

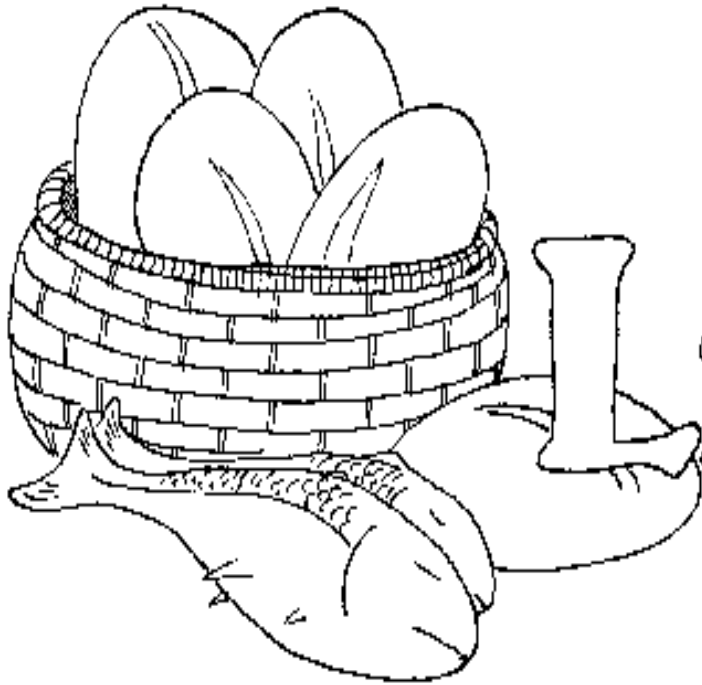
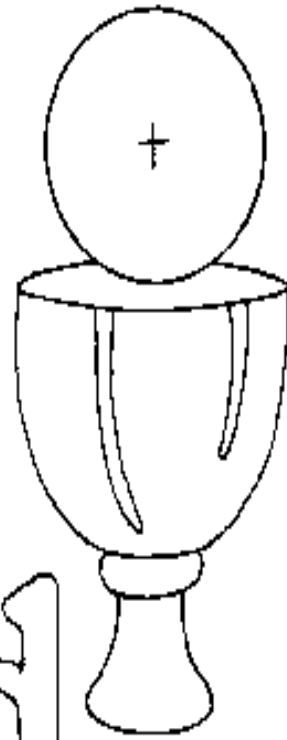
I am

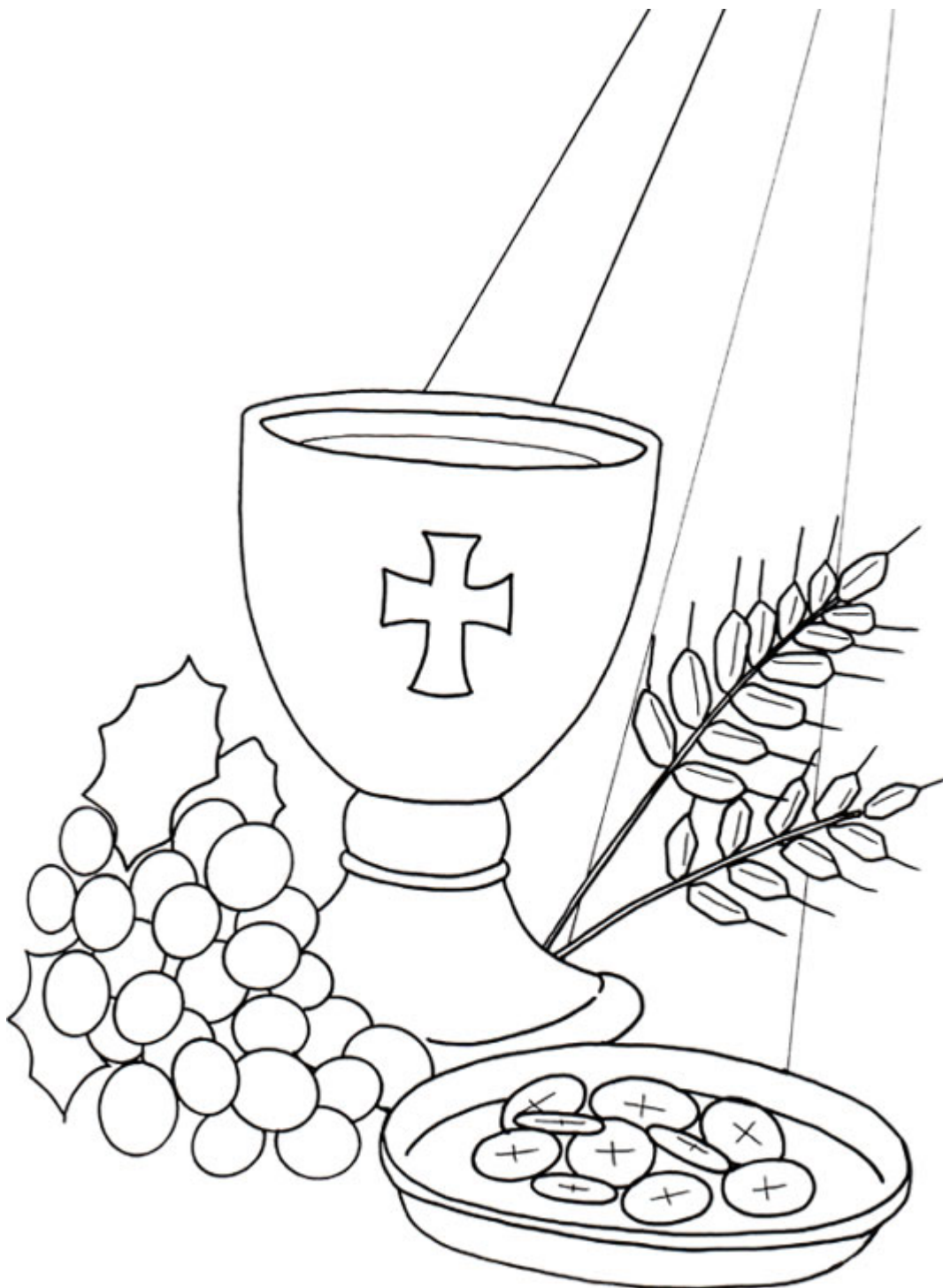
the

Bread

of

Life





Jesus gave his Body and Blood to the Apostles at the Last Supper. At Mass, he also gives us this special food. We receive Jesus' Body and Blood in Holy Communion. This special food gives us strength to live and act as God wants us to.