



LET US PRAY – REFLECTIONS ON THE EUCHARIST
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During this Year of the Eucharist, I've been offering a series of articles on Eucharistic Spirituality: Source of Life and Mission of our Church. This reflection concludes the series. Article #11, ***Pope Francis on the Eucharist.***

In his homily for Mass at St. Peter's Basilica on the feast the Most Holy Body and Blood of Christ, 2020, Pope Francis offered a poetic and pastorally sensitive meditation on the memorial of the Eucharist.

"Remember," he began, quoting Deut.8:2, all the ways in which the Lord your God has led you. How important it is to remember this when we pray. In the Bible the memory of the Lord is passed from generation to generation.

It is easy to forget. But God has given us Food, something we have tasted, in which he is "truly present, alive, and true, with all the flavor of his love. ... Jesus told us "Do this in remembrance of me. We cannot do without Eucharist, for it is God's memorial. And it heals our wounded memory."

It first heals our *orphaned memory*, the pope says. He added that many people have memories marked by lack of affection and bitter disappointments, which God can heal by placing within our memory a greater love: God's own love. This heals our sense of being orphans, and fills us with the consoling love of the Holy Spirit who never leaves us alone and always heals our wounds.

Through the Eucharist, he goes on, Jesus also heals our *negative memory*: things that have gone wrong, that make us feel useless, our unrealized dreams, our failures. The burden of these will not crush us,



because Jesus is present even more deeply, encouraging us with his love, and transforming us into bringers of God, of joy, not negativity.

Finally, the Eucharist heals our *closed memory*. Our wounds can make us fearful, indifferent, detached, or arrogant. Jesus approaches us gently “in the disarming simplicity of the Host. He comes as Bread broken in order to break open the shells of our selfishness. He gives of himself in order to teach us that only by opening our hearts can we be free from our interior barriers, from the paralysis of the heart.”

Eucharist invites us to not waste our lives chasing illusions we cannot do without and leave us empty. “The Eucharist satisfies our hunger for material things and kindles our desire to serve.” Genuine closeness to those without food and work, who struggle with the loss of human dignity, creates a true bond of solidarity. In the Eucharist, Jesus draw close to us and empowers us not to turn away from those around us.



Let us never forget that the Mass is the Memorial that heals the memory of the heart, the treasure that should be foremost both in the Church and in our lives.

And let us rediscover Eucharistic adoration, which continues the work of the Mass within us. This will do us much good, especially now when our need is so great.