



Communion with Christ and the Church

We should remember always the words of our Lord, “Whoever eats my flesh and drinks my blood has eternal life and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him.” (Jn 6:54-56)

Some were shocked at Christ’s words and no longer accompanied Him. Perhaps we may sometimes become accustomed to them and not reflect on the affirmation, which rests on Him also saying that He converts bread and wine into His Body and Blood, and passes on to His disciples the mandate, “Do this in memory of me,” and the capacity to renew Jesus’ self-offering to the Father, and to share this communion with others.

What can we do to renew and deepen our own faith? We ask God’s help so that we may always take part in the Mass with great and faith and love, and so that these dispositions become ever stronger. We believe that the sacrifice of Christ and the sacrifice of the Holy Eucharist are one single sacrifice. The same Christ who offered himself once in a bloody manner now offers Himself in an unbloody manner. And Christ remains in the consecrated hosts, reserved in the tabernacle. Sometimes we venerate Christ with exposition of the Blessed Sacrament and some time of adoration. To look for opportunities to visit our Lord in the tabernacle is a sign of our love for Him.

As Pope Saint John Paul II emphasized in one of his Letters, the Holy Eucharist makes the Church. In communion, we are more closely united with Christ, and He unites us all in one body: the Church. The Holy Eucharist renews and strengthens our union with all of the members of Christ’s Mystical Body, both living and dead. This union should help us to pray very often for the blessed souls in Purgatory, whom we always remember at Mass. Also, we remember our Lord’s concern for those in need, and our closer union with Him helps us to be more aware that whatever we do for one of these, the least of His brethren, we do for Him.

And the Holy Eucharist reminds us of the divisions among Christians, which are not according to God’s will. We pray, as Jesus did, that all may be one.

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