

What happens in the Eucharist

1. The priest welcomes everybody to the service.



2. We think about a time we did something we shouldn't have and say sorry to God.



3. We hear a story about Jesus and the priest talks about the story



4. We say prayers to ask God:

- To help us look after the world
- To help us to be good followers of Jesus;
- To help us to be kind to people around us,
- To ask God to help people feel better when they are ill
- To help people to feel loved when they are sad that someone has died or something has happened to make them feel sad.



5. We share God's peace with people by saying 'Peace be with you'



6. The Priest blesses the bread and wine and tells the story of Jesus' Last Supper. They lift up the bread and wine to show everybody how special it is.

7. We all receive a little bit of the special bread (and sometime the wine) to show that we want to be like Jesus' disciples. If you don't want to do that, you can cross your arms on your chest and the priest will bless you instead.



8. The priest says a special prayer and blesses everybody in the room and then tells them that the service is ended and to go be like Jesus and be kind to people.

Things you might see, hear or touch in the Eucharist.

You will see and hear the priest.



You might hear singing



You will sit next to other people and might shake their hand at the peace. If you don't like shaking hands, you don't have to.



You will see a special cup called a chalice and a disc called a wafer or a host.



You might taste a host/little wafer. It tastes like the bread in your sandwiches but is crispy. You don't have to eat it if you don't want to.



If you don't want to eat the wafer/host, you can also have a blessing. The priest will put their hand on your head. If you don't like having your head touched or you don't want a blessing just stay seated when people get up to go up to the priest to have their bread.

It is your choice if you want to eat the bread or have a blessing and it's absolutely OK for you to say that you don't want to, but please know that you are ALWAYS welcome to if you want to.

