

The Definition of the Sacrament of Eucharist

Catholics believe the Eucharist, or Communion, is both a sacrifice and a meal. We believe in the real presence of Jesus, who died for our sins. As we receive Christ's Body and Blood, we also are nourished spiritually and brought closer to God.

The Eucharist is the very sacrifice of the Body and Blood of the Lord Jesus which he instituted to perpetuate the sacrifice of the cross throughout the ages until his return in glory. Thus he entrusted to his Church this memorial of his death and Resurrection. It is a sign of unity, a bond of charity, a paschal banquet, in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.

Jesus instituted the Eucharist on Holy Thursday as he celebrated the Last Supper with his apostles.

After he had gathered with his apostles in the Cenacle, Jesus took bread in his hands. He broke it and gave it to them saying, "Take this and eat it, all of you; this is my Body which will be given up for you". Then, he took the cup of wine in his hands and said, "Take this and drink of this, all of you. This is the cup of my Blood, the Blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me".

It is the source and summit of all Christian life. In the Eucharist, the sanctifying action of God in our regard and our worship of him reach their high point. It contains the whole spiritual good of the Church, Christ himself, our Pasch. Communion with divine life and the unity of the People of God are both expressed and effected by the Eucharist. Through the eucharistic celebration we are united already with the liturgy of heaven and we have a foretaste of eternal life.

The unfathomable richness of this sacrament is expressed in different names which evoke its various aspects. The most common names are: the Eucharist, Holy Mass, the Lord's Supper, the Breaking of the Bread, the Eucharistic Celebration, the Memorial of the passion, death and Resurrection of the Lord, the Holy Sacrifice, the Holy and Divine Liturgy, the Sacred Mysteries, the Most Holy Sacrament of the Altar, and Holy Communion.

The Eucharist was foreshadowed in the Old Covenant above all in the annual Passover meal celebrated every year by the Jews with unleavened bread to commemorate their hasty, liberating departure from

Egypt. Jesus foretold it in his teaching and he instituted it when he celebrated the Last Supper with his apostles in a Passover meal. The Church, faithful to the command of her Lord, "Do this in memory of me" (*I Corinthians* 11:24), has always celebrated the Eucharist, especially on Sunday, the day of the Resurrection of Jesus.

The Eucharist unfolds in two great parts which together form one, single act of worship. The Liturgy of the Word involves proclaiming and listening to the Word of God. The Liturgy of the Eucharist includes the presentation of the bread and wine, the prayer or the anaphora containing the words of consecration, and communion.

Catechism of the Catholic Church (2nd Edition)

Mass Intentions July 22, 2024 – August 4, 2024	
Tuesday, July 23, 2024 – 7:00 p.m.	+ Teresa Das – <i>Agness Das</i>
Wednesday, July 24, 2024 – 8:30 a.m.	
Thursday, July 25, 2024 – 8:30 a.m.	
Friday, July 26, 2024 – 8:30 a.m.	
Saturday, July 27, 2024	
9:00 a.m.	
5:00 p.m.	+ Larry Wismer – <i>Joan Wismer</i>
Sunday, July 28, 2024 – 10:00 a.m.	Parishioners of St. Teresa Parish
Tuesday, July 30, 2024 – 7:00 p.m.	
Wednesday, July 31, 2024 – 8:30 a.m.	+ Delmar Ferreira – <i>Citelia Ferreira</i>
Thursday, August 1, 2024 – 8:30 a.m.	
Friday, August 2, 2024 – 8:30 a.m.	
Saturday, August 3, 2024	
5:00 p.m.	+ Leona & Sheldon Grobe – <i>Peter Grobe</i>
Sunday, August 4, 2024 – 10:00 a.m.	Parishioners of St. Teresa Parish

Stewardship Report – July 7 th , 2024	
Sunday Offerings	\$ 2,011.05
Votives.....	\$ 36.65
Flowers.....	\$ 10.00
Building Fund.....	\$ 40.00
Stewardship Report – July 14 th , 2024	
Sunday Offerings	\$ 1,780.50
Votives.....	\$ 17.00
Building Fund.....	\$ 25.00

Diocese of Hamilton Prayer Calendar	
July 22 –	St. Mary Magdalene, Disciple of Lord
July 23 –	Rev. Peter Meyer
July 24 –	Society of Christ (S.Chr.)
July 25 –	Rev. Lukasz Kopaniak, S.A.C.
July 26 –	St. Anne & St. Joachim, Parents of Blessed Virgin Mary
July 27 –	Rev. Sam Restivo C.R.
July 28 –	Seventeenth Sunday in Ordinary Time
July 29 –	Saints Martha, Mary & Lazarus, Disciples of the Lord
July 30 –	Rev. Krzysztof Szkubera, C.R.
July 31 –	Pallottine Fathers (S.A.C.)
August 1 –	Most Rev. Anthony Tonnos
August 2 –	Rev. Henryk Krajewski, C.R.
August 3 –	Parish Staff
August 4 –	Eighteenth Sunday in Ordinary Time

We are most appreciative of your ongoing prayerful and financial support for our parish, St. Teresa of Avila.

Donations to the parish can be made through the use of Sunday Offertory envelopes, Pre-Authorized Giving, E-Transfer, and CanadaHelps.

Why should I enroll in Pre-Authorized giving? Advantages for you:

- the convenience of having your contribution automatically contributed to the parish.
- knowing you continue to support the parish even when you are away;

Advantages for the Parish:

- regular, dependable contributions to the Parish;
- Reduction of paperwork;
- The ability to more effectively plan parish programs and activities.

If you require any further information, please contact the parish office.

Parish Announcements

Notice: First Friday Mass Time
During the summer months, the First Friday Mass will take place in the morning at 8:30 a.m. The regular First Friday Mass schedule will resume in September 2024.

Notice: August 2024 Saturday Morning Mass
A reminder that there will be no 9:00 a.m. Mass on Saturdays during August 2024. The regular Saturday morning Mass schedule will resume in September 2024.

Parish Choir Team

We are looking for volunteers to join our Parish Choir team. If you have a love for music, can play the guitar, play the piano, and wish to participate in your parish community, please contact the parish office.

Sanctuary Cleaning Team

We are looking for volunteers to join our Sanctuary Cleaning team. Teams are made in pairs, and cleaning takes place on Fridays. To join, please contact the parish office or enter your name on the sign-up sheet in the church foyer. Please let us know which dates you are available.

Diocese Announcements

Young Adults Night - Saturday, August 3rd – Hamilton
Fr. Mark Morley invites all young adults (ages 20s and 30s) of our diocese to attend an evening of prayer, fellowship and praise music in support of your vocations. The Young Adults Night includes a Holy Hour (6:30pm-7:30 pm), social with food (7:30pm-8:00pm), praise night with vocations testimony (8:00pm-9:00pm), and Compline (9:00pm) on Saturday, August 3rd at St. Catherine of Siena Church (620 Rymal Road East, Hamilton, Ontario). Sponsored by the Vocations Office of the Diocese of Hamilton: <https://hamiltondiocese.com/vocations/> For more information: vocations@hamiltondiocese.com

Pilgrimage to Midland – Blessed Sacrament Parish
We are excited to announce our pilgrimage to the Shrine of the First Canadian Martyrs in Midland on Tuesday, August 6. This will be an all-day event with an early departure from Blessed Sacrament Parish, Kitchener, and an evening return. Please bring your lunch and a drink. The ticket price is \$55, including bus fare, shrine entrance, and Saint Marie Among the Hurons Museum. Please mark your calendar and join us on this pilgrim's journey. To register please email Keri at the office. blessedsacrament1977@rogers.com

Wisdom of the Saints
"Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility."
-- St. Augustine

Pope Francis' Prayer Intention July 2024
Please join Pope Francis in praying for the pastoral care of the sick during the month of July.