



# Holy Eucharist

## THE SACRAMENT OF THE HOLY EUCHARIST

"The Eucharist is the source and summit of our Catholic lives." All graces flow to us from the Eucharist. The Eucharist, the risen and glorified Body and Blood of Jesus Christ, is the perpetuation of Calvary, the sacrificial banquet. Throughout history, God relates with us in a covenant manner; He made covenant with His people through Noah, Abraham (Isaac, Jacob ...), Moses, David, etc. This sacrament is the fullness and the fulfillment of all covenants. Jesus Christ instituted it as the "New Way" to worship God in the covenant manner: "new covenant in my blood."

The Eucharist is not symbol. Emphasizing the Real Presence of Jesus, body and blood, soul and divinity, the Author to the Hebrews declares: *"For Christ has entered, not into a sanctuary made with hands, a copy of the true one, but into heaven itself, now to appear in the presence*



*of God on our behalf"* (Hebrews 9:24). It is the true Body and Blood of Jesus. We know this directly from Jesus himself through his teaching and example; for instance, when he told some Jewish Christians you have to eat my Body and drink my Blood they were infuriated and abandoned him. Jesus did not call them back to apologize or clarify what they were misunderstanding, what he already presented. There was nothing more to clarify. His word is his word, and his word is truth.

Though the consecrated bread and wine has the outward appearance of bread and wine, in reality, the bread and wine have been totally changed, "transubstantiated" into the Body and Blood of Christ who feeds us spiritually. Unlike food which becomes part of us providing nourishment, we become spiritually transformed, little by little, into the Body of Christ.

How gracious and loving is our God who has gone beyond changing water into wine at Cana, to changing wine and bread into His very self to wed us and the whole world gradually to Himself until the eternal fulfillment when He becomes all in all. No words can express gratitude for such unconditional love. Only a deep, silent presence at the core of our being cries out, Holy, Holy, Holy, Lord God of heaven and earth, Hosanna in the highest, blessed is He who comes in the name of the Lord.

### Biblical References

Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you" (Luke 22:19-20).

I am the living bread that came down from heaven; if any one eats of this bread, he will live for ever;...he who eats my flesh and drinks my blood has eternal life and ... abides in me, and I in him (John 6:51,54.56).

The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? (1Corinthians 10:16).

### Teaching of the Church

At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved Spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a Pascal banquet in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us (*Catechism of the Catholic Church*, 1323).

