

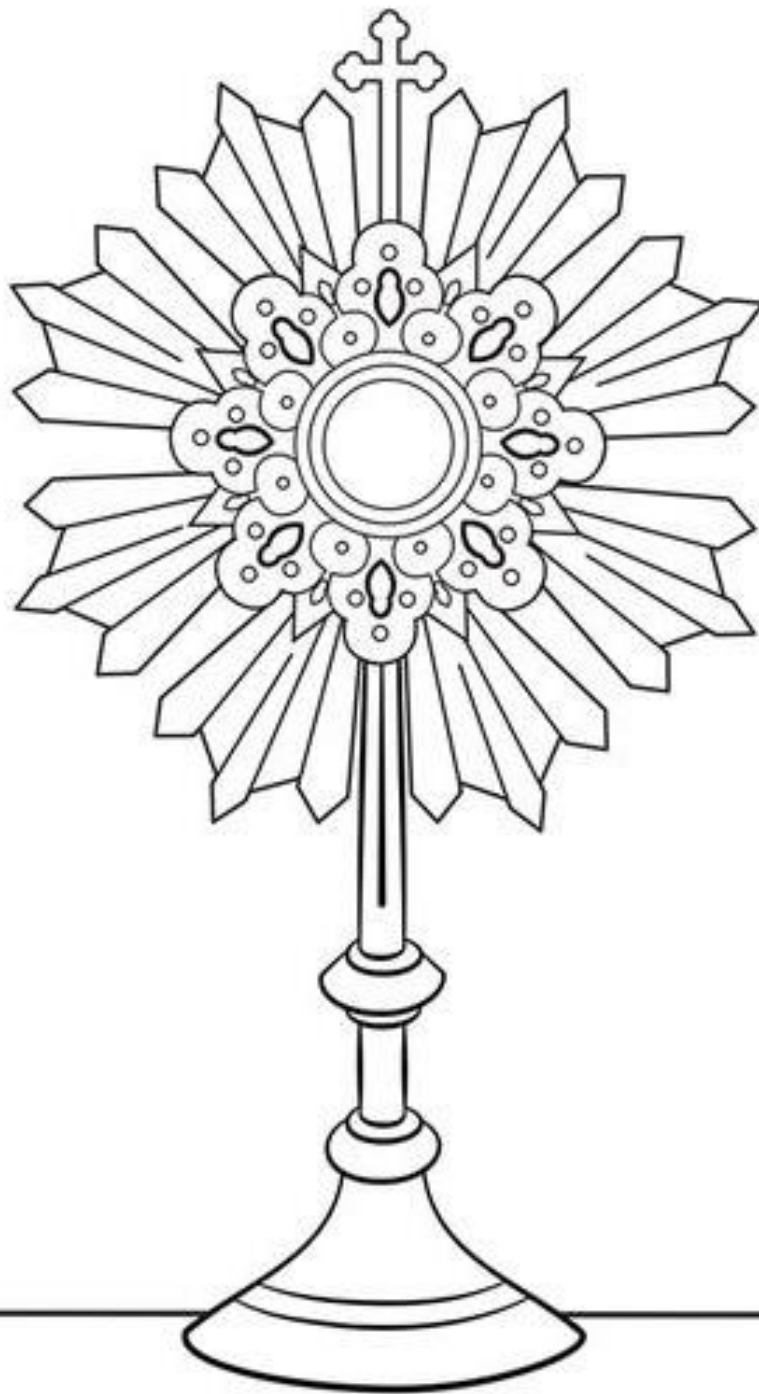
What Jesus did that night is what we celebrate and partake of at each Mass. When we receive Holy Communion, we receive Jesus Himself.



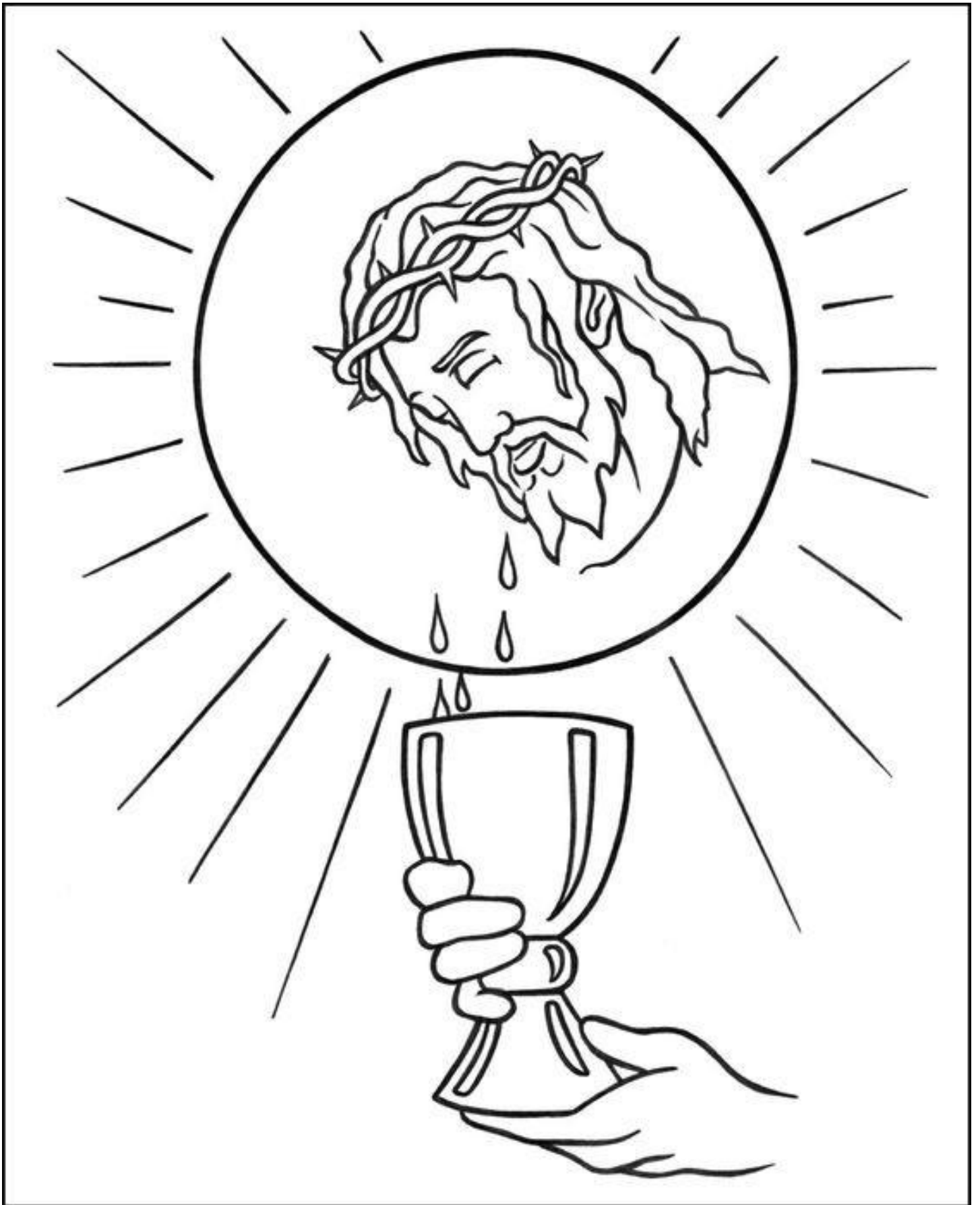
One way that God has provided for a healthy soul is through the blessed Eucharist! The word "Eucharist" is a Greek word which means "thanksgiving".



## What is Prayer?



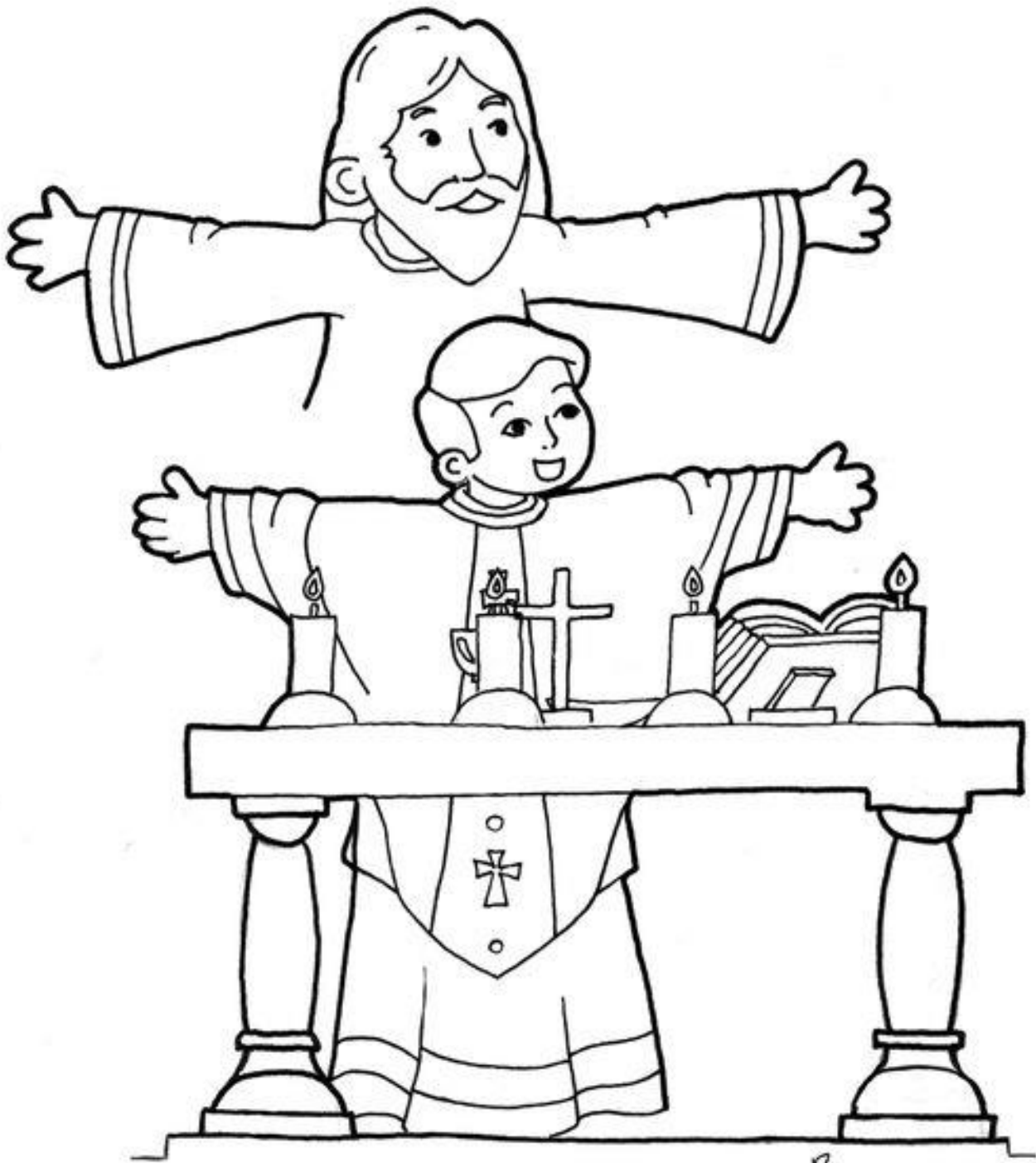
**Prayer is not just asking God for what we want.  
It is listening to Him and spending time  
with Him.**









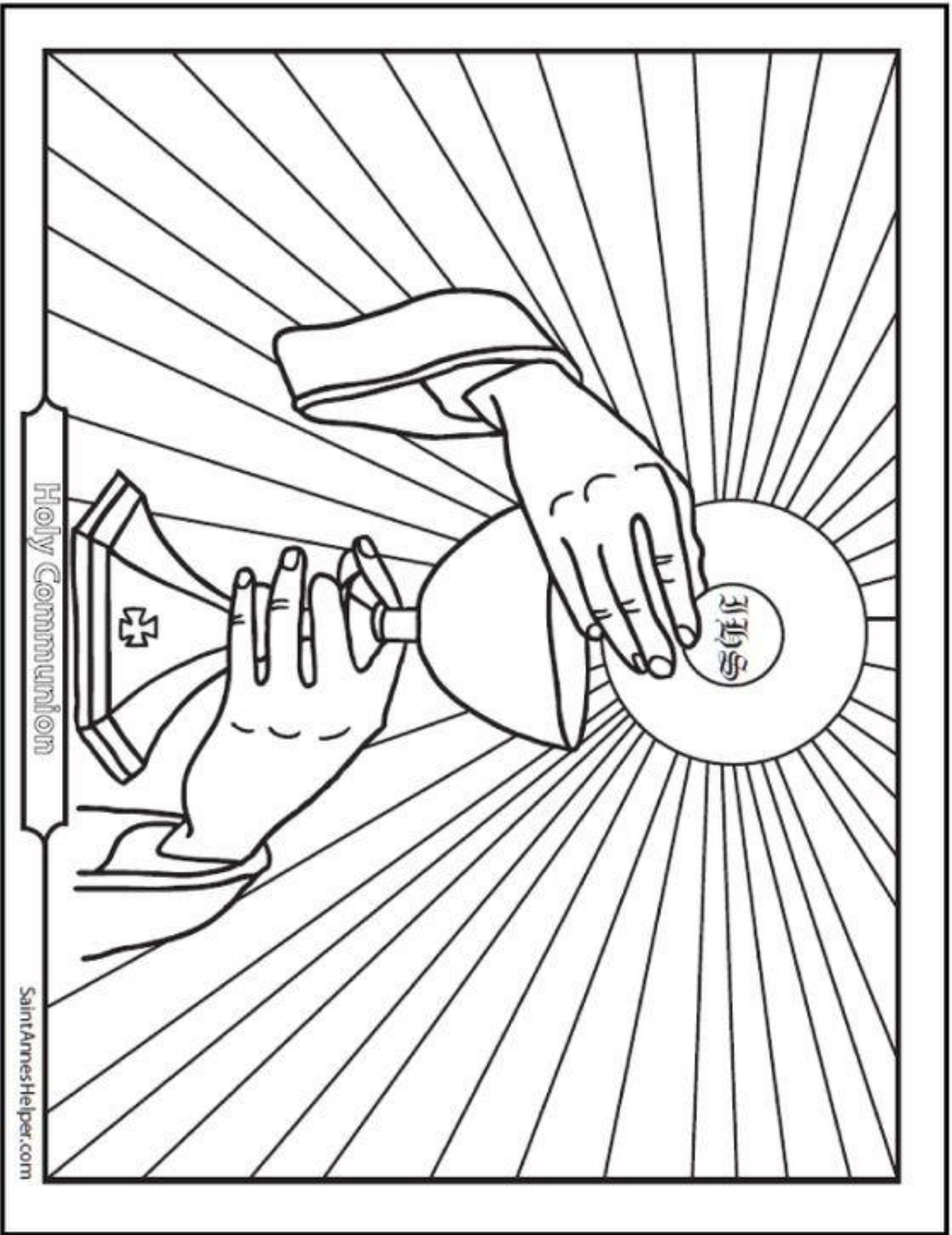


Rodrigopant









Holy Communion

