



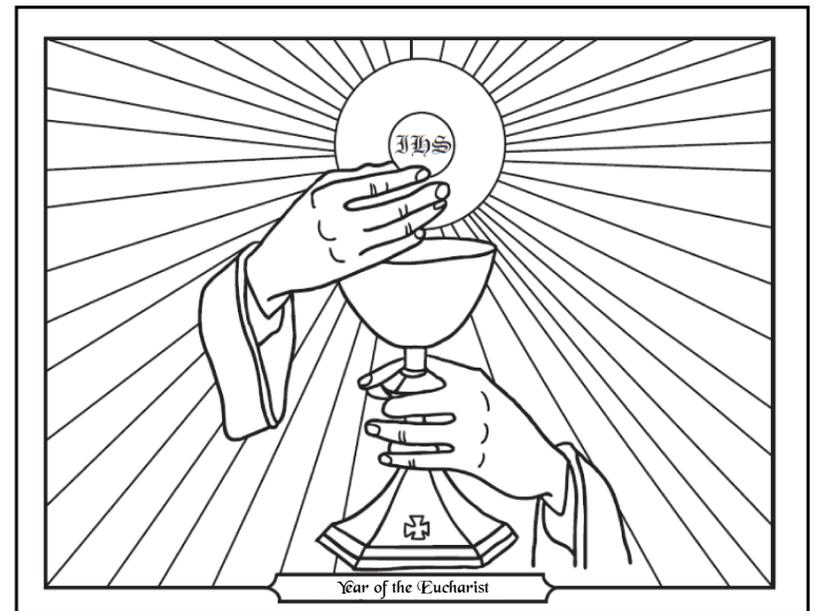
## The Year of the Eucharist

for Children

### A Prayer at the Tabernacle

Lord, Jesus Christ, Son of God, made known in the Eucharist, be with me now and always.

By knowing you in the Blessed Sacrament may you help me grow and love you more and more. Thank you for your Real Presence in the Most Holy Eucharist and for letting me be so close to you. Forgive me for what I have done wrong and help me to love others in everything I do. Jesus, remember me when you come into your kingdom.

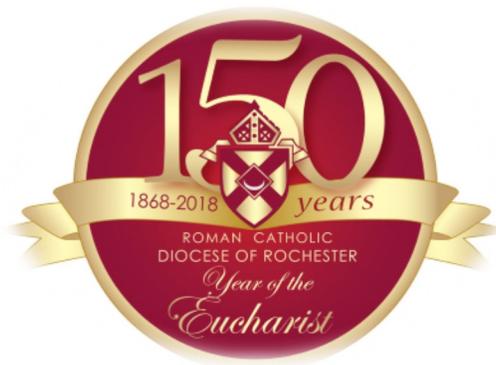


From June 18, 2017 to June 3, 2018 the Diocese of Rochester is celebrating a very special year. Bishop Matano has declared it the *Year of the Eucharist*. But what does that mean for us?

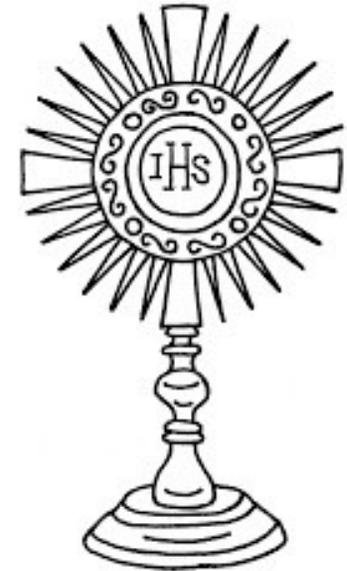
When the Church declares a year of observance, we spend the whole year learning, thinking and praying about that topic. You might remember that last year Pope Francis declared the Extraordinary Jubilee Year of Mercy, and we spent that time learning about and experiencing God's loving mercy.

So why *The Year of the Eucharist*? Because on March 3, 2018, the Diocese of Rochester is celebrating its 150th anniversary, similar to its 150th birthday. The one thing that has remained completely constant through all 150 years is Jesus Christ, who is present in the Eucharist.

When we celebrate our birthdays our friends and family celebrate with us. Bishop Matano wants to make sure we all celebrate this anniversary with Jesus, who is at the heart of all we do in the Diocese of Rochester!



Sometimes, the Blessed Sacrament will be taken out of the tabernacle so people can not only be with Jesus, but see Him. The Blessed Sacrament is placed in a **Monstrance**. This is a special holder with a glass center letting us see the Blessed Sacrament.



This time of prayer is called **Adoration of the Blessed Sacrament**. There are some churches and chapels where Adoration happens all day and all night. This is called **Perpetual Adoration**. Catholics take turns praying in Adoration around the clock every day of the year, so that someone is always there.

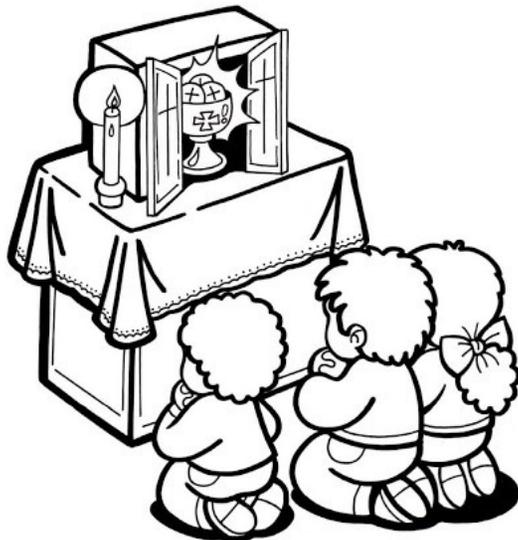
Sometimes a priest or deacon will also bless us with the Blessed Sacrament (he uses it to make the Sign of the Cross and prays over us). This is called **Benediction of the Blessed Sacrament**. Both Adoration and Benediction are very special prayers that Catholics cherish.

Maybe sometime during *The Year of the Eucharist* you can spend some time with Jesus in prayer before the Tabernacle or at Adoration of the Blessed Sacrament.

Because we believe that Jesus is present in the Eucharist, a very special place is needed for the Blessed Sacrament. In every Catholic church there is a **Tabernacle**. This is a special, locked container that holds the Blessed Sacrament, and whenever Jesus is there you will find a candle burning nearby as a reminder of his presence.

When Catholics enter a church or chapel with a tabernacle, we **genuflect** to our Lord. This means we bend our right knee to touch the ground and make the sign of the cross. It is an old way of greeting someone very important.

People also visit Jesus when He is in the tabernacle. What better place to pray and talk to God than where Jesus is? We are so lucky as Catholics to be able to be with Jesus! We stay quiet in the church as a sign of respect to Jesus and to others who are praying.



## 150 Years of the Diocese of Rochester



Bishop Bernard J. McQuaid  
was our 1st Bishop



Crest for the Diocese



Bishop Matano's Coat of Arms



Bishop Salvatore R. Matano  
is our 9th and current bishop



As Catholics we believe that Jesus is really and substantially contained in the Blessed Sacrament.

This means that through the priest's prayer of **consecration** at Mass, the host and the wine truly become Jesus Christ. They still look and taste like bread and wine, but they are the body, blood, soul, and divinity of Jesus Christ.

This change is called **transubstantiation** - a big, important word for Catholics. It means that what was bread is now the Body of Christ and what was wine is now the Blood of Christ. We do not even call the Eucharist bread and wine after the consecration: only the Body and Blood of Christ.

When we go to church for Mass, Jesus joins us in the Eucharist. As Catholics we kneel when we know Jesus is present, even during Mass. It is a sign of respect.

Also, we don't use just an ordinary cup and plate at Mass. There are special vessels to hold the Body and Blood of Jesus.

These are called the **paten** (the plate) and the **chalice** (the cup), and extra hosts are placed in a **ciborium**. They are made from special materials, and the Mass is the **ONLY** time they are used.

