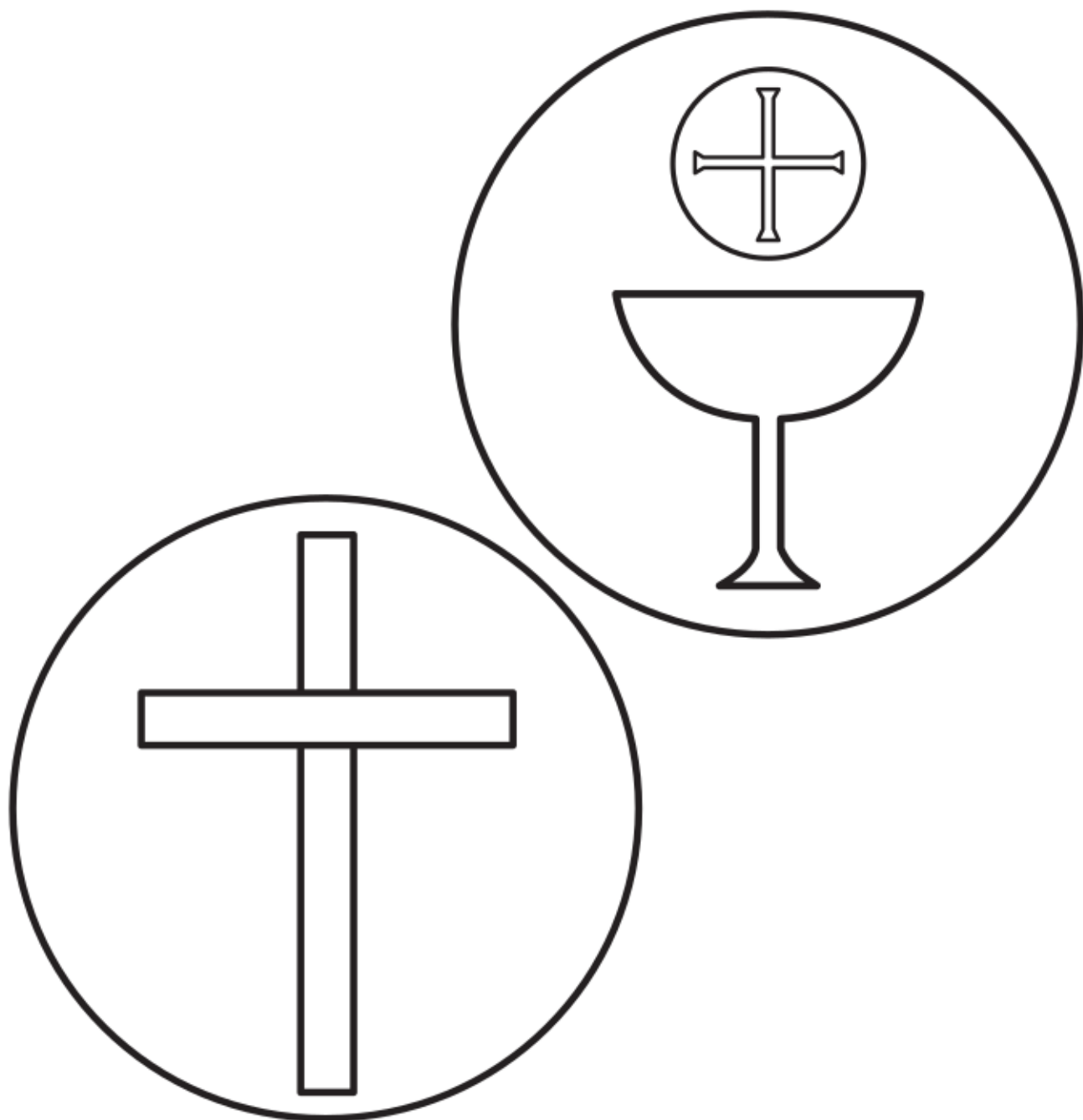


## **What are the Sacraments?**

**In the Sacrament of Communion we receive  
the Body and Blood of Christ.**



**By the Sacrament of Reconciliation we confess  
our sins and receive forgiveness.**