



The procession with the Blessed Sacrament...reminds us that we are called to go out and bring Jesus to others. To go out with enthusiasm, bringing Christ to those we meet in our daily lives.

— Pope Francis  
Homily on the Solemnity of the Most Holy Body and Blood of Christ, 6 June 2021

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Faith in Action

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## What is the Eucharist?

Jesus Christ is truly present in the Eucharist under the appearance of bread and wine. During Mass, the bread and wine offered by the priest are substantially changed and become the Body and Blood of Jesus while maintaining the appearance of bread and wine. Standing before the Eucharist is an encounter with the same Jesus who is the Son of God and who lived, died and rose from the dead 2000 years ago. The Eucharist makes present to us today the sacrifice of Jesus on the cross that has reconciled all of humanity to God the Father, and, in the Eucharist, Catholics are united together in the Body of Christ.

Why do Catholics believe that Jesus is truly present in the Eucharist?

Belief in Jesus' Real Presence in the Eucharist goes back to the foundation of the Church and is based on Jesus' own words:

- “Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, ‘Take, eat; this is my body.’ And he took a cup, and when he had given thanks he gave it to them, saying, ‘Drink of it, all of you; for this is my blood of the covenant...’” (Matthew 26:26-27)
- “I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh” (Jn 6:51)



in the Mass as we bring Jesus, present in the Eucharist, to our streets. This is an opportunity for Catholics to share our faith with everyone we meet.

A Eucharistic Procession is an opportunity to walk with the Blessed Sacrament through your community, bringing Jesus to everyone along the route. As Catholics, we believe in the Real Presence: that Jesus Christ is truly present – body, blood, soul, and divinity – in the Eucharist, under the appearances of bread and wine. As such, we are compelled to grow in our devotion to Jesus in the Eucharist and to share the Eucharist with the world.

During a Eucharistic Procession, the priest carries the Eucharist in a monstrance and walks under a canopy with the congregation following while singing and praying together. You might stop at stations for moments of prayer before returning to the Church for benediction. This is a perfect opportunity to grow in your own devotion to the Blessed Sacrament and to share your faith publicly.



## What you'll see during a Procession:

**Monstrance** – A monstrance is a liturgical vessel used to display the Blessed Sacrament for public veneration. The name “monstrance” comes from the Latin word, monstrare which means “to show.” The symbolism of the monstrance reminds us that Jesus, in the Eucharist, radiates his love and grace out into the world and into our lives.

**Thurible with incense** – The thurible is used to burn incense during Mass and during the procession. The incense symbolizes both the prayers of the people rising up to God as well as the great beauty and mystery of the Eucharist.

**Processional canopy** – Square or rectangular cloth covering for the Blessed Sacrament during a procession. The canopy is carried by four or more people. The canopy, while not strictly required, adds dignity to the procession by making a sacred space for the Eucharist throughout the procession. It is reminiscent of the tent of the Lord's presence where the Ark of the Covenant was kept while the Israelites wandered in the wilderness for forty years after leaving Egypt.

**Stations** – Depending on the length of the procession route, one to four altars can be prepared along the route where the Blessed Sacrament can be placed, prayers offered, and benediction given.

## What is a Eucharistic Procession?

On important days throughout the year, Catholics traditionally process throughout the community with the Eucharist carried by the priest. The procession is an extension of the worship of God