

Eucharistic Reflection

Looking into the Face of Christ

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Year of the Eucharist

June 2023 – June 2024

1.) How often have we looked in the mirror before heading off to work, visiting a friend, or going out on the town? We check our appearance to be sure everything is in order, and then we are ready to go out.

2.) The Eucharist is a mirror to our spiritual life. To take hold of Our Blessed Lord in the sacrament is to look at Him face to face. Just like looking in the mirror at home, we should look upon the Lord and check our reflection. Our Divine Savior may not look at hairstyles or expensive clothes, but He does look for Disciples clothed in holiness. Just as we dress a certain way for different occasions, we should be dressed to go out as Disciples on a mission.

3.) To approach the altar to receive Christ is to approach the throne of God. Receiving the Body and Blood of Our Lord means we meet Him at the cross. When we stand before the Lord Jesus, what does our appearance reflect? In this "Eucharistic mirror," you and Christ Our Lord stand face to face and heart to heart. Standing at the altar of grace, do you see His life in yours and your life in His? To put it another way, do you see each other clearly? Is Jesus an active player in your life or is He an acquaintance?

4.) Everything about the Eucharist finds its ultimate meaning in Jesus Christ. This is what is meant by *"The Eucharist is the source and summit of Christian life."*¹ Our life of prayer and our lives as disciples come from and are strengthened by Christ Our Lord. The Eucharist is not just something we receive. The Eucharist is a Divine Someone we receive. When we receive Christ, he enters the sacred place of our soul. And like St Joseph the Carpenter, the Lord Jesus fashions and shapes our lives into a glorious reflection of His own.

5.) The Divine Physician enters the field hospital of the heart and mind to heal our wounds. The sickness of sin is washed away with the medicines of mercy and divine love. The life that was crippled will learn to walk, the eyes that were blinded will see, and the repentant soul will be restored to life. I can say from experience that there is no time that I felt the loving presence and peace of the Lord more than after receiving the Eucharist.

¹ Catechism of the Catholic Church, #1324; Second Vatican Council, Constitution on the Church, Lumen Gentium #11

6.) Sacred Scripture teaches us that *“the Word became flesh and dwelt among us”*.² In the Eucharist, the bread and wine become the Sacred Flesh and Blood of the Word of God and lives among us and IN us. Let us accept the invitation to grow closer to Christ and deeper into His life through the Eucharist.

7.) The Eucharistic Renewal is intended to rekindle the fire and devotion of Our Lord in the Eucharist. This year let's take a deeper look at the Sacrament of the Altar. Think of sitting by the fire at camp or your "back 40". Your burn pile is still putting off warmth even though the flames have died down and your logs are covered in ash. What happens when you stir up that pile? You see the red-hot coals deep down in the center. With a little wind, flames will appear, and the fire is roaring again. The Eucharist and its meaning are one area that needs the logs to be stirred and get the fire going. That fire is desperately needed in our world today. That fire is the burning presence of the Eucharistic Christ.

8.) Has the Eucharist lost some of its meaning? Does our reverence reflect the belief that we are receiving Christ personally? How does this sacrament relate to the other six? What is the Eucharist aside from receiving Communion at Mass? These are some of the questions that I hope to address throughout the year.

9.) It is my hope that what you have read has touched your heart and mind in some way. I hope that along the way, the grace of Our Divine Lord will draw you closer to Him and Him closer to you. As I said before, the Eucharist is a divine mirror. When we look in that divine mirror, we should see the face of Christ. Our lives, in the end, are to mirror His in every way. Our encounter with the living Christ will give the heart and soul the experience it needs to find true peace and meaning.

Let us pray (Ora pro nobis)

My Divine Lord,

*Call me to approach you, Bread of Life to sustain and feed my soul.
Let my heart always feel the warmth of your presence and know your peace.
May my soul always hunger and desire you, my Lord Jesus.
May my heart always respond with “I love you too” in receiving you in the Eucharist.
Lord, call us to you so that reformed into your image we may be sent out.*

² Gospel of John 1:14, Revised Standard Version-Catholic Edition