

## Scripture Reading

### A Reading from the Gospel according to Luke (*Luke 22:14-16, 19-20*)

When the hour came, He took His place at table with the apostles. He said to them, "I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it again until there is fulfillment in the kingdom of God." Then He took the bread, said the blessing, broke it, and gave it to them, saying, "This is My Body, which will be given for you; do this in memory of Me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in My Blood, which will be shed for you. The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### Reflection – Entering into the mysteries of God, glorifying God and transforming the world

**The Eucharist is the source and summit of the Christian life (CCC 1324).** Our belief in, reverence and devotion to, adoration and love of the Holy Eucharist is a true barometer of our Catholic faith. The mode of Christ's presence in the Eucharistic species is unique. Because of this, it raises the Eucharist above all the other Sacraments. In the most Blessed Sacrament of the Eucharist the Body, Blood, Soul and Divinity of Jesus Christ are truly present. The whole Christ, God and Man is substantially contained in the Holy Eucharist (cf. CCC 1374). Thus, to reject the Eucharist is to reject Christ Himself. The Cross and the Eucharist remain a stumbling block for some people even to this day. Many Jews left Jesus after He explained the priceless gift of the Eucharist, scandalized that anyone would give his flesh and blood to another person (cf. John 6:66).

**Jesus prepares the hearts of His apostles for the gift of the Holy Eucharist.** The institution of the Eucharist at the Last Supper was handed to us through the three synoptic gospels, and St Paul (1 Corinthians 11:23-26). St John in chapter 6 of the Gospel according to St John recorded the actions and words of Christ preceding the Last Supper. Recounted are two important miracles of Jesus, preparing them to believe in and accept His Divinity and hence His power to transform bread and wine into His own Body and Blood. The first of these two signs was the multiplication of the five loaves and two fishes to feed five thousand men not counting women and children (cf. John 6:1-13). In recent years, some modern commentaries have sought to deny this miracle and suggested instead that the people were persuaded to open up their bags to share. Such blindness leads them to ignore two truths which were recounted in chapter 6: the people were given food so much above their needs that 12 wicker baskets were filled with leftovers – a prefiguring of the super abundance of the heavenly banquet. Secondly, after the miracle the crowds were on the increased lookout for Jesus in order to get more free food (cf. John 6:26).

**The Eucharist (Mass) is a Sacrifice because it re-presents (makes present) the Sacrifice of the Cross (CCC 1366).** The Mass and the Supreme Sacrifice of Jesus on Calvary on the first Good Friday is the same once-and-for-all perfect sacrifice offered to God the Father for the sins of all mankind. In a word, being present at Mass is really like being present at the foot of the Cross when Jesus died! How privileged we are to be given this special grace to be present at Mass! How we should behave at Mass is how we should behave when we are standing at the foot of the Cross on Calvary. Thus, being present at Mass and receiving Holy Communion should constitute the most solemn moment of the entire day. We should never be tempted by distractions of our busyness or forget the majesty of God and reverence due to Him even in the simple physical environment of the chapel.

**Entering into the mysteries of God and making the Sacrifice of Christ our very own.** God gives to every one of us a share in Christ's divine mission. Through Baptism, we share in the offices of priesthood, prophethood and kingship of Christ. St Paul reminds us that compelled by Christ's love we are to live no longer for ourselves but for God. He reminds us that we are God's ambassadors who are given the ministry of reconciliation so that we can bring to God all those who are away from Him (cf. 2 Corinthians 5:14-21). Through Mass we have a most excellent opportunity to bring before God for transformation and salvation all our loved ones and all lost souls. During the Offertory, we unite to the bread and wine on the altar our entire selves, all loved ones, all sinners, all human lives, human sufferings, human crosses, hearts, minds and souls, all human work and prayers. We have the faith to believe that during Transubstantiation, united to the life, sufferings and Cross of Christ, human lives, suffering, crosses can also be transformed to be like that of Christ: meritorious, redemptive, infinite in value.

**Conversation with Christ:** Precious Lord, thank You with all my heart for the priceless gift of the Holy Eucharist. May all people truly understand what a priceless treasure the Eucharist is. I unite my ardent prayers to that of my Blessed Mother Mary, all saints and angels and the entire Church for an end to all sacrileges, indifference and outrages against the Holy Eucharist, Masses half-heartedly attended, sacrilegious Communions and the abandonment of the Blessed Sacrament in tabernacles around the world. May the day You are truly adored, revered and honored in the Eucharist come soon! Mary, Mother of the Blessed Sacrament, pray for us. Thank You, Jesus. Praise You, Jesus. [www.twohearts.hk](http://www.twohearts.hk)