



Fr. Matt's Musings

February 2, 2018

Eucharist

This Sunday evening, I am giving a presentation on the Eucharist at a local parish. Soon, I will visit the second grade to talk about their First Reconciliation and First Communion. Their excitement about their First Communion is infectious and humbling. It is a challenge to me to renew my excitement and awe of being nourished by Christ's body and blood.

Unlike other nourishment that we consume that becomes a part of us (A moment on the lips, a lifetime on the hips!), the Eucharist reverses that order. In receiving the Body and Blood of Christ, we become what we receive. In the Eucharist, the Lord gives us the grace to imitate his selfless and saving love in our words and actions. We remember him who laid down his life in love for us to forgive us for our sins. We receive him in the Eucharist to live more generously and selflessly on behalf of others.

Eucharist comes from the Greek word for thanksgiving. Even though we may have received the Body and Blood of Christ hundreds or even thousands of times, let us pray for the gratitude and humility to honor the gift of the Lord whose body we consume to become more fully like him. That should excite us not just the first time, but each and every time we celebrate Mass together as a community.

Live Jesus!
Fr. Matt

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