



The Sacrifice of Christ

After you exchange a handshake or a hug with someone, there is nothing you take away other than the feeling you share with that person. Something has changed—there is a sense of closeness, of unity, perhaps even of love. Imagine Jesus giving you a hug every week, telling you He loves you. That is the essence of the Holy Sacrifice of the Mass. When we partake in the Holy Eucharist, we remember the sacrifice of Jesus, but we also bring Jesus into our bodies. That is why coming to Mass each week is important: it is a time to listen to the word of God, to celebrate the sacrifice of His Son, to be joined with Jesus in this sacred meal, and to go and proclaim the Good News.

We are not strangers to the idea of sacrifice. Most of us know what it is like to sacrifice an hour of sleep for a good cause, or to give up the last piece of pizza to a hungry brother, or to take time out of your day to listen to someone when you may have more important things to do. As Catholics, we have grown accustomed to sacrifice and the good things that can come from it.

It is fitting to talk about sacrifice this weekend when we celebrate the Solemnity of the Body and Blood of Christ. Every time we come to Church for the Holy Mass, we recall the great gift given to us by Jesus when He offered Himself for our redemption by giving over His Body and Blood. Jesus did not have to let Himself get arrested, falsely accused, scourged and murdered on a cross. He did not have to, but He did. He allowed Himself to be killed so that we might be saved.

That is why the Holy Eucharist we share is so important. These days, so many Catholics want to push aside the sacrament of communion by saying Jesus is not really present, the wafer we eat is just a symbol, a reminder of what Jesus did for us. But Catholics should know better. We should know Jesus is among us when the priest consecrates the bread and wine. It is changed, even though it still looks and tastes like bread and wine. Imagine Jesus giving you a hug every week. That is Holy Eucharist.

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