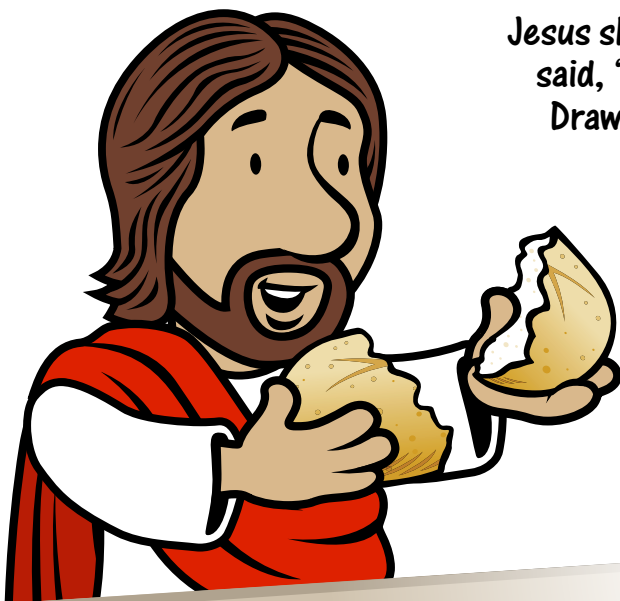


# This is my body, this is my blood

During Mass we share in a sacred meal called the Eucharist, which means 'to give thanks'. In the chalice, write down some things which we can be thankful for. In the bread, draw a picture of your family sharing a special meal.



Jesus shared bread and wine with his disciples and said, "This is my body," and "this is my blood".  
Draw a chalice containing the blood of Christ.



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