

# The Sacrament of the Eucharist

Keep these ideas in mind as you study **Unit 4, Session 17**.

We often celebrate holidays and other important events by sharing a meal with our families. Before we eat, we pray a prayer of blessing over the meal.

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In the Eucharistic celebration, the Mass, the bread and wine are consecrated and become the Body and Blood of Jesus Christ. Just as food nourishes us physically, the Eucharist nourishes us spiritually.

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On Sunday, the Lord's Day, the Church calls us to gather as a community to remember Jesus' Resurrection. In honor of the Lord's Day, we avoid doing unnecessary work or causing others to do work that distracts them from worshipping God.

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One of the Precepts of the Church is that we should attend Mass on Sundays and the Holy Days of Obligation. In the United States, there are six Holy Days of Obligation.

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Holy Days of Obligation celebrate important events in the lives of Jesus, Mary, and the saints.

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On January 1 we celebrate Mary, Mother of God. On November 1 we celebrate All Saints Day.

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On August 15 we celebrate the Assumption of the Blessed Virgin Mary. On December 8 we celebrate the Immaculate Conception.

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The story of Jesus feeding the five thousand retells a time he felt compassion for others.

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