

# *Eucharist*

While walking and praying the Luminous Mysteries one night, I had this thought: at the wedding at Cana, Jesus performed the first “transubstantiation.” He turned water into wine. A few seconds later, I had the most peculiar thought—a thought that made me feel like a dummy and a genius at the same time:

*“Hey! Jesus didn’t save his first transubstantiation for the first priest who raised the bread and wine...this occurred at the moment Jesus said the blessing and proclaimed, ‘This is My body...this is My blood’.”*

How could I have not seen this all these years? How many times have I experienced the Eucharist and not realized this? That means that the Apostles were the first to eat and drink the body and blood of Christ, the night of *the Last Supper!* Why did Jesus do this? What was the purpose? I’m wondering if it was because they were to be the first evangelizers of the New Covenant, the bringers of the Word, the first to receive the Holy Spirit in a new way at Pentecost. THIS, the first Eucharist, WAS receiving the Holy Spirit in a new and wonderful way—and an ever-present sign of Jesus’ power to overcome all odds, by His Passion, death and Resurrection, and new and fresh each time we receive Holy Communion, in our lives today.

We are truly strengthened for the journey due to the power of the Eucharist—given not merely as a *sign* of God’s love, but the *reality* of His presence. What a blessing to be offered this eternal gift! It makes me feel honored to be a Catholic, and to believe in the transubstantiation as a **Reality** in my life.

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