**Questions + Answers about Holy Communion**

**1. Why do we go to church?** We go to church to learn about God, Jesus and the Holy Spirit. We also go to church to pray, to praise God and celebrate His love as a community of believers. Church strengthens us in many ways. Participating in the whole mass by listening and being attentive is the fullest way to prepare our minds and hearts to receive Jesus in the Eucharist.

**2. What does Eucharist mean?** The actual definition of Eucharist is ‘Thanksgiving’. Jesus gave thanks to God and asked Him to bless the bread and wine. We, too, give thanks to God for all we have.

**3. What does Communion mean?** Communion means to share. Comm. = community + Union= becoming one. Communion can be thought of ‘being in community’ as a group of Christians (people who believe in Jesus) who become one with Jesus in the blessed bread and wine.

**4. When did Jesus give Himself in Communion?** Jesus gave Himself in Communion at the Last Supper where he broke the bread, blessed both the bread and wine and then asked His friends to ‘Do this in memory of me’.

**5. What does Jesus teach us about Holy Communion?** Jesus teaches that He is the Bread of Life and He will give us life. Regular bread nourishes our physical body; Holy Communion strengthens and nourishes our Spirit because every time we eat it, we become closer to God and stronger in His love, feeling full of life!

**6. How does Jesus show He loves us in Communion?** Jesus shows His love by visiting our hearts and nourishing our souls through the Holy Spirit in the consecrated bread and wine. The Eucharist is not ordinary bread but is Jesus giving Himself to us in love in a very special Sacrament.

**7. What is a Sacrament?** A Sacrament is a holy, visible sign that was established by Jesus Christ; it is a privileged moment of encounter with Christ where He meets, changes and strengthens us to become the people that God wants us to be. Through the Sacraments, Christians can experience the healing, forgiving, nourishing and strengthening presence of God that enables them to love as Jesus loved. Communion is a sacrament.

**8. How does one share the love of Jesus with others?** You share the love of Jesus by being a kind person, doing your best, and by loving and forgiving others.

**9. How do I know I’m ready for First Communion?** You are ready when you are aware of God as loving and is calling you to a life of close communion with Jesus. You are ready when you recognize that Jesus is truly present in the Sacrament of Eucharist and you want Him to fill you with His Spirit. You also want to receive Communion because you realize that Holy Communion doesn’t just strengthen your relationships with God but with others, too; you receive the Spirit of God in the Eucharist and this helps you to love others.

**FYI: The Church Liturgical Year in Colors (based on the life of Jesus):**

