

Notes from the Liturgist...

Transfiguration in the Eucharist

The Sacred Liturgy Conference 2018 just happened last week and some of us parishioners and parish staff from Our Lady of Perpetual Help Parish attended this conference. I am honored and grateful to have the opportunity to attend this conference. The conference transformed me and taught me how to appreciate not only the deeper meaning of the Liturgy but also the beauty, sacredness, and roots of the Sacred Liturgy that Jesus gave to humanity as a gift.

This year's Sacred Liturgy Conference theme was "Transfiguration in the Eucharist." What a beautiful theme that everyone was inspired to transform our daily lives. Liturgy, from the Greek word "leitourgia", is an act of the people or work of the people, that is, the Church's official public and communal worship. The Eucharist is the Church's principal act of worship. It is a very symbolic public worship that has full of signs and meaning, and cause of our communion with God and our unity as the people of God. In the celebration of the Eucharist, we unite ourselves with the heavenly liturgy and with one another. There are many liturgies that we celebrate in the church such as the Liturgy of other sacraments, the official daily prayer of the church (the Liturgy of the Hours) (We already started here in our parish the Morning Prayer if we don't have a priest available for Mass.) and other liturgies for special celebrations. All these liturgical public worships we celebrate have at its heart the celebration of the mystery of our faith that is the passion, death, and resurrection of our Lord Jesus Christ otherwise known as the Paschal Mystery. It is the continuing event or work of our redemption by Christ and through his Church.

During the conference, especially at break time, I was contemplating on the richness of the Sacred Liturgy and it came to my mind that it is also nice to share to you what we learned. Yes, the Sacred Liturgy, especially Eucharist, is a great gift that Jesus gave humanity. So, since it is a gift, it is our responsibility to preserve that gift and share it to others.

In my contemplation and reflection on this theme "TRANSFORMATION IN THE EUCHARIST", I found that the rich meaning of the liturgy is very appropriate for us here in our parish. It will help us grow and walk in our journey to the heavenly kingdom. I am going to borrow this theme for our next **Coffee Catechesis Conversations (C.C.C)** this coming year.

My dear friends, let our hearts and minds be open and let us together be transformed by celebrating the sacraments and liturgies of the Church so that we will be ready to be sent forth to fulfill God's will in our daily lives. We should not be afraid of spreading the good news because we don't have anything to lose, but if we are not brave enough in spreading the good news we lost many things in our lives.

