

## Useful Resources

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[Bishop Robert Barron on the Real Presence of Christ in the Eucharist](#)

## The Real Presence

As we approach Holy Thursday on which our Lord Jesus Christ established the Most Holy Sacrament of the Eucharist, and before we receive His Body and Blood, we should pause to consider and firmly renew our belief in the Church's teaching on the Real Presence of Christ's Body and Blood in the bread and wine. Unfortunately, various studies in recent years have revealed that less than half of people who identify as Catholics believe in the Real Presence of Jesus Christ. Before receiving Holy Communion, please carefully review the information in this article. If you do not accept the Church's teaching on the Real Presence, or if you are otherwise not prepared to receive Holy Communion, please refrain from approaching or cross your arms across your chest and ask for a blessing.



The Lord Jesus, on the night before He suffered on the Cross, shared one last meal with his disciples. During this meal our Savior instituted the Sacrament of His Body and Blood. He did this in order to perpetuate the sacrifice of the Cross throughout the ages and to entrust to the Church his Spouse a

memorial of his death and resurrection. As the Gospel of Matthew tells us:

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "*Take and eat; this is my body.*" Then he took a cup, gave thanks, and gave it to them, saying, "*Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.*"<sup>1</sup>

Recalling these words of Jesus, the Catholic Church professes that, in the celebration of the Eucharist, bread and wine become the Body and Blood of Jesus Christ through the power of the Holy Spirit and the instrumentality of the priest. Jesus said:

*I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.... For my flesh is true food, and my blood is true drink.*<sup>2</sup>

The whole Christ is truly present, body, blood, soul, and divinity, under the appearances of bread and wine—the glorified Christ who rose from the dead after dying for our sins. This is what the Church means when she speaks of the Real Presence of Christ in the Eucharist. \*\*\*

By his Real Presence in the Eucharist Christ fulfills his promise to be with us "*always, until the end of the age.*"<sup>3</sup> \*\*\*

*Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you do not have life within you.*



St. Casimir at Canton & Patterson Park Website  
<https://stcasimir.org/>



St. Casimir at Canton & Patterson Park Facebook  
<https://www.facebook.com/stcasimircantonMD/>



St. Elizabeth of Hungary at Patterson Park Facebook  
<https://www.facebook.com/StLizBmore/>

*Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink.... Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.<sup>4</sup>*



[From the Real Presence of Jesus Christ in the Sacrament of the Eucharist: Basic Questions and Answers, USCCB \(2021\).](#)

## Eucharistic Reverence

As a sign of reverence and recollection, the Church requires everyone to fast for at least one hour before receiving Holy Communion (unless medical conditions prevent). Anyone having committed mortal sin should confess and receive absolution before, unless a grave reason exists and there is no opportunity to confess.<sup>5</sup> Communicants should process down the aisle towards the Body and Blood with the same reverence as a bride approaching the altar for her wedding, and not a grocery store line. Holy Communion may be received standing, after making a reverent bow, or kneeling if the person wishes. The host may be received either in the hand or on the tongue, and the decision is of the individual receiving. If received in the hand, the hands should be clean. The host should be received in the palm of the non-dominant hand then taken by the dominant hand immediately to the mouth. It is not appropriate to reach out and take the host or chalice, or to walk away with the host in one's hand. The communicant should audibly respond, "Amen," to the words spoken by the Priest or Eucharistic Minister, indicating by

their belief in the Real Presence of the body and blood of Christ the Lord.



[The Reception of Holy Communion at Mass, USCCB Website](#)

## Saints of the Week

Scan the QR codes with your phone to read and listen about the lives of the Saints.



**April 2 – Saint Francis of Paola (1416-1507).** Founded the Hermits of St. Francis of Assisi.



**April 3 – Saint Benedict the African (1526 – 1589).** Freed slave became a Franciscan.



**April 4 – Saint Isidore of Seville (530-636).** Fought Arian heresy. Patron of internet and computers.



**April 5 -Saint Vincent Ferrer (1350-1419).** Known as the "Angel of the Judgment."



**April 6 – Saint Crescentia Hoess (1682-1744).** Superior of Tertiaries of St. Francis convent.



**April 7 – Saint John Baptist de La Salle (1651-1719).** Founded the Christian Brothers order.



**April 8 - Saint Julie Billiart (1751-1816).** Founded the Sisters of Notre Dame to educate the poor.

<sup>5</sup> In this case, such as a soldier preparing for battle, the person must make an act of perfect contrition, accompanied by the firm intention of taking a sacramental confession as soon as possible.

<sup>1</sup> Matthew 26:26-28; cf. Mark 14:22-24, Luke 22:17-20, 1 Corinthians 11:23-25

<sup>2</sup>John 6:51-55

<sup>3</sup>John 6:53-57

<sup>4</sup> Matthew 28:20)