



## **THE EUCHARIST AS AN INVALUABLE MEMORIAL THAT CONNECTS HUMANITY TO GOD**

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### **POPE FRANCIS**

The Holy Father, Pope Francis has described the Eucharist as an invaluable memorial that connects humanity with God and transcends above all other gifts of life, ever bequeathed to humanity. The Pope made this affirmation in his homily at the celebration of the Mass for the Solemnity of the Most Holy Body and Blood of Christ, held at the Altar of the Chair in St. Peter's Basilica, at the Vatican.

According to the Holy Father: "God knows how short our memories can be because of this, He left us a memorial, which goes far beyond words or signs.

He gave us Food, for it is not easy to forget something we have actually tasted. He left us Bread in which He is truly present, alive and true, with all the flavour of His love. The Eucharist is no mere memory, it is a fact.”

The Pope further stated that the Eucharist also heals our “negative memory” which focuses solely on our problems and errors. The Pope said “Jesus gave us His Body and Blood not only because He is generous, but because He is truly in love with us. He sees and loves the beauty and goodness that we are.”

Reflecting on the importance of remembering the many gifts of God for mankind, Pope Francis noted that memory makes us part of a larger story adding that: “Without memory, we uproot ourselves from the soil that nourishes us and allow ourselves to be carried away like leaves in the wind.”

Adding that the act of remembering helps us to consolidate and strengthen our connections; making us part of a larger story. Pope Francis went further to explain: “Memory is not something private; it is the path that unites us to God and to others.” He affirmed that the Bible recounts how man’s relationship with God is transmitted from generation to generation by words of mouth.

Pope Francis highlighted three aspects of our weakened memory the Eucharist

heals. These are orphaned memory, negative memory and closed memory. On the issue of weakened memory, the Holy Father stated: "The Eucharist brings us the Father's faithful love, which heals our sense of being orphans. It fills our hearts with the consoling love of the Holy Spirit." He added that the Eucharist immunizes us against sadness because it "contains the antibodies to our negative memory"; thus transforming us into God-bearers: "bearers of joy."

On the issue of closed memory, Pope Francis disclosed that the Eucharist heals our closed memory, as wounds inflicted upon our memories make us to be suspicious and fear others; making us to distance ourselves from others with the illusion of controlling the situation. He continued: "Jesus comes to us in the disarming fragility of the Host" which crushes the shell of our self-centeredness, and breaks down our interior walls and paralysis of heart.

The Pope emphasised, "Offering Himself in the simplicity of bread. Jesus invites us not to waste our lives on useless things. The Eucharist satisfies our hunger for material things and kindles our desire to serve." The Pope concluded: ""In the Eucharist, Jesus draws close to us: let us not turn away from those around us."

