

Notes from the Liturgist...

BECOMING THE EUCHARIST

Last weekend, we heard the beginning of the sixth chapter of the Gospel of John about the “Bread of Life” chapter because it narrates Jesus’ multiplication of the loaves; it also contains his synagogue discourse where he explicitly says: “I am the Bread of life... I am the living bread... that has come down from heaven.” This Sunday and to the following Sundays is taken from the same chapter in John’s Gospel that talks about bread, food or nourishment for our body and soul.

On this Gospel account, the evangelist emphasized to us the importance of the Eucharist in our lives. Jesus’ action or miracle clearly symbolizes the Eucharistic meal through which Jesus feeds our hunger with his own body and blood.

The Church’s theology of the Eucharist is profound and rich. One example is our faith in Christ’s real presence in the Eucharist; it is his true body and blood, not just a mere symbol. Though the appearances of bread and wine remain, we believe that in Communion we receive Christ’s true body and blood.

On this Gospel account of John, let us meditate on Jesus’ Eucharistic action at the Last Supper. During the meal, Jesus took bread, blessed it, broke it and gave it to his disciples. Four keywords capture Jesus’ action. Yes, they refer to the bread, however, they can also refer to Jesus’ action into our own lives. Like the bread, we are taken, blessed, broken and given.

My dear friends, Jesus invites us and challenges us to become Eucharistic persons, whom he will use for his mission. Truly the four actions (take, bless, break, and give) are present as Jesus feeds the multitude. They are present in the Mass, the Eucharist. They are present in our own lives and persons. May we become the Eucharist.