

UNDERSTANDING THE CATHOLIC MASS AND COMMUNION



St. Cuthbert's
Roman Catholic High School

What is Mass?

The Mass is a special Catholic celebration where we remember Jesus — his life, death, and resurrection — and give thanks for his love.



What is the Eucharist?



The Eucharist (or Communion) is when Catholics receive Jesus in the form of bread and wine. It's a sign of their deep friendship with Jesus and the Church.

Can I receive communion?

Only baptised Catholics who have received First Communion and have prepared to receive Jesus in their hearts are invited to receive Communion.



What if I'm not Catholic or not ready to receive Communion?



You are very welcome to be part of the Mass! You can:

- Participate by listening, praying, and singing.
- Come forward with your arms crossed over your chest to receive a blessing instead of Communion.
- Or stay seated and pray quietly.

Why this respect?

We want everyone to feel welcome and respected, no matter their faith background. The blessing or quiet prayer is a way to share in the community without receiving Communion.



THANK YOU FOR BEING PART OF THIS SPECIAL CELEBRATION!