



Some reflections inspired by online copyrighted commentaries and homilies

August 08, 2021

Nineteenth Sunday in Ordinary Time

For in the Gospel Jesus says, “I am the living bread that has come down from heaven.” As Catholics we believe that in the bread of the Eucharist and in the cup which we drink, we receive the very presence of Christ. And that the Eucharist provides for us an immediate and real contact with the Risen Lord. The question is how often we do allow the Eucharist to change us? How often do we open ourselves so that the Eucharist can shape our identity and give us power? If we can understand how each time, we receive the Eucharist the very power and presence of Christ is within us, then that presence and power can change us. In fact, it can shape our past our present and our future.

The Eucharist can shape our past because the Christ that we receive in the Eucharist both forgives us and heals us. All of us have in our past mistakes that we have made, hurts that we still carry, regrets that we can’t erase. But if we can realize that the real presence of Christ which comes to us in the Eucharist is a healing presence, then we can find the power to put the past behind us, to move beyond the mistakes that we have made, to forgive our enemies, and to let anger go.

The Eucharist can shape our present because the Christ that we receive in the Eucharist is the Christ from whom all blessings flow. Having that presence of Christ helps us to recognize how we have been blessed. So often we absorb ourselves with fretting about the details of life and forgetting about the gifts that sustain us. So often we center on what is wrong with our lives and ignore what is right. If we can claim the presence of Christ within us in the Eucharist, Christ can allow us to see what we have been given, the people who love us, the talents we received, and the opportunities that have been given. Then we can live our life more deeply because, we can recognize how we have been blessed. Then we can be thankful.

The Eucharist can shape our future because the Christ that we receive in the Eucharist promises us eternal life. The bread of the Eucharist is our pledge that we will live with God forever. Each time we face evil in our lives that we cannot understand, when we must deal with sickness or we fear the approach of death, we can receive this sacrament. Then we can realize that the Christ who is with us is one who has promised us that there is still more to come. Christ has promised us that we will have a life where tears will be wiped away, where pain will be relieved, where fears will be allayed. The Eucharist is our hope because the Christ we receive in the Eucharist is our promise of unending joy.

We as a community in Mass celebrate the Eucharist. We are given the opportunity to receive the Bread of Life. How important it is that we do not take this gift for granted. How important it is that we open ourselves to the power of Christ that comes to us in this action. The Christ who we receive can heal our past, deepen our future and sustain our hope in everlasting life. Let us then celebrate the Eucharist with reverence and thanksgiving. Let us open ourselves to Christ’s power and claim our status as children of God.

Reflection except from Fr. George Smiga