

Miraculous; Epic; Monumental; Incredible; Extraordinary;
Transformative; Shocking; Beautiful—No, I'm not talking about the
series finale of LOST, which is my favorite TV show of all time.

Rather, these are some adjectives I would use to describe the awesome
gift and mystery of the Most Holy Eucharist! Although, I don't think
that any adjective can perfectly do justice to this wondrous sacrament!

Today, on the Feast of *Corpus Christi*, also known as the
Solemnity of the Most Holy Body and Blood of Christ, the Church
celebrates the *most important sacrament* that perfects all of the others.
Now I've been a Catholic all my life, I'm only 29, and I can honestly say
that the Most Holy Eucharist *never* ceases to amaze me. And I say this
because the Eucharist is not a *thing*, but a *Person*! The Eucharist *is* our
Lord Jesus Christ Himself, the Son of the living God, the Savior of the
human race, Love *incarnate*, the Way, the Truth, and the Life! In the
Eucharist, the *same* Lord Who we just heard about in the Gospel and
Who lived in the Middle East almost 2,000 years ago is *really, truly,*
actually present with us at *every* mass and in *every* Catholic church
around the world!

In this mysterious sacrament, the infinite God of the universe humbles Himself out of love for us and becomes a small, circular host in order to heal, strengthen, and transform us! Our Lord Jesus *is* the Blessed Sacrament and in the Eucharist, He is *actually, really* with us: Body, Blood, Soul, and Divinity! Brothers and sisters, everything we *ultimately* need and desire for our happiness, holiness, freedom, and salvation is *right here* in the tabernacle and on the altar because the Eucharist *is Jesus Himself*, and He *alone* can truly satisfy the deepest yearnings of our heart! This isn't pious, "theological speculation"—this is objective Reality with a capital "R"!

In the Eucharist, the Lord is *truly present* in a *sacramental* manner. But don't misunderstand the word "sacramental" to mean "symbolic." The Eucharist is *not* a symbol! And so our Lord's Eucharistic presence should *not* be misunderstood as a *symbolic or purely spiritual presence*! As our Lord says to us in today's Gospel, "For my flesh is *true food*, and my blood is *true drink*." This is why Jesus' audience reacted so harshly to what He said because they knew He was speaking literally! Rather, when the Church teaches that Christ

is truly present in the Eucharist in a *sacramental* manner, She simply means that Christ comes to us under the visible signs of bread and wine.

At the consecration, when the priest speaks the actual words of Christ from the Last Supper over the bread and wine: “This *is* my body, this *is* my blood” – the bread and wine are *completely and substantially* transformed into the Body and Blood of Jesus. This is nothing short of miraculous. And notice in the Gospels that our Lord never says, “This is a *symbol* of My Body or a *symbol* of My Blood.” No, God, Who is *Truth Itself* and Whose Word is powerful, declared at the Last Supper that the bread *IS* His Body and the wine *IS* His Blood. The *only* reason we Catholics believe in the Real Presence of Christ in the Eucharist is precisely *because* of the words of Jesus Himself at the Last Supper!

Now Christ’s Eucharistic presence is a theological mystery in that we cannot *totally comprehend* it. We can understand it to a substantial degree, but we can’t *totally understand it*. Now just because we can’t *completely* understand something, does *not* mean that it doesn’t exist or that it’s not true or real. Rather, with this sacrament, we’re called to

humbly trust in Christ and lovingly immerse ourselves in His mysterious Eucharistic presence, allowing Him to sanctify us.

With this Feast of *Corpus Christi*, the Church answers the common question: *why should I go to mass?* We come to mass to worship and thank the Son of God, truly present in the Eucharist, for everything He's done for us and everything He's given us, *especially* the great gift of salvation He won for us on the cross! We come to mass to witness Christ's victorious sacrifice for us on Calvary in which he conquered sin and death! At every mass, the central event of our redemption, Christ's sacrifice on the cross, becomes *sacramentally* present to us in an unbloody manner through the Eucharist!

We come to mass to encounter Christ Who is *truly* present in the Holy Eucharist! The best and most perfect way to encounter Christ is in the Holy Eucharist! In a way, the Eucharist is the fulfillment of the Christian's desire to "see" Jesus and be in His very presence. We come to mass because just as the body can't survive without food and water, our souls can't survive without Christ, Who in the Eucharist, humbles Himself to become our spiritual food! Our Lord says, "Apart from me,

you can do nothing” and so we must *live* on our Eucharistic Lord and allow Him to transform, strengthen, and heal us by His Body and Blood.

Brothers and sisters, what an amazing gift we have in the Most Holy Eucharist. Every Tuesday, our parish hosts Eucharistic Exposition in the chapel immediately following the 8 AM mass up until 7 PM. So if you're able, I simply encourage you to come, adore our Eucharistic Lord, and be with Him for whatever amount of time. And when you come, bring *everything* to Him: your problems, crosses, fears, stress, anxieties, intentions, etc. Hold nothing back because the Lord loves you with a perfect love and He wants to unite Himself to you, liberate you, carry you, and help you. If you want to grow in holiness and enjoy more peace, freedom, and happiness in your life, then come before our Lord in the Most Holy Eucharist and immerse yourself in Eucharistic Adoration. We're blessed to be in a parish where our church is open *every day* from 6 AM to 9 PM.

So as we prepare to worship and receive our Lord and Savior in the Most Holy Eucharist, let's thank Him for giving Himself to us as our spiritual food. And just as the bread and wine are transformed into the

Body and Blood of Christ, let's ask our Lord to *transform us* into the saints we're all called to become.