The Eucharist as Real Presence

Starting with this Inland See, we take a look at three particular aspects of the Church’s teaching on the Eucharist: Eucharist as Real Presence, Eucharist as sacrifice, and Eucharist as communion.

Catholics believe that bread and wine are transformed at Mass into the Body and Blood, Soul, and Divinity of Christ. This is what we call the Real Presence of Christ in the Eucharist. Volumes have been written about the Real Presence, but here, I’d simply like to offer you two observations about the Real Presence of the Eucharist that have helped ground my own belief in the Eucharist and its connection to the rest of my life.

First, the Real Presence of the Eucharist allows the Eucharist to be the source and summit of our entire faith life. The Eucharist allows us to draw close to the Real Presence of Christ (in a sacramental mode). Christ is the Way, the Truth, and the Life (Jn 14:6). Jesus Christ is the reason for the Church’s very existence, working through her sacramental life. The Church exists to evangelize people and draw them into a relationship with Him. Christ compels our conversion and various ministries and work in the world. Christ himself is the source of our faith life, and the Eucharist is the privileged place where we encounter His sacramental presence and grace. Our faith journey ultimately aims to lead us back to Christ. Our goal is heaven — union with God. As the privileged place of encounter with the Real Presence of Christ, we get a foretaste of that heavenly union every time we receive the Eucharist. Thus, because of the Real Presence of Christ in the Eucharist, we can say the Eucharist is the summit of our faith life as it allows us union with Christ.

Second, it is correct to say that when we receive the Eucharist, we receive sacramentally the glorified Christ, not simply the body of Jesus. The sacramental presence of Christ in the Eucharist is a post-resurrection and post-ascension presence. We say that we receive the Body and Blood, Soul and Divinity of Jesus Christ. In death, His Body and Blood were separated and His soul separated from His Body (see Catechism 625), but Body and Blood, Soul and Divinity are all unified once again in His resurrection. In the Eucharist then, we encounter the glorified Christ and are able to receive the graces not only of Christ’s passion and death, but also the graces of His resurrection. How much we have to be grateful for in the gift of the Real Presence!

— Josh Perry is the director of the Office of Worship for the Diocese of Burlington.
Upcoming Events

09|25 – 10|30 MONDAYS
“The Chosen”
St. John Vianney Parish Hall, S. Burlington
AM: 9–10:30 am • PM: 6:30 – 8 pm
Join us to view “The Chosen.” This series began on Monday, Sept. 11. Two options, AM or PM, for the eight episodes of season 1, followed by a discussion about that week’s episode, led by parishioners. FOR MORE INFO: Email Connie at sjvgoodnews@gmail.com.

09|27, 10|04 WEDNESDAYS
St. Michael Church Lecture Series
St. Michael, Bennington • 5 - 7 pm
The stained-glass lecture series continues:
Sept. 27 — Fr. Henry Furman, Pastor of Saint Michael, Brattleboro will discuss Saint Michael
Oct. 4 — Fr. Beaugard, Pastor of Saint Stanislaus in Winchester, NH will discuss the Holy Spirit

09|27 – 10|27 WEDNESDAYS or FRIDAYS
Unlocking the Mystery of the Bible
Our Lady of Angels, Randolph
6 pm
This eight-session study program includes video presentations that explore all twelve time periods of The Bible Timeline Chart. This series began on Sept. 6.

09|27 WEDNESDAY
Taize Prayer Service
Sacred Heart St. Francis de Sales, Bennington
6 pm
Join us for a Taize prayer service to pray for the work and success of their parish ministries, programs, committees, and catechists, as well as the students, faculty, staff and helpers of The School of Sacred Heart St. Francis de Sales in Bennington.

09|28, 10|05, 12, 19 THURSDAYS
Letter for Artists Zoom Study
via Zoom • 9 - 10 am
Fr. Henry Furman will lead this discussion. We will be reading on Pope John Paul’s 1999 Letter to Artists. The letter is addressed to all who are dedicated to the search for new epiphanies of beauty. To join this study, please send your email address to stmichael.vermontcatholic.org. You don’t need to be an artist to take part!

09|29 – 10|02 FRIDAY, SATURDAY, SUNDAY
Light of the World Retreat
Holy Family Parish Hall, Essex Junction
Reception is extended to all are welcome. Information and registration available at essexcatholic.org/light-of-the-world-retreat or email ecc.engage@gmail.com. There is no registration fee.

10|01 SUNDAY
Eucharistic Healing Service
St. John the Evangelist, St. Johnsbury 3 - 4 pm
Benediction and Exposition of the Most Blessed Sacrament at 3 pm on the first Sunday of every month with Fr. Lance W. Harlow.

10|02, 11|06 MONDAY
Spanish Mass at St. Michael’s College Chapel
St. Michael’s College, Colchester • 7:30 pm
If you wish to be placed on our mailing list, please email Fr. Marcel Raimville, S.S. E at mrainville@smcvt.edu.

10|03 TUESDAY
Our Lady’s Kitchen
St. Anthony, Bethel • 11 am - 1 pm
Free meal! Come one, come all!

10|08 SUNDAY
Knights of Columbus Breakfast
St. Peter, Vergennes • 8 – 10 am
$12 adults, $7 children 8 to 12. $38 immediate family maximum.

10|08 SUNDAY
Monthly COSP KofC Fund Raising Breakfast
Christ Our Savior, Manchester • 9 am - 12 pm
Proceeds support parish and community outreach programs.

10|08 SUNDAY
Annual Harvest Dinner
St. Anne’s Shrine, Isle La Motte • 11:30-2:30
The final Mass of the season will be offered at 10:30 a.m., followed by turkey dinner with all the fixings. Requested donation: $20 for adults, $10 for children under 12. FOR MORE INFO: 802-928-3362.

10|08 SUNDAY
Fourth Annual St. John Henry Newman Night
Holy Family, Essex Jct. • 4 – 8 pm
An Evening in Honor of St. John Henry Newman, featuring solemn sung vespers, a first class dinner and dessert catered by Bill Rensch and the Knights of Columbus, and two presentations on the life and works of St. John Henry Newman. RSVP required: vermontnewman@gmail.com.

10|13 FRIDAY
Essex Community Dinners — Come Join Us for Dinner!
Holy Family, Essex Junction • 5:30 – 7 pm
Essex Community Dinners are provided in order to grow and promote our community! They are intended to feed the hungry, lonely and needy amongst us. These meals are free to all but donations to cover parish expenses are appreciated. Take out dinners are also available for those who still need to avoid crowds.

10|14 SATURDAY
St. Ambrose/St. Peter Youth Ministry Bingo
St. Peter, Vergennes • 5 pm
Doors open at 5:00 PM, Bingo starts at 6:00 PM. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold.

10|18 WEDNESDAY
Vermont Catholic Professionals Networking Breakfast
Diocesan Offices, S. Burlington • 8:30 – 10 am
Donna McSoley, founder of Our Lady of Providence Radio, will be the speaker. Join us for networking and a light breakfast. Presentation begins at 9. Zoom option available. Register here: vermontcatholic.org/wcp

10|19 THURSDAY
Our Lady’s Kitchen & Catholic Movie Night – Randolph
Our Lady of the Angels, Randolph • 6 - 8:30 pm
Free meal and a movie! Come one, come all!

10|19 THURSDAY
Spanish Mass
St. Peter, Vergennes • 7 pm
With Fr. Timothy Danaher, O.P.

10|20, 21, 22 FRIDAY, SATURDAY, SUNDAY
Marriage Encounter Experience
St. Monica, Barre
This autumn, renew and rekindle your relationship with your spouse and God. The Worldwide Marriage Encounter Experience is primarily a space for you to pause, reflect, and reconnect privately. This weekend is a non-residential format. Lunch and dinner will be served. Apply online: at https://wwmvertw.org/applyWeekend.php. Contact Gary & Lynn Root at (802) 456-8114 or Aaron and Andrea Brassard at 802-223-6561 for more information.

BISHOP’S ANNUAL APPEAL

Progress: 73% to goal

Raised: $1,649,278
Goal: $2,503,354

- 73%

as of Sept. 13