



Grapes and Wheat

When you look around a church, you might see symbols in stained glass windows, mosaics, and paintings that make you think of food and meals. Some common symbols are cups, plates, grapes, wheat, bread, and wine.

These symbols remind us of the Eucharist. Wheat is ground into flour and then baked into bread. The bread we offer is consecrated at Mass and becomes the Body of Christ, placed on a plate called a paten.

Grapes are crushed into juice which becomes wine. When the wine we offer is consecrated by the priest, it becomes the Blood of Christ, held in a cup called a chalice.

These point to one of the dimensions of the Eucharist—that it is a sacred meal.