

## **“LOVE ONE ANOTHER AS I HAVE LOVED YOU”**

‘The Holy Eucharist transforms who we are and transforms the way we love. In Christ, we no longer live for ourselves, but for Him, and for others.’

At the conclusion of Holy Mass, we are ‘sent forth’ to be a channel of Gods’ influence in the world. ‘The world needs Gods’ love; it needs to encounter Christ and to believe in Him.’ A Eucharistic Church is a missionary Church. We are called to share the ‘Good News’ that Jesus died for everyone and came to save all.

Sharing the ‘Good News’ or Evangelising can be quite practical. Our Blessed Mother shows a good example of this when after the ‘Annunciation’ she ‘went as quickly as she could’ to offer help to her cousin Elizabeth, while joyfully ‘proclaiming the greatness of the Lord.’

In St. Matthew’s Gospel, Jesus tells us to: “feed the hungry, give drink to the thirsty, welcome the stranger, clothe the naked, care for the sick and visit those in prison.” He said: “just as you did it to one of the least of these who are members of my family, you did it to me.”

We cannot do everything, and there is a sense of liberation in realising this, but we can do something, and we can do it very well. It may not be perfect or complete, but it is a beginning... an opportunity for the Lords’ grace to enter and do the rest.

### **Prayer**

Lord,

give to our hearts

the light of faith and the fire of love,

that we may worship in spirit and in truth

our God and Lord, present in this sacrament,

who lives and reigns forever and ever.

Amen.



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This reflection is with reference to, and quotations from 'Meeting Christ in the Eucharist' by Father Stephen Wang.