

# Confirmation

The signs of the sacrament are:

- laying on of hands
- anointing with chrism on the forehead with the words,

“Be sealed with the Gift of the Holy Spirit.”

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**Confirmation** deepens our baptismal gifts and gives us the special strength of the Holy Spirit.

The seal of the Holy Spirit marks our total belonging to Christ.

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# Eucharist Holy Communion

At the Last Supper Jesus commanded us to celebrate the Eucharist when he said, “Do this in memory of me.”

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# Eucharist

Receiving Holy Communion brings us into the fullness of our life in Christ.

The Signs of the Eucharist are the Bread and Wine which at the consecration of the mass become Jesus’ Body and Blood.

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