

LITURGY BYTES

What a Gift – The Eucharist

As I was walking forward in the line for Communion recently at Mass, I started to think how lucky am I to be able to have Jesus before me and with me in such a beautiful way.



First of all, it is the most intimate union we have at that moment at Communion time. In receiving the Eucharist, we are not receiving pieces of Jesus but the whole Jesus which is, of course, a mystery for us. It is really the body and blood of Jesus. When the congregation receives the Eucharist, we are all brothers and sisters to each other---the body of Christ.

Jesus is the Word of God, the Son of God made flesh, now resurrected, and glorified in heaven and everywhere. It is God that we receive. The relationship we have with Jesus, and he with us, is a dynamic and most powerful one.

Jesus fills our whole person—body, soul, mind and will—with his divine presence. He is the same Jesus who preached and taught, who drove out demons, who healed lepers, the lame and the sick, who raised the dead to life, who gathered sinners around him and forgave them with joy and happiness in his heart. It is the same Jesus who died for you and me so we might live forever.

Maybe before you receive in the days ahead, reflect on these words of St. Francis of Assisi: “As he revealed himself to the apostles in true flesh, so He reveals Himself to us now in sacred bread...Let us, as we see bread and wine with our bodily eyes, see and firmly believe that they are His most holy Body and Blood living and true. And in this way the Lord is always with his faithful, as he himself says: *Behold, I am with you until the end of the age.*”

Have a blessed, peaceful, and joyful week ahead! ~ *Michele Hall*