



Eucharist – The Real Presence of Christ

(The third event of Faith in Action - “My Lord and My God”)

Paul Lee

After Jesus had risen from death, he came to see his disciples. When the other disciples told Thomas that they had seen the Lord, he responded, “Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and hand in his side, I will not believe.”

(John 20:25) A week later, the Lord came into the house, blessed his disciples and asked Thomas to “put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.” (John 21:26-29)



“My Lord and My God”, excerpted from the biblical episode of Jesus and Thomas, was taken as a catchphrase for the third event of Faith in Action. The event was focussed on the theme of ‘Real Presence of Christ in the Holy Eucharist’ and it aimed at giving an opportunity, especially during the “Year of the Eucharist” proclaimed by the late Pope John Paul II to all Catholics, to understand, to appreciate the special means of communion with Jesus Christ and to receive it faithfully with the entire Church community.

The event started at 10:30 a.m. on 28th May (Saturday) with the Faith in Action theme song, an opening prayer and an introduction. A Skit of the Last Supper was performed by thirteen children who acted as Jesus Christ and His disciples as well. After the skit, all



the participants were split into groups which were led by facilitators including Rev. Paul Chu, Sister Esther Ling, Deacon Henry Yeung and some other experienced facilitators to do reflection and sharing.

Discussion was mainly on the Real Presence of Jesus in the Holy Eucharist, various forms of adoration and the respect for the Holy Eucharist. For the children groups, they were instructed to do Arts & Crafts to produce spiritual icons for Eucharistic celebration. After the learning activities, each group of the participants reported

the group experience by highlighting three points which were written on a piece of “host” and posted on the board. The event ended with a Benediction in the Church and the participants went home with melodies of Tantrum Ergo, O Salutaris (*Benediction Hymns*) and their home kits.

“As two pieces of wax fused together make one, so he who receives Holy Communion is so united with Christ that Christ is in him and he is in Christ.” - *St. Cyril of Alexandria*



The Eucharist is the summit of our faith and it makes our salvation real in a miraculous and powerful way. At every Mass, we witness a miracle. The Eucharist is not a symbol of Our Lord; the bread and wine actually become the Body, Blood, Soul and Divinity of Christ. At the altar,



He truly comes to us, again and again, in His real presence (How to Celebrate the Year of the Eucharist). Christ Himself instituted the Eucharist at the Last Supper as a “memorial of His death and resurrection; a paschal banquet in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us” (*Sacrosanctum Concilium, n.7*)

Here are some questions to help you checking your understanding of the Holy Eucharist. Please feel free to answer them.

1. Is Jesus present body and blood, soul and divinity in Church? How ?
2. Where do we find the Blessed Sacrament in Church?
3. How should we receive Jesus in Holy Communion?
4. Give three other names for the Holy Eucharist.
5. In what ways can you show reverence to the Blessed Sacrament in the tabernacle?
6. Give a quotation from the Bible that tells us about the Real Presence of Christ.