



## **The Eucharist**

Jesus said, "this is My Body and this is My Blood." Mt. 26:26-28

This is not bread or wine any longer.

It appears to us as bread and wine so that we may consume it.

But in reality,

It's substance, it's essence is the Body and Blood of Christ.

It is transformed into the Body that was broken and the Blood that was shed.

The bread that you eat is in reality the Body that was scourged, crucified, hung on the cross and is now resurrected.

The wine that you drink is in reality the Blood that was poured out at His scourging and that dripped from His crucified body on the cross.

If it were only bread and wine, then the bread and wine that we consume would be transformed into US and eventually enter into the sewer.

But since it is the Body and Blood of Christ that we consume, we are transformed into HIM and we will enter the Kingdom of Heaven.

Therefore we must become what we receive as St. Augustine said.

And proclaim what we revere as St Gregory the Great said.

In Our Eucharistic Lord,

Fr. Patrick Greenough