

Sharing in a Family Meal Together

Celebrating the Year of the Eucharist

MealtIME Prayer

Bless us O Lord,
and these thy gifts,
which we are about to receive
from thy bounty,
through Christ, Our Lord.
Amen.

Faith Fact: Transubstantiation is the term used to describe the process by which the bread and wine at Mass become the body and blood of Jesus.

The Year of the Eucharist in the Archdiocese of Boston began on the Feast of Corpus Christi and will end on the Feast of Corpus Christi in 2021!



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Make Unleavened Bread Together!

Ingredients:

1 cup all purpose flour

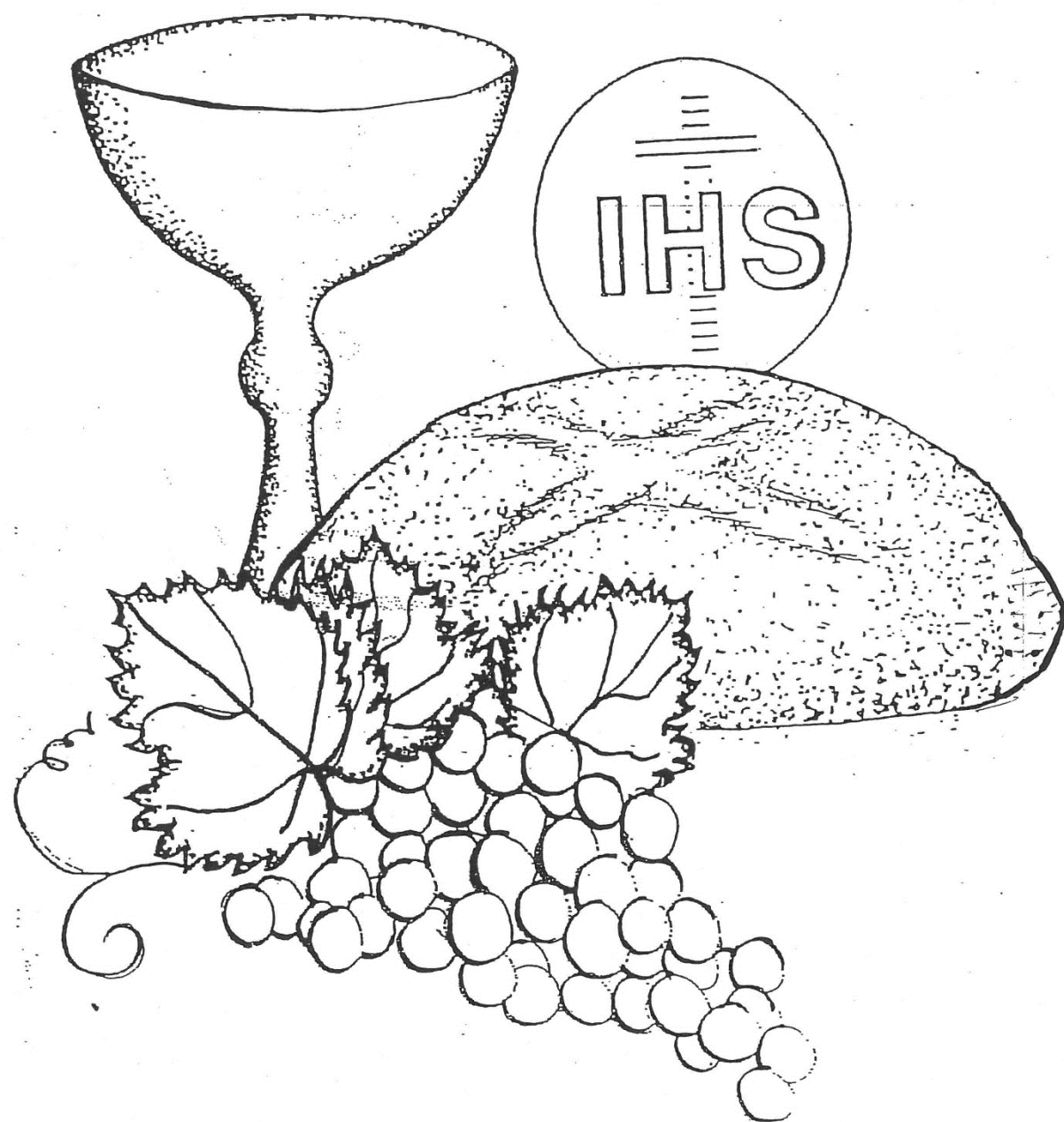
1/3 cup vegetable oil

1/8 teaspoon salt

1/3 cup water

Directions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Mix flour, oil and salt together in a bowl; add water and mix using a pastry cutter until dough is soft. Form dough into six balls and press into disks onto the prepared baking sheet using your hands.
3. Bake in the preheated oven until bread is cooked, 8-10 minutes.



Color in the image of the chalice, host, bread and grapes!