

## THE GOD WHO FEEDS; THE GOD WHO IS FOOD

A man and his wife went to a presentation on memory and how to keep one's memory sharp. Back home he mentions this to his neighbor and raves about the presentation. The neighbor asks the name of the presenter. The man responds: "What's the name of the flower that has a long stem and is usually red and has some thorns?" "Do you mean: a rose?" "Yeah, that's it. Hey Rose, what was the name of that guy who gave the talk today?"

Memory. Sometimes good. Sometimes poor. We human beings need reminders because we tend to forget or take for granted sometimes. The more important the event or reality the more significant the reminder. So many of our National or Ecclesiastical Feasts are reminders. Memorial Day. Independence Day. Thanksgiving Day. Christmas Day. Ash Wednesday. Good Friday. Easter Sunday. You get the drift. We need to be reminded of even the most important and significant aspects of our lives because sometimes we forget. We get preoccupied, we get overworked. We forget.

Jesus of Nazareth was sent by God to liberate us from the slavery of sin and the cold clutches of death. He came to restore our original innocence and renew the face of the earth. He came to supply us with the food that sustains and never ends. What is that food? Actually the better question is: Who is that food? And the answer is that Jesus himself is that food.

It is an interesting thing about how Christ left himself to us as food. We human beings make bread. Everywhere on earth humans make bread. And we human beings make wine. Everywhere on this earth human beings make wine. God has inspired us along the way, prompting us to learn how to do these two fundamental and basic acts of creating food. And so, Jesus takes the food that we make—bread and wine—and he transforms the bread and the wine each into himself, into his body and his blood.

But this food does not work exactly the way all our other food works. We eat food and our body breaks down the food and we absorb it and transform it further into energy and it enables us to live. We transform our food into ourselves. But with Eucharist, when we eat the Body and Blood of Christ this food is not transformed into our bodies. WE are transformed. We slowly become Christ, the one whose body and blood we eat. And who is Christ? Christ is the Beloved Son of the Most High God. Christ is love itself. And there is nothing which sustains us really, more than love.

But sometimes we forget, even though we know how important love is. And so, Jesus, at the end of his life, when he leaves himself to us under the form of bread and wine give us a reminder. He says: Do this in memory of me. Celebrate Eucharist or you will forget me. You will not want to forget but you will forget. Or perhaps not forget. Sometimes we make a decision to settle for. We settle for participating in Eucharist occasionally. We think to ourselves we live a good life. We aren't killing anybody or being unfaithful. We get to Eucharist when we can. But how else do we Keep Holy the Lord's Day? Each week.

Are your life, your family, your relationships, your work where you want them to be? Anything missing that could be made better if we let the Lord feed us and slowly transform us into himself? The Eucharist is the most profound experience of God we can have in this life and it opens us to the deepest intimacy we can experience with God. When that happens, we are changed—for the better. We need these things. The Eucharist is not some nice thing that I can take or leave. The Eucharist is what gives me hope, gives me strength, builds my stamina and slowly transforms my heart into the heart of Jesus Christ. And that is what makes this world a better place.

Every time we celebrate Eucharist, the Lord Jesus comes to us in the moment of consecration through the power of the Holy Spirit and your faith. Today the Church gives us another Day like all those other holidays and holy days to remind us of the greatest of gifts—the Eucharist. Let us decide today that we will not just settle for a little bit of Eucharist but we will celebrate the Lord's Day each week at Mass.

May the Lord bless us today and give us his peace.