

**“For the bread of God is that which comes down from heaven and gives life to the world.” John 6: 33**

Why is the Eucharist so important and considered the foundation and cornerstone of our faith? Jesus gave his body willingly to death, so that we might obtain the promise of everlasting life. So why the importance in celebrating the Eucharist? We are being given the life, we are receiving the pure light of love so perfect and divine. God is giving himself to us, to nourish and heal our souls.

**“The Eucharistic sacrifice, the memorial of the death and resurrection of the Lord, in which the sacrifice of the cross is perpetuated through the ages is the summit and source of all worship and Christian life, which signifies and effects the unity of the people of God and brings about the building up of the body of Christ. Canon 897 (Code of Canon Law)**

The action of Communion draws deep within the boundless reality of God’s true presence in the Eucharist. In Communion we open our hearts to allow God to enter deeper into our lives and in doing so we enter more fully into the mystical Body of Christ, his Church upon earth. In Communion we are united as one people without boundaries, race, religion or barriers. We are united in this act of love that is poured forth upon all peoples past, present and those to come. It is a bond that defies our understanding of space and time, which leads us deeper into the reality of God is with us.

**“Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the son of man will give to you.” John 6: 26-27**

**“We celebrate the Eucharist not because we are worthy, but because we recognize our need for God’s mercy, incarnate in Jesus Christ.” Pope Francis**

The true presence of God in the form of bread and wine, has always and will continue to be a struggle for people to comprehend, but when we open ourselves up to the graces that come from receiving the Eucharist and we seek to obtain greater understanding of its great mystery, suddenly doubt and disbelief turn into conviction of faith. There is a longing, a yearning and an aching need for us to receive the true presence of Christ in our lives, our souls greatest desire is to be closer to God. It is only in the Eucharist that we find that closeness and fulfill that great desire to be one with God. (*John ๑3*).

*My child,*

*How I long to be closer to you and give to you the endless grace of my love for you. Be still and know that I am with you, through all joy and pain, disbelief and wondrous revelation. I long to be close to you, just as you long to be close to me. I am not far my child, I am found in the way you love and care for others. My presence will be known to you in the openness of your heart. Receive the love I give to you and know that my love is unwavering and everlasting; this is my prayer for you.*