

**Reflection One – with reference to, and quotations from the first Chapter of:  
‘Meeting Christ in the Eucharist’, by Fr. Stephen Wang.**

**‘Jesus is Emmanuel – God with us.’**

Jesus made a solemn promise to His disciples and therefore to us; “Behold, I am with you always, even to the end of time.” ‘Jesus comes to us in many personal ways, through different events, encounters, or conversations. Through an experience of beauty, kindness or even of suffering. We hear Him through the voice of our conscience, or in the needs of those around us. In a moment of prayer, in the reading of Holy Scripture or through an unexpected inspiration from the Holy Spirit.’

Jesus is present in a particular way in our communal prayer and through the Ministry of the Priest, but most especially He comes to us in the Sacrament of the Holy Eucharist, the Mass.

When we come together to celebrate Mass ‘we are united with Jesus in the sacrifice He offered on the cross for our salvation; we meet Him, if we are able, in Holy Communion; we receive the power of the Holy Spirit; and we are united with the whole Church across time and space. It is the holiest act of worship possible on earth. We should be awestruck and amazed!’

Perhaps we forget the staggering truth and beauty of this reality. ‘Sometimes we do feel inspired, sometimes we feel a bit dry, sometimes we feel peaceful, sometimes we are completely distracted, by different worries and concerns or in the care of young children.’ What matters though is that we are here and are trying to be open to the Lord. Our dear Lord loves us, and delights in our presence. He comes to us as we are. **He comes to YOU! He comes to ME! Jesus comes to each one of us!**

Let us ask for the grace to ‘pray the Mass’ in a more personal way, so that it will touch us and transform us. Our worship will then become life-giving and will fill us with joy and strength.

**Prayer:**

**Lord,**

***May this sacrament of new life***

***Warm our hearts with your love***

***And make us eager for the eternal joy of your kingdom.***

***We ask this through Christ our Lord.***

***Amen.***



