

## May 28, 2020-Reflections for the Easter Season Ms. Albano

In the name of the Father, Son, and Holy Spirit. Amen.

Dear God, I acknowledge the Mississauga's of the Credit First Nation for being the ongoing stewards of this traditional territory.

### *A reading from the Gospel of John*

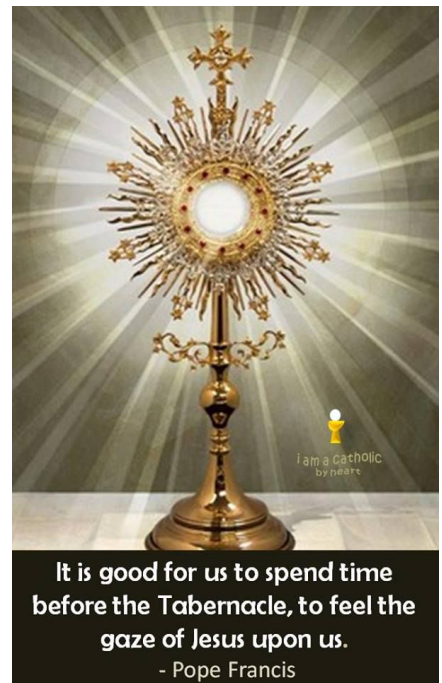
*“So they said to him, ‘What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’ ’ Then Jesus said to them, ‘Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.’ They said to him, ‘Sir, give us this bread always.’ Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.’” (John 6:30-35)*

For most of us, we turn on our radio, televisions, or computers, and hope that they have found a vaccine for COVID-19. The word to say that we can gather for mass, attend family functions, shop at a mall, or attend a sporting event. Wouldn't it be nice to be in that same Raptor Championship euphoria we were last year? I'm sure, if God was standing in front of you, you would demand that he cure the world and return us back to our daily routine.

Yet, St. John tells us that is not how Jesus works. He wants to give us something more than things in this world and instant miracles to satisfy our physical well-being. Instead, St. John reminds us that Jesus wants to give the world something that is lasting. Christ wants to give the gift of himself so we may live for something more than the moments of our lives. Though there is great joy when we gather with family and friends, succeed in our professions, or receive recognition for something, Christ says there is still something better.

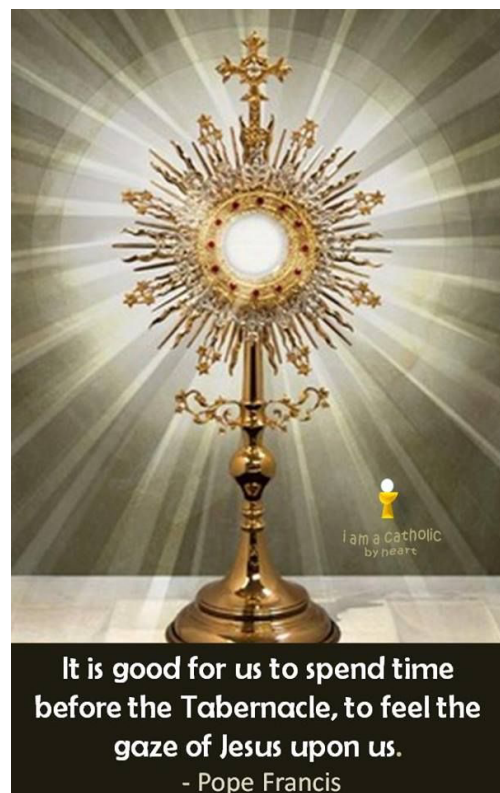
In the Catholic Tradition, the Eucharist is the heart of our faith. It reminds us that nothing can replace God in your life. Nothing you do or have around you will sustain the hunger of your soul which seeks to return to God. Nothing else will relieve your anxiety nor your stress in the way the Lord can in Eucharistic Adoration. During our isolation we cannot celebrate the Sacrament of Holy Communion nor visit the Lord in humble adoration. It reminds us how important it is for us to gather as a community around God. Though we can celebrate the mass virtually, it is different. Different because we are missing being present with the Lord and the people of God. When we cannot receive the Lord, the source and summit of our faith, we cannot take part in making visible what sustains us.

Today, let us pray the words of St. Liguori. For in these words, he summons up what the Eucharist means to the faithful and what we mean to the Lord.



*My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.*

With the courage and wisdom of the Holy Spirit, may we remember the words of Jesus who said, “Remember I am with you always till the end of days.” Amen. In the name of the Father, Son, and Holy Spirit. Amen.



**It is good for us to spend time  
before the Tabernacle, to feel the  
gaze of Jesus upon us.**  
- Pope Francis