



Dedicated to Mary, Mother of God

Salus Animarum Suprema Lex Esto (Canon Law 175)

The Salvation of Souls is the Supreme Law in the Church

What you need to know for Your First Holy Communion



First, you have to know Where God Is

and how He will come to you in Holy Communion





Inside the **Tabernacle** we find the **Real Presence** of Jesus Christ

Who Lives in the HOLY EUCHARIST

Jesus lives there under the *appearance* of bread and wine.

It is the most holy of all places on Earth!

Why?

Because Jesus Christ really and truly lives

there — and, not only there —

but in every Tabernacle in every Catholic

Church in the world!





(Tabernacle)

If you were to open the golden doors of the **Tabernacle** (each door has an Angel on it, praying to Jesus inside) ...

... you would see the **Most Holy Eucharist** in a **golden cup** called the **Ciborium** (chee—bore—e—um)

which looks like this:



The Ciborium



The Ciborium

holds all the Hosts

that will be given out during Holy Communion at Mass

This is what the HOST looks like:



(Host)

To *our* eyes — the HOSTS **appear** to be simple, small, round, wafers like the one above

But something WONDERFUL is going to happen to them!



As you see right above: the **Host** is round, white, and tastes like bread — **but in fact it** *really and truly*

becomes the Body of Christ

that the priest places on your tongue.

The **Host** contains *All* of Jesus:

His Body

His Blood

His Soul

and His Divinity

("Divinity" is another way of saying that He is God).

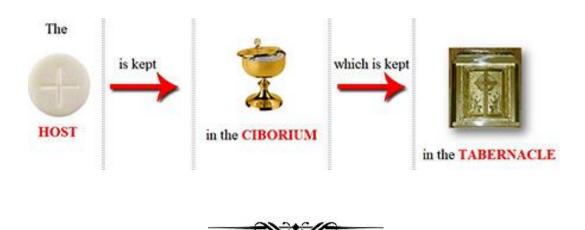
Remember: the HOSTS are kept in the CIBORIUM and the Ciborium is kept inside the TABERNACLE:





(Tabernacle)

In other words,



The *most important* thing to **remember** is that: Jesus Christ — Who is GOD — is in the HOST



the Host is also called the Holy Eucharist



But that is not all!

The Holy Eucharist is also in the Chalice!

The Chalice is a gold cup that holds the Blood of Jesus Christ.

And not just His blood ...

but All of Him — Just like the Host!

This is the Chalice:





Before the priest **consecrates** the wafer (bread) and the wine at Holy Mass, they are only that:

bread and wine.

But *after* the priest Consecrates the round wafer and the wine in the cup —

the bread becomes the Body of Jesus Christ

and the wine becomes the Blood of Jesus Christ.

Really and truly!



When we go to Holy Mass the priest *consecrates* (offers up to Jesus' Father in Heaven)

the bread and wine:



and after he does this, they become

the Body and Blood of Jesus!

In other words, after the priest consecrates it:

It is no longer bread.

It is no longer wine.

It becomes Jesus Himself!

(He is hidden under what we call the "appearance" of bread and wine. In other words, it still looks like bread and wine)

but now it is really the **BODY** and the **BLOOD** of Jesus Who gives *Himself* to us in **HOLY COMMUNION**.



The priest offers the *Holy Eucharist* up to God

Prayer Before Communion

Before you go to receive Holy Communion, you should say this prayer:

"O LORD Jesus Christ, Son of the living God,

Who by the will of the Father and the Holy Ghost,

Died for us on the Cross

and by Your death, You gave life to the world:

deliver me by this, Thy most sacred Body and Blood,

from all my sins and from every evil.

Make me always to obey Thy commandments

and *never* let me be separated from Thee.

Amen."



Here the priest is offering to you the Holy Eucharist, the Body of Jesus at Mass

And when you go to receive Holy Communion, *the priest first* says to you:

"The Body of Christ"

After you *open your mouth and hold out your tongue*, the priest places the Host on your tongue, and *you* say:

"Amen"

You have just received Jesus on your tongue, and He goes into your body and soul and you become filled with *Grace* and become *very* pleasing to God! Angels gather all around you (although you will not see them — but they are there!) — right beside you, singing praise to God for the most beautiful gift He just gave you: **Himself!**



The Most Holy Sacrifice of the Mass

If you could see all that is *really* taking place at Holy Mass, you would see something like the picture above.

Do you see Jesus above the Altar?

Do you see His Father?

Do you see all the Angels?

They are all there, during Holy Mass, but

usually, in this life, you cannot see them. Ask God to help you to love Him more and more all your life. He will love you and protect you, and be with you, all your life!



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