

One of the most sacred moments of Holy Mass is when we come up for Holy Communion. The minister will hold the host before you and say, “the Body of Christ”. We respond by saying “Amen”. Another minister will hold the chalice and say, “the Blood of Christ”. Again, we respond with “Amen”. We receive the host in our hands or on our tongue, we swallow a small portion of the Precious Blood. The Body and Blood of Jesus is joined completely to our bodies and into our life blood. *We are living in him and he is living in us.*

Just ponder that for a moment. *We are living in him and he is living in us.* God is in our stomachs, in our hearts and pumping through our arteries and veins.

Something amazing is happening to us.

We no longer belong to this world. We now belong to love, to Joy, to Jesus, to God. This belonging to Jesus is all that matters – living in God and God living in us.

It’s very easy to fall away, to forget that God loves us. It’s very easy to become like Judas Iscariot. We need to be decisive and definite. We need a strategy and a plan, a specific way of keeping ourselves focussed.

Allow me to make three suggestions, each of them equally important. And these suggestions are for everybody – clergy and teachers, children and parents, new converts and people who have been Catholics all their lives.

1. At least ten minutes every day in personal private prayer. Be still, be quiet, listen. Be aware of God’s great love. Maybe take a missalette home and ponder the readings.
2. Come to Mass every Sunday. This is where we get our strength. This is where we are part of God’s family. This is where we are *consecrated in truth*.
3. Make a conscious effort to *love one another*, especially the outcast and the stranger, especially that person we find so difficult and annoying.

Remember we no longer *belong to the world*. We belong to Jesus and the Church. We share - or are about to share - in Holy Communion.

*We are living in him and he is living in us.*

Fr Michael