

Name \_\_\_\_\_ Parish \_\_\_\_\_

**Reflection- Session 4: Sacraments of Initiation: Eucharist**

Read the Catholic Updates:

- The Real Presence of Christ in the Eucharist
- A Walk Through the Mass

**PLEASE PRINT OR TYPE  
YOUR RESPONSES**

Please answer the following questions:

1. How was the Eucharist instituted? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What do Catholics believe about the Eucharist? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What happens when we receive Holy Communion? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What does the celebration of Eucharist have to do with concern for the poor? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Why is it important for Catholics to participate regularly in the Sunday celebration of the Eucharist? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What aspects of the Eucharist are most important to you and why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please turn in your reflection at the next session.**