Over four Sunday afternoons you are invited to come to St Peter's, 77 Falcon Avenue, EH10 4AN for a series on deepening our appreciation of the Eucharist.

Discussion, reflection, prayer and worship for each session will be initiated by a short video from the Aquinas Institute. There will then be the opportunity to reflect further on the themes raised all of which are linked to the eucharist.

Please drop an email to office.stpeteredinburgh@staned.org.uk to let us know that you wish to participate.

Each session is stand alone but builds to an overall teaching on the Eucharist.

I am the bread of life John 6

Deepening our appreciation of the Eucharist 2026

St Peter's
77 Falcon Avenue Morningside
Edinburgh EH10 4AN

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, "this is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, "this cup is the new covenant in my blood. When ever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

1Cor 11: 23-26

The Aquinas Institute

Here are the titles of the sessions that will help us to reflect more deeply on the sacrament of the Eucharist

Sunday 20th September 1pm - 3pm
Is the Catholic Eucharist in the bible?
The Real Presence of Jesus Christ in the Eucharist.

Sunday 25th October 1pm - 3pm
Is the Eucharist really food?
What happens when you eat the body of Christ?

Sunday 22nd November 1-3pm
How the cross of Jesus is present at Mass?
Can you be saved without the Eucharist?

Sunday 5th December 1-3pm
Transubstantiation
How the Mass prepares you to receive Holy Communion