Family Talk Time

What do you think it means that the Eucharist is the source (the beginning) of our Christian life? What does it mean for the Eucharist to be the summit (the highest point) of our Christian life?

Prayer to say as a family this week:

O Sacrament most Holy, O Sacrament Divine, All praise and all thanksgiving, Be every moment Thine. Amen.

This week, your child learned that:

- The Eucharist is the Sacrament in which we receive the Lord’s Body and Blood under the appearances of bread and wine.
- The Eucharist was instituted at the Last Supper, the night before Jesus died.
- The Eucharist is the “source and summit of the Christian life.”
- There are many titles for the Eucharist that help us better understand the Sacrament.