

# Sunday Eucharist

**Pray that all Christians remember to make Sunday God's day by celebrating the Eucharist.**

There are a lot of things we do during the week! We go to school and do our homework. We help our parents and do our chores. We play with our friends. We play soccer or baseball. Sometimes we just don't know how we're going to get everything done. But every week there's one thing that's the most important thing, and the greatest thing, that we do.

In the third Commandment, God reminds us that Sunday is HIS day. It is the day that we are supposed to put aside all the other things we have to do and go to Church. We join with many other people, and we sing and pray, and listen to the readings in the Liturgy of the Word. Then we celebrate the Liturgy of the Eucharist.

The Eucharist is the most important thing we do, because at Mass, Jesus speaks to us in his Word, and the bread and wine become the Body and Blood of Jesus. When we take Holy Communion, we become part of Jesus.

Because we are one with Jesus, we should make everything we do something that would make Jesus happy. Jesus is with us through everything we do – even soccer, homework, and chores! That's why the Pope wants us to give our Sundays to God, and to celebrate the Eucharist with others.

## ***Think about it!***

- Why is Sunday so important?
- What can you do to make the Eucharist the most important part of your week?
- What can you do to tell others how important Sundays are to God?

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K B Y O B R E A D Q S I  
B L M H H K P Z R M U P  
L O G H C Q R V H K N E  
C O M H E P A F D X D U  
F D A H L W Y T R U A C  
H H S D E J E S U S Y H  
J B S U B L R Q F L H A  
R O A T R X S I J T P R  
U D R E A D I N G S V I  
X Y J A T B H W I N E S  
C H O R E S F I E Z Z T  
Y H C O M M U N I O N H

Sunday

Eucharist

Communion

Chores

Mass

Bread

Wine

Body

Blood

Jesus

Celebrate

Prayers

Readings

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