

Do you know how to enjoy yourself? Do you enjoy a good glass of wine? Do you enjoy a good meal with family and friends?

Do you get stressed when there might not be enough food and drink to go round? Is the food and drink so important that you forget to pay full attention to the people around you? Do you sometimes eat your food and drink your drink so rapidly that you fail to really taste it and enjoy it?

Real enjoyment requires sacrifice. *"This is my body which is for you."* Real enjoyment means always putting other people first, being aware of other people's needs, being prepared to listen to their story. Real enjoyment means paying respect to the food we eat, and the drink we drink, not eating and drinking ourselves into a drunken stupor, but savouring each morsel, each mouthful.

Jesus emphasises his message, his ministry, his present, his past and his future in a meal with his closest friends. At the end of the meal he takes the bread once more and says, *"This is my body, which is for you"*, and takes the cup and says, *"This cup is the covenant in my blood"*.

We have Holy Scriptures. We have Jesus' teaching. We have the Tradition of the Church, but what the Catholic Church is ultimately about is the experience of the meal of Jesus, sharing in the sacrifice of Jesus, sharing in the attentiveness of Jesus, the listening of Jesus, the loving and being loved of Jesus.

*"You are a priest for ever, a priest like Melchizedek of old."* Don't ask me who Melchizedek was because I'm really not sure. What I do know is that we are all priests. We are all priests because we all share in the sacrifice of Jesus. We are part of the bread and wine. In Jesus we try, often falteringly and feebly, to offer ourselves for others, to pour ourselves out for our church, our family, for peace and for justice.

At Holy Communion we become what we eat, we become what God created us to be, we become his sons and his daughters.

At Holy Communion, we anticipate, we look forward to the eternal banquet of our heavenly homeland when our communion in and with God will be totally complete. *"Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death"*, the death that breaks open the very essence of the divine,

Enjoy your life. Enjoy your bread and wine. Enjoy one another. Be part of the sacrifice of Jesus. Become a priest for ever. Give yourself away and find yourself in Heaven.