

## Mary and the Eucharist

Fourteenth century mystic Blessed Jan van Ruusbroec believed that people should be authentic, i.e. in their daily lives, they ought to live out what they believe and teach. He taught more by his example than by his writings. *Do you live authentically?*

In the Year of the Eucharist, Catholics were asked to reflect upon what receiving Christ in the Eucharist really means in their lives. Van Ruusbroec suggested that we mirror the attitude or the manner in which Mary received the Body and Blood of Jesus into her life. At the Annunciation, we see her virtues of purity, true knowledge of God, humility and desire.



**Purity:** “Blessed are the pure in heart, for they shall see God.” Purity means to be free from images or false pretenses, with a clear conscience. Like Mary, we need to have a complete, open and loving trust in God.

1. *When you receive the Eucharist, are you present to what you are receiving, or is your mind and attention wandering?*

**True Knowledge of God:** “How can this be?” Mary didn’t want to know about God. She wanted to know how He was going to work in her life.

2. *When you receive the Eucharist, do you receive passively or do you reflect on the ways in which you can actively make Christ present in the world and in your relationships?*

**Humility:** At the Annunciation, Mary was aware that God was God and she was not and all that she was to receive was His gift. In the Eucharist, Jesus gives us all that He has and all that He is.

3. *When you receive the Eucharist, you ever reflect on this incredible outpouring of love for your sake? Are you aware that in receiving such a great gift you are also asked to assume a greater responsibility?*

**Desire:** “Let it be with me according to Your word.” Mary was centred on God. In saying “yes” to the Word of the Lord, Mary showed her belief that with God all things could and would be possible.

4. *When you receive the Eucharist, do you open yourself trustingly to the possibilities that God may bring into your life? Are you able to let go of self-centredness and move out into the world with a deep sense of charity?*

**Lesson:** Like Mary, we can become more and more like what we receive in the Eucharist.

(adapted from article by Fr. Robert Warsey, OSM, *Servites Today*, Volume 25, #1, Summer 2005)