

The Body and Blood of Christ

When Jesus went back to Heaven He didn't want to leave us all alone, so He gave Himself to us in the Holy Eucharist. First He gave Himself to the Apostles at the Last Supper, and today He gives Himself to us in Holy Communion.

Normally when we eat something it gets absorbed into our body. But receiving Jesus in Holy Communion does something different. It makes us more into Jesus' Body! It brings our soul closer to God and closer to all the other people in the Church. That's what "Communion" means.

When we go to Communion in a state of grace we can get so much more grace from God. Our venial (small) sins can be taken away and we can get more strength to do His will. In fact, the time that your prayers are the most powerful is right after you receive Holy Communion, when Jesus is right inside you. He is your closest friend and only wants what is good for you. When you go to Communion remember Who you just received and don't forget to thank Him for coming to you!



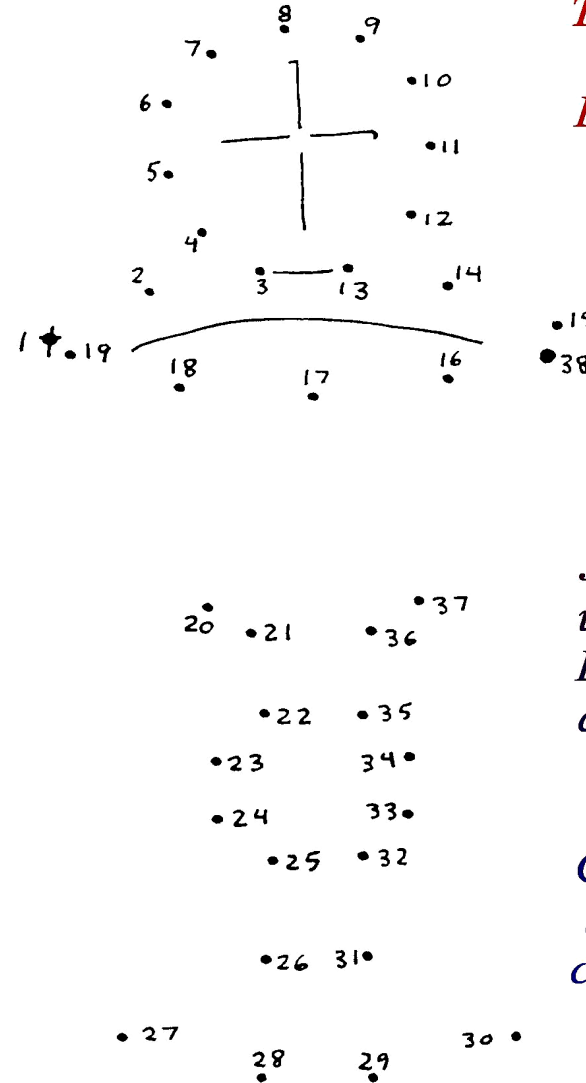
**Feast of the Body and Blood of Christ
Sunday June 19th, 2022**

Today is the feast day of the Body and Blood of Jesus.

When He died on the cross He offered up His Body and Blood for us.

Jesus also gave us His Body and Blood to eat and drink at the Last Supper.

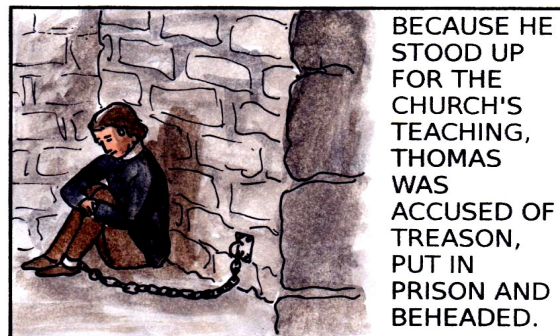
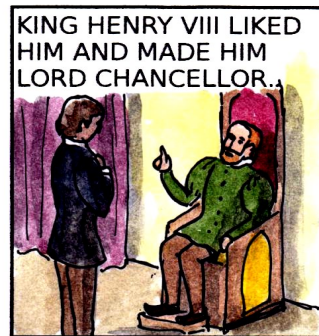
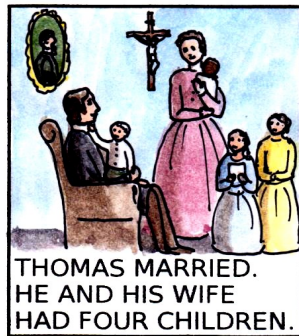
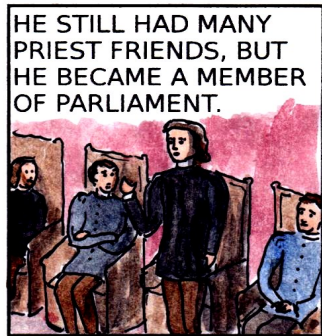
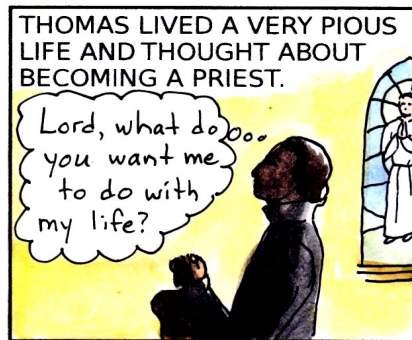
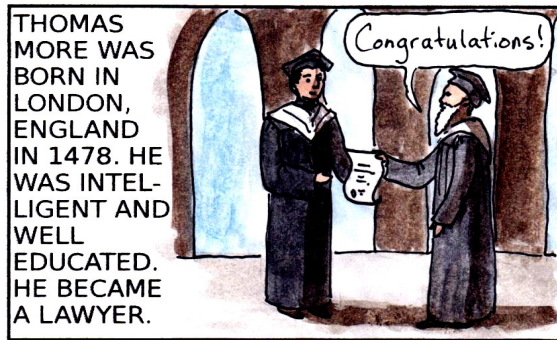
Connect the dots to see where He comes to us now!



Answers to Unscramble Puzzle: top: 3, 6 middle: 5, 1 bottom: 2, 4

Saint Thomas More

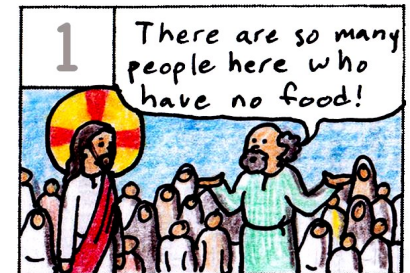
June 22



SAINT THOMAS MORE WAS A VERY IMPORTANT MAN IN HIS KINGDOM, BUT HE DID NOT APPROVE OF THE KING'S WRONG IDEAS. YOU CAN PRAY TO SAINT THOMAS MORE IF YOU ARE TEMPTED TO AGREE WITH SOMETHING YOU KNOW IS WRONG. BE READY TO SUFFER FOR THE TRUTH LIKE THE MARTYRS DID!

Unscramble the Story: Five Loaves and Two Fishes

How well do you know the story of the multiplication of the loaves and fishes? Put the numbers from 1 to 6 in the boxes in the right order.



When Jesus fed the crowd of five thousand with five loaves and two fish, He was giving an example of how He could feed everyone with His Body and Blood in Holy Communion.