

ENCOURAGEMENT ENCOURAGEMENT

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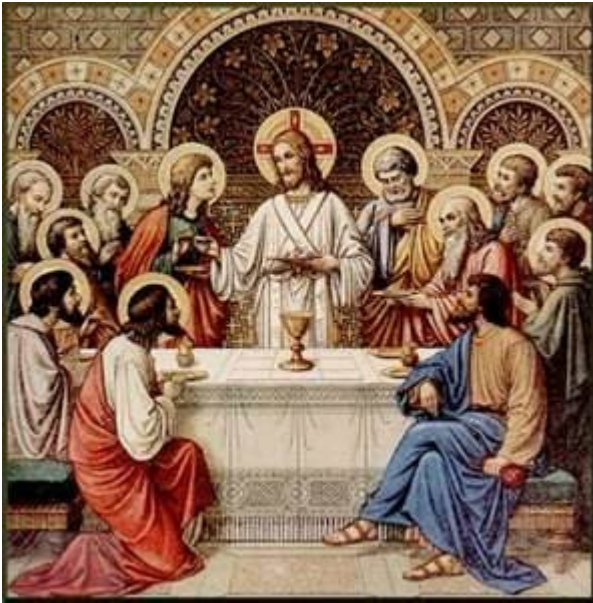
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‘This is My Body This is My Blood’



Have you ever wondered why The Mass is so central to the life of any Catholic? Do you wonder why this has been passed down the ages from the Last Supper to today as a manifestation of The Real Abiding Presence of Jesus among us? Do you go to Mass maybe as a duty or obligation or to keep the Sabbath, Sunday Holy? Do you find it difficult to grasp or understand and to ‘prayerfully enjoy’ it? Do you wonder why so many saints would not miss a single Mass if they could participate in it? Why some even today attend daily and in some places travel many miles to do so or risking persecution just to participate in just one more? Why has it endured through all ages?

Well the answer is very simple but overwhelming in its importance. God who so loved us sent His only Son to live among us and die for us. The Son did so willingly and wholeheartedly and in a horrific way. But because He loved us and did not wish us to be alone He left us a reminder of what He did and a real sign of His Presence. He chose to reveal

himself to us in the simple form of Bread and Wine and working with The Father and Holy Spirit Blessed and Broke it and gave it to the Apostles who would and do continue to do so today. By shedding His Blood He completed His offering of Himself to His Father who accepted it and we were saved. He then Rose, Ascended to Heaven and sent His Counsellor, the Holy Spirit, so that we would realise that death had no power over us and we would live and that the Spirit would help us understand this awesome and incredible series of real events.

Every time we eat of This Bread we rejoice in the New Covenant (the old covenant freed the people from human bondage in Egypt) which frees us to live in The Spirit. The Merciful and Sacred Heart of God, the all loving God knowing that we are totally human and need both reminders and to be fed left us a continuing presence, a present of Himself. He knew that this would encourage and sustain us on our journey to Him which is our ultimate destiny.



This transferring of His Presence, making sacred the bread, The Host, cannot be simply a symbolic act. It penetrates the deepest realities of God’s Omnipotence. He is all powerful and ‘All Love’. He did not leave us orphans but lives amongst us in so many ways. He has left us His Word and His Being both of which feeds us in the Mass. But crucially He communicates with us by giving us His Body and Blood.

After receiving the very ordinary gift of bread and wine the Priest blesses them offers to His Father including our own gifts and service but then and invoking and through the power of the Holy Spirit he transforms these ordinary gifts into the very essence of Jesus. The bread and wine become the Body of Jesus which he then offers to the Father on our behalf. When the priest raises the Host and the Chalice we are looking at the Saviour of the World,' The Redeemer'. The ordinary has become extraordinary. What seems impossible becomes real and transforming. The Father cannot reject His own beloved Son and accepts this offering from the hands of His priest. When you receive Him with a pure heart, receive Him with great love, reverence and awe kneeling and bowing to the incredible gift. As Jesus said 'he whom eats of this bread and drinks of this cup will live forever. (John Ch. 6. VS 43-58.)



Today we find it difficult to believe anything that we cannot prove. We are a doubting people. But of this we can be certain (and there are many miracles to prove this) that Jesus did not lie and He told us what He was going to do and did it! He continues to visit us in every Mass in this extraordinary way through the instrumentality of His priests through which this miracle of grace is affected all over the world and in which we take part.

CORPUS CHRISTI

Sunday the 10th of June is the feast of Corpus Christi. In Scotland and other countries it is celebrated on the Thursday 7th June. It follows Trinity Sunday. Corpus Christi means the Body of Christ. (Now known as the feast of The Body and Blood of Christ). Like Trinity Sunday it points to a certain Dogma or Truth rather than an event in Jesus' life. This is an opportunity to make an extra special visit to a Church, for Mass or Exposition, and thank Him for His Presence.

"Jesus has prepared not just one Host,
But one for every day of our life.
The Hosts for us are ready.
Let us not forget even one of them."
St. Peter Julian Eymard

As the bread and wine are prepared think about what is about to happen and offer the Lord your doubts and fears and thanksgiving for the chance to do so. When the priest lifts up the Body of Jesus be in awe and believe that He is really present and when you receive Him make Him so welcome in your heart, remain in Him as He will remain in you. Then you will rejoice and run eagerly to the next celebration. You will be transformed into a Witness of His Presence.

This month there will be many First Communions:

Pray that all children will stay faithful.

Pray that The International Eucharistic Congress encourages the many thousands of world delegates to return home with a real zeal to proclaim that God is with us and in each one in a unique way.

Pray for all Priests that they may carry out their special calling to bring Jesus to us in the Eucharist, by the Power of the Holy Trinity and do so in thanksgiving for their share in the Sacrifice of Jesus.

Communion

To rest in him
Mind and heart
Is to enter into that realm
Blessed
With the nearness of
The soul's sweet Guest.
Awareness of the divine-come-down
Present within me now
Fills me with awe
As I commune with him
I ask myself a hundred times
Is this for real
This gift
This liberty
Is the all-powerful almighty God
My soul's guest, the keeper of its key?
My soul answers
With the truth -
He delights in me.

Anon.

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