



Jesus asked the twelve apostles, "Do you want to leave me too?" John 6:67

"MY LORD AND MY GOD"

My friends, as we continue our reflections on the Eucharist, I invite you to consider what happens at the moment of the Elevation. When the priest elevates the Eucharist and says, **"This is the Body of Christ,"** I gently strike my breast and say, **"My Lord and my God."** In that moment, I acknowledge with faith that Jesus is truly present before me.

Then, when the priest elevates the Precious Blood and says, **"This is my Blood,"** I again say, **"My Lord and my God."**

This simple profession of faith can be deeply powerful. It reminds us that we are not merely watching a ceremony or attending a religious service. **We are standing before the living presence of Jesus Christ.**

God has given Himself to us in the Eucharist. The same Jesus who offered Himself for us is truly present before us, and in just a few moments, we will have the grace to receive Him.

So, at the moment of the Elevation, take a moment to look toward Jesus **with faith and say from your heart: "My Lord and my God."**

It is an act of adoration, love, and trust—a personal acknowledgment that Jesus is truly present and **that He is coming to meet us.**

At the Offertory, place yourself on the altar. At the Elevation, recognize the One who is there. And throughout the Holy Mass, give Jesus everything.

There is one thing you cannot experience anywhere else: **the Holy Eucharist.** Nowhere else can we gather as the Church, with our priest, and receive the Body and Blood of Jesus Christ.

That is why we come to Mass and it's what we do every day. We come seeking the food that never perishes—the Bread of Life, who is Jesus Christ Himself. Each time you attend Mass, take a moment to bow your head and whisper a prayer of love to Christ who dwells there. **"MY LORD AND MY GOD".**

Father George

Oh, taste and see that the Lord is good, Blessed is he who takes refuge in Him. Ps 34:8