

What does it mean to receive the Body and Blood of Jesus for the first time: Do you remember?

Holy Communion is God himself! Holy Communion is not some abstract symbol. God is the origin of all that exists and the purpose of our existence! What makes it so special the first time and every time? Jesus is truly present in Mass; in Holy Communion. Even though we cannot see Him; He is none the less there. When we receive Jesus, He enters into the very depths of your soul. This is very beautiful, personal, and intimate. We should not take it for granted! The first time a person makes their Holy Communion, it is an event for the whole family. They are going to be deeply united with Jesus in a way that they never have before. We celebrate the fact that our bodies and souls become the temple and tabernacle of Jesus. The fact that we celebrate confirms our belief in the True Presence of Jesus in the Eucharist. In the diary by Saint Faustina, *Divine Mercy In My Soul*, Jesus complains that there are souls that receive Him with no love, but rather as if He were a mere object. *"When I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul. But souls do not even pay attention to Me; they leave Me to Myself and busy themselves with other things. ... They treat Me as a dead object."* We should receive every Holy Communion as if it were our first, last and only Holy Communion. Heaven is ours if we receive Jesus here on earth with faith and burning love! We have all been guilty at one time or another where we go up and get "something" and then go back to our seats without any real change taking place within our souls. The Host that we receive is not a thing! It's not a wafer! It's not bread! It's a person! Sometimes we find ourselves standing in line with our minds filled with distractions, walk up and receive Communion, return to our pews, and go back to "business as usual." As the Sacred Congregation for the Sacraments and Divine Worship explains: *"The Church has always required from the faithful respect and reverence for the Eucharist at the moment of receiving it."* I encourage you to share with a child your First Communion experience.