayer in the middle of Mass when we kneel).