

Scripture Reading

A Reading from the Gospel According to Matthew (*Matthew: 26: 26-30*)

While they were eating, Jesus took bread, gave thanks and broke it, and gave it to His disciples, saying, "Take and eat; this is My Body." Then He took the cup, gave thanks and offered it to them, saying, "Drink from it, all of you. This is My Blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink of this fruit of the vine from now until that day when I drink it anew with you in My Father's kingdom." When they had sung a hymn, they went out to the Mount of Olives. The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection – Calvary Continued

I am the Bread of Life (John 6:48). Earlier on, Jesus gave His disciples the teaching on the Bread of Life. He promised to give them the Bread that will give them eternal life. He explained clearly that the true food and true drink is none other than His own Flesh and Blood! What a shock this teaching was to some disciples! To those who have the faith to accept this profound teaching, they can reap the great benefits of this astounding promise. The Lamb of God feeds me with His own Precious Body and Blood so that I can grow in His grace and be prepared for a life of joy in heaven. By my loving reception of the Holy Eucharist with devotion, I am transformed in my interior life, and at the same time, I am empowered to bring Christ to others, and to receive Christ in others.

The continuation of Calvary in a non-bloody way, embracing worshippers from all times. At the Last Supper, our Lord's mind was full of loving thoughts. Although He was about to undergo the greatest suffering ever endured by any human being on earth (cf. St. Lawrence Justinian), His thoughts were not on Himself but on His disciples including me living in these times. He foresaw that millions, though they would very much love to, will not be able to be present at the foot of the Cross when He offered up His crucified Body on Mt Calvary as a Sacrifice of atonement for our sins to His Father.

And so, in infinite love, our Lord instituted the Mass at the Last Supper so that those who attend Mass will be able to be present when His Living Sacrifice is again presented to the Heavenly Father albeit in a non-bloody way under the appearance of consecrated bread and wine. Thus, through Christ's institution of the Holy Mass during the Last Supper, His Living Sacrifice transcends time and space so that people anywhere and anytime is able to participate and be present at Christ's supreme Sacrifice on Mt Calvary. This fulfilled the prophesy of Malachi: "*My name will be great among the nations, from the rising to the setting of the sun. In every place incense and pure offerings will be brought to My Name, because My Name will be great among the nations,*" says the Lord Almighty (*Malachi 1:11*).

Do this in memory of Me (Luke 22:19). Our Lord commands His apostles to continue the Mass as a memorial of His Passion. Besides His ardent desire that we keep the memory of His Passion alive in our hearts, the Lord knows that we need the Mass as a continual offering of a pure Sacrifice to the Father as an atonement for mankind's continuing sins, that we need the constant nourishment of His Precious Body and Blood in order to have strength on our earthly pilgrimage, and that through the Holy Eucharist, He will always be with us in His Real Presence of Body, Soul and Divinity in all the tabernacles of Catholic churches throughout the world. Thus, our Lord fulfilled His promise, "*I will not leave you as orphans.*" (*John 14:18*). Thus, I should have no fear. The Lord is always with me.

Conversation with Jesus

Precious Lord, You are a real joy-giver and the apple of my eye. Attending Holy Mass is like standing at the foot of Your Cross when You died! I unite my heart, my entire self and everyone I hold dear to Your Most Precious Body and Blood in all the Masses said throughout all time so that Your Sacrifice will also be my own sacrifice to God our Father. Help me to attend Holy Mass and receive Holy Communion worthily. I believe that all the other graces that I need for my life will overflow from this great grace. Mary, Protectress of the Faith, mold my heart for Jesus only. Thank You, Jesus. Praise You, Jesus.