

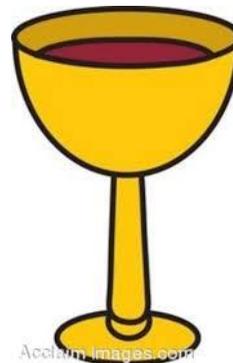
The meal that Jesus gave us comes from what is called 'The Last Supper' which Jesus ate with his friends just before he was arrested and died on the cross.

Throughout his life and ministry, Jesus used images, stories and actions to try to teach people about God. At the Last Supper, Jesus used bread and wine to teach his disciples about his approaching ministry and its meaning for them and for us.

He taught that just as bread has to be broken in order to be shared and eaten, and just as wine has to be poured so that it can be shared, so he himself would have to die and be 'broken' and his blood 'poured out' so that all people could enjoy a right relationship with God. Because of what he did, our sins are forgiven.



Jesus told his friends to remember what he had done and carry on sharing bread and wine as they met together with each other and with God. Even over two thousand years later Christians still have this way of coming close to God and receiving God's grace (love) in a special way.



Eucharist, Holy Communion, Lord's Supper, and **Mass** are just four names for the same thing, but they each teach us something different when we share bread and wine in church.

- **Eucharist** is Greek for 'thanksgiving'; so the Eucharist is a celebration... a party!
- When we call it **Lord's Supper** we are remembering the last supper of Jesus and his suffering and death that showed the infinite love of God for us.
- **Holy Communion** reminds us of God's call to his people to live peacefully with one another. Jesus gave us a 'new' commandment that we should love one another as he loved us.
- **Mass** comes from the Latin 'dismiss'. When we meet God, he transforms us and sends us out into the world to live our lives as his people.

Holy Communion is an example of what the church calls a **sacrament** - using a symbol, object or action as a sign of something that is happening spiritually. God can bless us at any time, but the sacraments are special ways he has given us to receive his blessings and his grace.

When we receive the bread and wine we also receive God's presence into our lives.

All Christians who usually receive bread and wine at their own church are welcome to receive at Christ Church.



If you would like to find out more please contact the Vicar:

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The Eucharist

Holy Communion
Lord's Supper
Mass



The meal that Jesus
gave us