



## *Understanding Eucharistic Adoration*

### **Question 1: What is the Eucharist?**

- The Eucharist is the sacramental gift of **Christ Himself** instituted during the Last Supper, which He pronounced over bread and wine, “This is My Body” ... “This is My Blood.”
- The Eucharist is Jesus Christ, **Really, Truly and Substantially Present** under the appearances of bread and wine; i.e., body, blood, soul and divinity.
- *The Eucharist is “the source and summit of the Christian life.” “The other sacraments ... are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely **Christ himself** ...” ccc 1324*
- *“Many people ask me, “What is the Eucharist?” I think the better question is maybe, “Who is the Eucharist?” because **the Eucharist IS JESUS!**” Dr. Edward Sri speaking in the Knights of Columbus video, *The Eucharist - Source of our Healing & Hope**

### **Join Us!**

*St. Luke’s Church Eucharistic Adoration,*

**every Monday (except federal holidays),**

7:00 a.m through 6:00 p.m.

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