



# Holy Eucharist

The Eucharist is "the source and summit of the Christian life." The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, 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 1321)

## Matter:

Unleavened wheat bread and grape wine.

## Form:

"This is my body" and "This is the cup of my blood" (essential "words of institution" of the Last Supper.)

- Ordinary Minister: Bishop or Priest (for consecration); Deacon (for distribution)
- Extraordinary Ministers of the Eucharist: Those who are trained and officially delegated to distribute the Eucharistic (but not to consecrate).

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.

Matthew 26:26-28

So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world."

John 6:32-33