



The Sacrament of Holy Eucharist (updated 11/29/09)

The source and summit of our Christian life is found in the celebration of **Holy Eucharist** where we commemorate the saving acts of our Lord Jesus Christ and share in his enduring real presence through Holy Communion.

A parish celebrates this sacrament at:

- **Weekend Mass:**
 - Saturday, 4:00pm
 - Sunday, 8:00am, 10:00am, 12:30pm (Haitian) & 6:00pm (Life Teen)

- **Daily Mass:**
 - Monday, Tuesday, Thursday & Friday, 9:00am

- **Adoration:**
 - Mondays, beginning at 6:30pm
 - Tuesdays (once-a-month), beginning at 6:30pm as part of Life Teen.