

## ADORATION 101

### THE SACRAMENT OF CHARITY:

#### *The Eucharist and the Virgin Mary*

We come now to the final reflection in Part One of Pope (Emeritus) Benedict XVI's Apostolic Exhortation on the Holy Eucharist (¶ 6-33) and conclude the section on "The Eucharist: A Mystery to be Believed" by taking a brief look into the Holy Father's commentary on the relationship between the Eucharist and the Blessed Virgin Mary.

Up until now we have learned how the Eucharist is the center of all our worship. We discovered how all of the other sacraments point to, and find their fulfillment in, Jesus, present in the Blessed Sacrament. We have unlocked the meaning of our existence and have found that God created all of us to commune with Him in heaven for all eternity, this is our goal in life, and the Eucharist gives us a glimpse of what is yet to come and remains our spiritual food for the journey while we're yet on earth. Pope Benedict points this out, and makes known that Mary's Assumption into heaven, body and soul, is a "sign of sure hope, for it shows us, on our pilgrimage through time, the eschatological goal of which the sacrament of the Eucharist enables us even now to have a foretaste."

The most reflective aspect which the Pope points out in his reflection is that Mary gives us the perfect example of what living a sacramental life looks like; everything from her humble submission to the will of God during the Annunciation to her having borne the sorrows which accompanied such a call. "Mary is", he follows, "the Great Believer who places herself confidently in God's hands, abandoning herself to God's will [and lives] in complete harmony [with it], she treasures in her heart the words that come to her from God, and piecing them together like a mosaic, she learns to understand them more deeply."

Consequently, when we approach the Body and Blood of her Son in the Eucharist she accompanies us. Her whole life was and still is, ordered to give us her Son. She is with us as our Lord offers Himself unto the Father during every Holy Mass. If you are struggling with understanding the Mass, or cannot concentrate and are distracted, if you find the Holy Mass dull or just cannot "get into it", call upon her. Arrive at Mass early and before it begins, petition her to remain close to you and guide you and she surely will. NEXT WEEK: We begin Part Two and start our study on "The Eucharist: A Mystery to be Celebrated!" – Paul A. Ray