

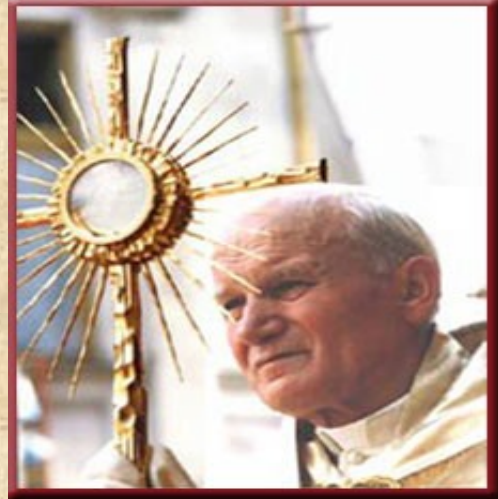
# Let there be Light!

A EUCHARISTIC SPIRITUALITY SERIES FOR YOUNG ADULTS

Jan/Feb 2011

"Every act of reverence,  
every genuflection that you make  
before the **Blessed Sacrament**  
is important because it is  
an act of Faith in Christ and  
an act of Love for Christ"

*(The Venerable Pope John Paul II)*



## ***The Holy Eucharist: Christ Whole and Entire***

From time to time, I find myself being encouraged by my fellow Catholic brethren who in the name of ecumenism, find themselves regularly attending weekly Sunday services with other denominations. "Join us!" they say, "there is no difference between our Mass and their service because we all worship the same God".

My favourite response is, "No, because Christ in the Eucharist is not there". Judging by their baffled responses, there is more to this answer than many Catholics realise.

### **What then, is the Holy Eucharist?**

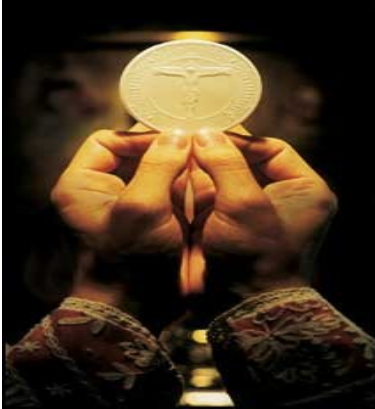
When the Council of Trent in the 16th century defined the meaning of the Eucharist, it declared that 'the Body and Blood, together with the Soul and Divinity of our Lord Jesus Christ, and therefore the whole Christ, is truly, really and substantially contained in the Sacrament of the Holy Eucharist'.



Pope St Pius V's subsequent authorised publication of the Roman Catechism built on the Council of Trent, explained its teachings for the pastors of the Church. They were told that 'in this Sacrament is contained not only the true Body of Christ— and that means everything that goes to make up a true body, such as bones, nerves and so on — but also Christ whole and entire.'

Consequently, the Eucharist contains Jesus Christ in the fullness of His Divinity and the completeness of His Humanity. Jesus is therefore in the Blessed Sacrament for... In heaven a complete human nature is united to the divine nature in one... person. It is a denial of the faith to suppose that in this sacrament there is anything less.' That is to say, the Sacrament is an embodiment of the Real Presence and transubstantiation.

## Transubstantiation



Transubstantiation is best explained as the whole substance of bread and wine permanently replaced by the living and glorified Christ. It is what the Greek Fathers of the Church called *ousia* — the being of bread and wine changed into the being or reality of Jesus Christ.

After the consecration during Mass, there is no longer bread and wine on the altar but the same crucified Christ who died and rose from the grave; and who will come in glory on the last day to judge the living and the dead.

It is by faith we believe in transubstantiation. For when we sing the *Tantum Ergo* at Benediction, we ask 'that our faith may supply for what our sense cannot perceive.' Thus we profess to believe that Jesus is in the Eucharist with all the qualities of His risen humanity, although our senses cannot perceive what we know. It is also the fulfillment of our Lord's promise, '*I will be with you always, even to the end of age*' for He is in every tabernacle of the Catholic world. He is in our midst with His pulsating Sacred Heart. Continuing His redemptive work by giving us the light and strength to serve Him with all our heart.

## Real Presence

This explains why the Catholic Church has defended the reality of the Real Presence so strenuously down the centuries. Yet the term '*Real Presence*' has greater implications. Two people may be physically present to each other but not spiritually. Being present to someone means to have another in mind by being mentally aware of their existence, and to have them in one's heart by loving that person.

Since Jesus is present in the Eucharist, it is our duty to be mentally conscious of this and act on the awareness with love. By approaching the Eucharistic Christ in loving faith, there are no limits to the graces and blessings He will bestow.

(adapted from the article '*The Holy Eucharist Is the Whole Christ*' by Fr John A. Hardon, *Soul Magazine*, Nov-Dec 1989)

*"I will be with you always, even to the end of age"* (Matt 28:20)

## Generation **CHRIST!** Ministry

*A Young Adults Eucharistic Adoration Community*

To subscribe to "*Let there be Light!*", email  
[gen.christ.ministry@gmail.com](mailto:gen.christ.ministry@gmail.com)