



Artist: Isabel Piczek, Holy Family Parish, Orange, CA

THE EUCHARIST

*Love is not satisfied
with less than union*

BY SERVANT OF GOD
SISTER IDA PETERFY, SDSH

There was a story in the news about a young girl in Minnesota who liked to go snowmobiling in the winter. There are many lakes in Minnesota, and in the winter they usually freeze into solid ice. One day this girl was riding her snowmobile on the frozen lake. One part of the lake did not completely freeze and when she reached that spot, the ice broke and she fell into the icy cold water with the snowmobile and dressed in her heavy winter clothes. Two men on the shore saw what happened. They ran to help her. They were able to pull her out, but in the process, one of the men died. He surely gave his life to save her.

Why did Jesus come? Some people say, "God the Father sent His Son to die." As a parent, would you send your son anywhere to die? Even if they have to go to war, they are sent to win, not to die; they are sent to save our freedom, sometimes at great cost, even the cost of their lives; in the process, they may die.

**Christ died so we would
never forget how much
the Father and He love us!**

Only Jesus could close the gap that sin brought between man and God.

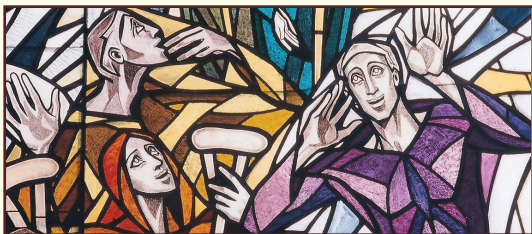


God had given to man the great gift of a share in His own divine life. When man sinned and disobeyed God, man deprived himself of living with divine life. Just think how precious life is: how much money could buy back a day of your life if you lost your life? No amount of money could buy it back. If that is true of our ordinary life, just think how much more precious divine life is! Through the sin of our first parents (Adam and Eve), mankind lost God's gift of divine life; what a great tragedy! On their own, they had no means of regaining divine life. As a simple example, think of an old fashioned scale. If you put a ten or twenty pound weight on one side, and divine grace which is of infinite value on the other side, the scale would be totally tipped to the side of divine grace. What would be needed to bring back the balance? Something of infinite value, which is, the life of Jesus who is God made man!

TO REVEAL THE HEART OF GOD

This is why Jesus came: to reveal to us the Heart of God our Father. Jesus became as we are so that we would know what God is like “in human.” The Bible says, “I came that you might have life.” (John 10:10) In the process of showing us how good the Father is, Jesus died. He gave His life so that we would live, not just for a little while, but that we would live in the fullness of life forever! This sacrifice of Jesus is renewed in every Mass. **This is why we call it the “sacrifice” of the Mass: it is Jesus – the same high priest, the same victim, offering Himself for us,** although the mode is different.

Love is more than a warm feeling we have toward someone. Love is wanting the best for the person(s) we love. The best is to arrive to the goal: God, heaven, not alone but helping the ones I love to reach their final goal. Ask yourself, “Do I want the best for the person(s) I love?” Love by its very nature demands sacrifice. Do hardships, the “cost” deter you from loving as God loves? The word “*sacrifice*” comes from two Latin words, “*sacrum*” which means “*holy,*” and “*facere*” which means “*to make.*” **So real sacrifice is to make all I do holy: acting as God does, with love, not counting the cost.**



The Scriptures tell us that Jesus “did all things well.” (Mark 7:35-37) He did all with love, not counting the cost: He went miles to heal a little girl (Mark 5:35-43); He fed the multitudes (Matthew 14:13-21); He healed the beggar (John 9:1-12), the blind (Mark 10:46-52), the lame (Matthew 9:2-8), the centurion’s servant (Matthew 8:5-13). He did not stop to calculate in doing good. And what did Jesus receive in return? Only one out of ten lepers returned to thank Jesus (Luke 17:11-19). Instead of praise or admiration, He was looked on with suspicion and hatred. That did not stop Jesus from loving them, wanting to be united to them, giving ALL to save them even when it meant giving His life.



THIS IS WHAT LOVE IS LIKE – THE GIVING OF SELF.

Love wants union; Jesus was not satisfied with less than total union.

When He fed the multitude and they wanted to make Him king (John 6:1-15), He promised another kind of “bread.” He said, “Whoever eats My flesh and drinks My blood remains in Me and I in him. Just as the living Father sent Me and I have life because of the Father, so also the one who feeds on Me will have life because of Me.” (Jn. 6:57-58) When they heard this, many of the people left and no longer followed Jesus. (John 6:66)



Artist: Isabel Piczek, Toronto, Canada

Did Jesus mean what He said, or was it just symbolic? He turned to His chosen twelve and asked, "Do you also want to leave?" (John 6:67-69) He meant every word He said! The apostles were too afraid to ask Him, "Lord, how can we eat You?"

On the night before He died, He showed them how! He took the bread, took the cup; He gave His own Self in the bread and the wine (Luke 22:14-20). They were amazed at how divine and simple the solution was! Divine simplicity with divine power combined, just like the sunrise, or the opening of a flower: so "natural," so common and predictable.

**GOD IS A GREAT GIVER.
HE GIVES WITH SUCH
SIMPLICITY,
AND HE GIVES SO MUCH!
MORE THAN SILVER OR
DIAMONDS OR GOLD:
HE GIVES HIMSELF!**

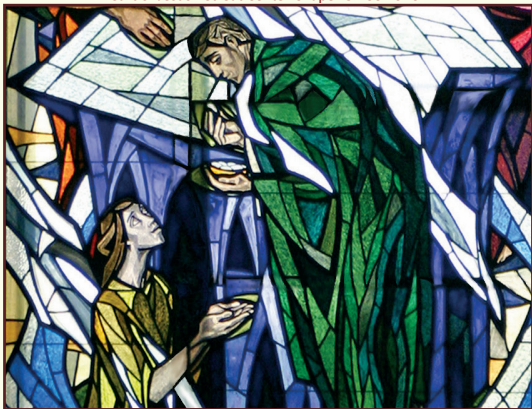
On the next day, the day we call Good Friday, the disciples saw that Jesus meant every word He said: "My body, My blood offered for you." He gave all on the cross, to the last drops of His blood (John 19:30-37).
He really meant what He said.

HOW FAR LOVE CAN GO!

At the last meal Jesus ate with His apostles before He died, He allowed us to hear what was in His Heart and to see His relationship to the Father and to His friends. He speaks about what is most important to Him: love, friendship, relationship. Jesus says, "I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another." (Jn. 13:34-35) He changed the bread and wine into His own Body and Blood, and He told His apostles, "Do this in memory of Me." (Luke 22:19)



Artist: Isabel Piczek, Cathedral Chapel of St. Vibiana, Los Angeles, CA



Do we really believe in the real presence of Jesus in the piece of bread that is elevated, broken and given out at communion time? It is a serious question we have to answer. A priest once told a group of young people, "I cannot give you communion." They were startled because they had been to confession and thought they were prepared. Then the priest explained: "I can give you the Eucharist, the Body and Blood of our Lord, but only you can make it a communion." In other words,

**IT TAKES TWO PARTIES
TO HAVE COMMUNION;
UNLESS YOU ARE "THERE"
TOO, THE LORD WOULD BE
ALONE.**

HOW CAN IT BE THAT JESUS IS REALLY AND TRULY PRESENT IN THAT TINY PIECE OF BREAD?

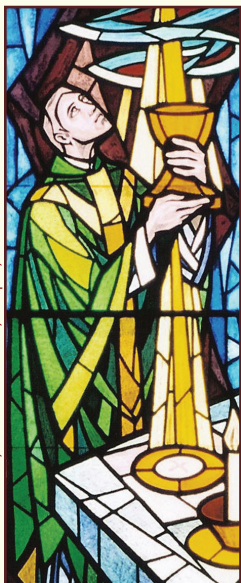
St. Thomas Aquinas explained it by the reality of **transubstantiation**. Think of a baby who becomes a strong tall man. The baby and the man are the same essence or substance, only the accidents are different.

Usually, when we hear the word “*accident*,” we think of a car crash or something terrible. But the word “*accident*” comes from the Latin word that simply means “*to follow*.” An accident is something which follows something else. The word “*substance*” comes from the Latin word “*sub*,” which means “*under*,” and the word “*stare*,” which means “*to stand by itself*.”

Think of yourself: you can dye your hair a different color, lose or gain weight, and wear a different style of clothes than you usually wear. You might look very different, but you would still be you. What makes you to be you – your essence or substance does not change when you change the accidents – the size, weight, color, etc. of your appearance.

Or think of bread: it comes in so many shapes and forms: pretzel, bagel, brown, white, tortillas, buns, muffins, yet the essence, the substance – what makes bread to be bread, is the same in each, regardless of the accidents – the shape, form, color, size, smell or taste.

Artist: Isabel Piczek, La Purisima Church, Lompoc, CA



At the Consecration of the Mass, when Jesus, through His ordained priest says, **“This is my Body, this is my Blood,”** what happens? The accidents of the bread remain, but the substance, the essence is gone and the substance, the essence of the Body of Christ takes its place. The Person of

Jesus is truly present with all His thoughts and abilities and everything that makes Jesus to be Jesus!

WHEN WE RECEIVE THE
EUCHARIST,
WE RECEIVE THE TOTAL CHRIST,
THE GLORIOUS, RISEN,
LIVING CHRIST
AS HE LIVES NOW IN HEAVEN.

HOW CAN JESUS TRANSFER WHO HE IS INTO A PIECE OF BREAD?

No human person can separate a substance from its accidents; this is a miracle that can only be done by the power of God.

It is amazing to realize the unique relationship of love our Lord wants to have with us. Think of the food you ate today; it has become one with you. You cannot separate it from yourself any longer because it has become you. We cannot feed each other with who we really are, but Jesus can do that. He made it possible for us to be one with Him. In every Communion when He comes to us, it is Jesus' real Body. And where His Body is, there also is His personality, His merits, His love – everything of who Jesus is, is right there with you.

**OUR GREATEST TREASURE IS THAT
UNION WITH THE LORD:
SO REAL, SO CLOSE, THAT HE THINKS,
ACTS, LOVES THROUGH YOU.**

When our Heavenly Father looks at you at the moment of receiving the Eucharist, what does He see? This union is so close that what He sees is Jesus!

WHY DO YOU GO TO MASS EACH WEEK AND WHY DO YOU RECEIVE COMMUNION?

If the Eucharist would just be a “thing,” we would get tired of it. We get tired of eating the same kind of food every day. We get tired of a thing, but do we get tired of a friend? Would you get tired of seeing your friend every day? Actually, the more we get together with someone, the greater the friendship becomes. If the Eucharist would just be a thing, we could forget it, but if it is meeting Jesus, the more you receive this sacrament of union, the more you are united to Jesus and to those whom He loves.

Many people can take part in the Mass and miss seeing Jesus present under the simple forms of bread and wine. Does it mean that He is not there? No, it only means that we need **the gift of Faith** to see what we cannot see with our physical eyes.



Think of how much we humans are able to do; just think of the newest technology that has been developed. The Holy Father can be speaking in Rome and we can see and hear him right in our own living room. Or think of the polio vaccine that saved the lives of countless children. The vaccine was put in a cube of sugar to make it easy for the children to take. Any one of us could cut a large cube of sugar into smaller pieces, but only a scientist (Dr. Jonas Salk), whose knowledge far surpassed the knowledge of others, could develop the vaccine to transform a cube of sugar into a carrier of life. Could Dr. Salk explain how he did it? Yes, but only those would understand who would have equal knowledge to his.

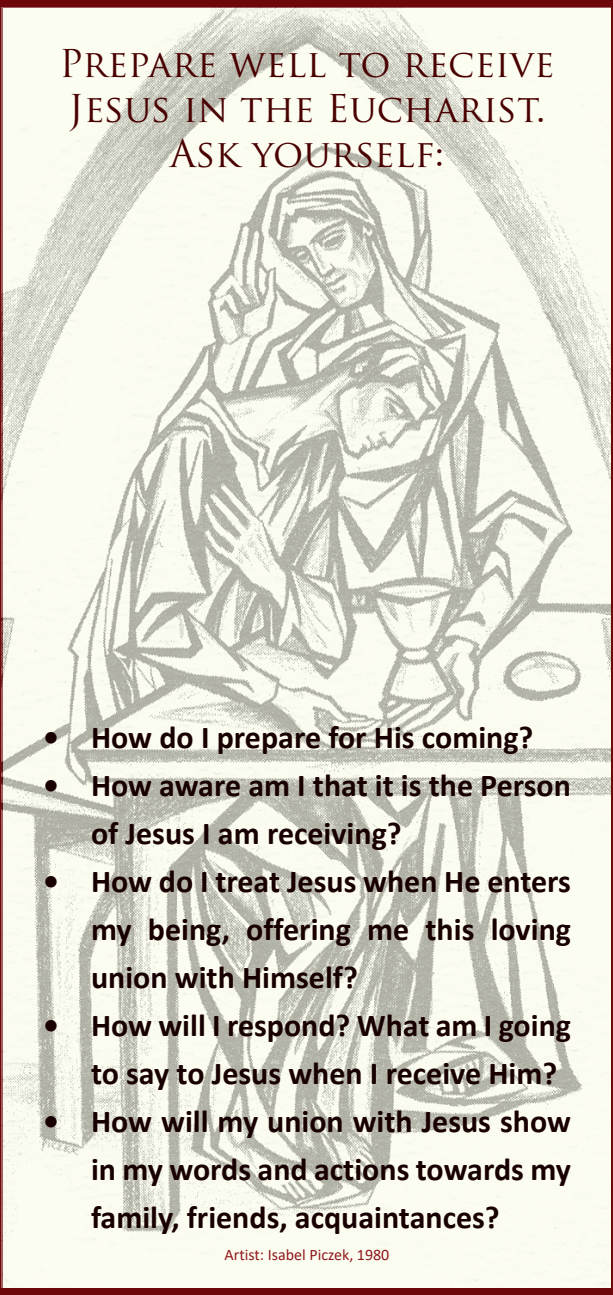
HOW MUCH MORE CAN GOD DO?

Infinitely more. But only those who have equal knowledge to God would understand how He did transubstantiation. We will all understand it in heaven. Until then, we take the word of God as our guarantee. Faith is not about believing a bunch of “things,” faith is about trust, not in a thing, but in a Person. Maybe, like the man in the Scripture (Mark 9:24), we can say:

“LORD, I BELIEVE, HELP MY UNBELIEF.”

PREPARE WELL TO RECEIVE
JESUS IN THE EUCHARIST.

ASK YOURSELF:

- 
- How do I prepare for His coming?
 - How aware am I that it is the Person of Jesus I am receiving?
 - How do I treat Jesus when He enters my being, offering me this loving union with Himself?
 - How will I respond? What am I going to say to Jesus when I receive Him?
 - How will my union with Jesus show in my words and actions towards my family, friends, acquaintances?

Count the times you received Jesus in
holy Communion!

Isn't it a sign of His great desire to be
one-d with you?

We can be very grateful.

The Eucharist is absolutely the most
wonderful thanksgiving in which we
can participate.

Eucharist means "*thanksgiving.*"

We give thanks to Jesus for giving
Himself to us and staying with us.

Jesus becomes our bread of life, our
nourishment, the food of our soul.

And we grow in a deeper relationship
of friendship and love with Him and
with each other.

The shortest way to heaven is
gratefulness. Be grateful!

See whatever comes into your life
as a gift. The greatest gift is Jesus

Himself!

♥ Your Sister Ida

Servant of God Sister Ida Peterfy consecrated her entire life to God on her 18th birthday, October 7, 1940 in Kassa, Hungary. From this total gift of self God inspired others to join her and become the Sisters of the Society Devoted to the Sacred Heart of Jesus. Sister Ida's love for God and her dynamic method of presenting His love to others has encouraged countless others to offer themselves to His Heart and His love.



www.sacredheartsisters.com

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