



# Boston Catholic Journal



NIHIL NISI IESUM

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**



**The**  
**Tabernacle**

**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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