

The Most Holy Body and Blood of Christ

June 19, 2022

This is the Feast that concentrates on establishing the Sacrament of the Eucharist. The Gospel writer, Luke, presents this Truth by detailing the “four actions” expressed in the Eucharist Prayer: Take, Bless, Break and Give.

These are the “actions” presented in the Institution Narrative in each and every Eucharistic prayer. The presider at Mass, in preparing the Eucharist, pronounces these words and actions. He **takes** the host in his hands, says the words of **blessing**, the entire Eucharist Prayer is the “prayer of Thanksgiving”, i.e., the Blessing prayer. Then we hear the command to his disciples, “do this in remembrance of me”. Likewise, the priest takes the cup, again giving thanks, and says: “this cup is the new cup of my blood...” And concludes this with “Do this ... In remembrance of me”. The “**Breaking** of the Bread” occurs while we sing the Lamb of God, the presider breaks the large host and says “this is the Lamb of God... The “**giving**” of Communion is the fourth action of the Prayer. And with our reception of Communion, we participate in the Eucharistic Prayer. Our AMEN is the statement of Faith that concludes the Sacrament. We, the assembly, participate in the Eucharist by our reception of Communion. We receive that which is **given**.

The Eucharist makes us who we were meant to be - God’s presence on earth. And it is a Transformation of the Participants – us. When we enter into the sacrament Intentionally, we open ourselves to the Holy Spirit. That Spirit is the Gift, the Power and Presence of God. We can be changed, completed, into the people God meant us to be. We have to be willing to be more than we think we already are.