

Eucharist and Our Share in Participation: June 14, 2020  
Deuteronomy 8: 2-16; Psalm 147; 1 Corinthians 10: 16-17; John 6: 51-59

Today's feast is the Solemnity of the Body and blood of Christ. Due to the unexpected shut down of Churches, we could not participate in Mass or receive Holy Eucharist. If you were hungry for a week without food, then you know what is physical starving. When we could not receive Holy Communion, we know what is spiritual starving. Our weaker faith and indefinite knowledge of Holy Eucharist, we may not understand what our spiritual starving is? We have the Blessed Sacrament in the tabernacle in our Eucharistic Chapel. We missed visiting him and offer ourselves to Him before the Eucharist.

What is the Holy Eucharist for you? The first century Christians were addressed as canibals, who ate Jesus' flesh. But they were not canibals, but they experienced Jesus in the Holy Eucharist which strengthened them to be martyrs for Christ. Holy Eucharist is the overall sacrifice of Jesus from his birth in a manger to death on a cross. Christ suffered without any complaint to become Eucharist for us. Jesus was betrayed, unjustly judged to be crucified, Scourged, carried his Cross to Calvary, hanged between two thieves just to become Eucharist for us. Why he accepted them? He wanted to be with you and me till the end of the world. As His followers, we need to accept our crosses without any complaint and become bread for the needy and transform ourselves to become another Christ through our participation and reception of the Holy Communion.

There are many ways that the Lord is present in the world. He is present in the beauties of nature, in the smile of a baby, present where two or three are gathered together in His Name, and He is present in the Scripture. But the greatest presence of the Lord possible for us is His Presence and availability of him in the Holy Eucharist.

What happens at every Holy Mass? At every Mass, Bread and Wine become the Body and Blood of the Lord. They become the Lord and they are! It is the union of the faithful community with Jesus Christ, who is present in each person who receives communion at Mass. That is why we remain standing and

singing until the last person in the community received Holy Communion, and then the entire community kneel together and pray silently with the One who united us to Him.

When we receive Holy communion we are united to Christ who is present here and now through each of us all over the world. When we are comfortable and satisfied in TV prepared by professionals, they are more enjoyable, but we miss many of the real factors. What are they? Gradually we all miss the real experience of Sunday Mass. Unlike our physical participation in the Church, we might be watching and participating without any preparation: such as watching Mass in our casual dress at homes, or in our bedrooms missing the aspect of reverence in the Mass. **Secondly**, We are social beings who like to be united with others. The live Holy Mass in TV or Video, can never give us that community feeling, which we experience through our participation in the Church. We may be able to hear good homilies. But they may not touch our hearts as they might touch us as in the Church. Thus we miss our community belonging aspect of Holy Mass. **Thirdly**, we miss the Holy Communion. It is an essential part of the Holy Mass. There are people who are away from one another for various reasons who may try to go different churches at the same time, so that they could be united together in the Eucharist by the One who united them together in the Sacrament of Matrimony.

At Mass, the **substance of the bread and wine are changed**, whereas the accidents, the appearance remains the same. In the Eucharist, the bread and wine looks like bread and wine, and it has all the physical qualities of bread and wine. If you were to look at a consecrated host in a microscope, you would see molecules relative to bread, not human tissue or human blood as the accidents are not changed. However, the substance has changed; **transforming them to the Body and Blood of Christ.**

Once the bread and wine become the Body and Blood of Christ, they remain the Body and Blood of Christ. **That is why we reverence the Blessed Sacrament in our tabernacles and we have Eucharistic Adoration.** The Solemnity of the Body and Blood of the Lord reminds us of who we are, who is present in the tabernacles of our churches, and what we are doing when we receive communion. May God bless you! +++ Amen. Fr. Thomas Kakkaniyil