

Love IN

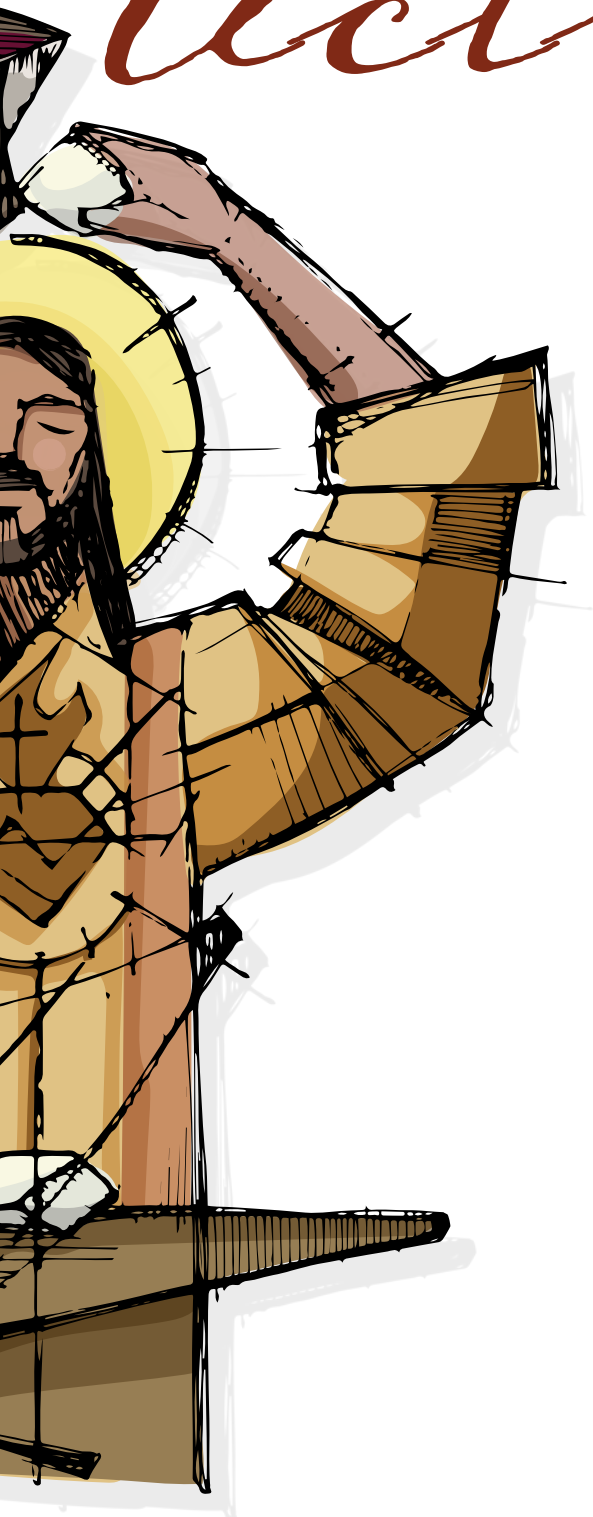
*T*he Eucharist, a tremendous mystery of faith, is one in which I have lived, moved, and had my being—both failing and triumphant—in my journey of discipleship. It is a mystery into which I have grown and from which I have been sent, time and time again. The Eucharist is a calling, a longing. It is nourishment and sustenance. It is sacrament. The Eucharist is living, dying, and rising. It is relationship. It is God and neighbor. The Eucharist is who we become, through Jesus, for one another and all the world. It is love in action.

The most profound experience of the Eucharist, for me, is the action of unconditional, divine love that takes place during the Mass. When the simple gifts of bread and wine are taken, blessed, broken, given, and become the Body of Christ, we are invited to place our lives on the altar, to participate in the action of a love that transforms. Like a seed buried deep in the darkness of fertile ground, growth occurs only if I trust and release control. I must be open to a dying to myself to allow my seed to crack open and become more. As I am open to God's grace, I become love in action.



Action

BY MAUREEN P. PROVENCHER



Just as a growing seed needs the nourishment of the soil, the warmth of the sun, and the quench of the rain, the being and work of discipleship cannot happen on my own. I need community. I need the Body of Christ to receive, to become, to share. We support one another in getting through tough times by talking it through. We share joy in celebrating with others. We are helpful to others who are discerning an important life decision by offering advice and perspective. When we look beyond the bread we share, we encounter the Lord who leads us to one another. We live this Sacrament of the Eucharist by receiving and offering support, prayer, challenge, generosity, and love. We're made this way—to need one another in healthy, interdependent ways. The Eucharist is community. Through it, we become love in action.

The United States Conference of Catholic Bishops Committee on Evangelization and Catechesis has announced a Eucharistic Revival, beginning in the summer of 2022 and culminating in a National Eucharistic Congress in 2024. The goal is to “renew the Church by enkindling a living relationship with the Lord Jesus Christ in the Holy Eucharist.” (For more information, see the flyer found [here](#), and the Strategic Plan found [here](#).)