

## The Eucharist in a Fruit Wreath

Jan Heem, 1648, oil on canvas, Kunsthistorisches Museum, Vienna, Austria



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Prayerfully look at the above picture and quietly reflect and answer questions together. Begin and end with the Sign of the Cross.

**Let's pray together:**

***Dear Jesus, as we look at this beautiful work of art, help us to know that you are present in the Eucharist.***

*Look carefully at this work of art. (Pause.)*

***Do you see the Eucharist and chalice? (Pause.)***

***Do you notice that there are rays coming out of the Eucharist? (Pause.)*** The rays remind us that the Eucharist is the Body of Jesus.

***Do you see that the chalice is gold? (Pause.)*** The gold chalice reminds us that it is holding the precious Blood of Jesus.

*Imagine for a moment that you are in Mass looking at the bread and wine which has become the Eucharist, the Body and Blood of Jesus. Imagine that you see the rays coming out of the Host, just like you see in this painting. (Pause.)*

*Let's close our eyes and thank Jesus for being present to us at Mass.*

***Dear Jesus, thank you for giving us your Body and Blood so you can be present to us at Mass. Amen.***