

Meeting Jesus at Mass like the Disciples on the Road to Emmaus

Imagine if you were with the two disciples on the road to Emmaus to meet Jesus, to listen to Him explaining the Scriptures, and to share in the Eucharist with Jesus.

You and I are offered this very same experience during every Mass. Have you ever Noticed how this Gospel describes the Mass.

We are nourished from the table of God's word. As the Scripture readings are proclaimed, Does He touch our hearts? Are our hearts burning within us?

And from the table of the Eucharist, Jesus comes to you in the fullness of His Body, Blood, Soul and Divinity.

But do we experience what the two disciples experienced? Are our eyes opened? Do we recognize Jesus as we gather before the Altar for the Eucharist?

One Sunday a woman was preparing for Mass, and noticed her husband in shorts and watching TV. So, she asked him why are you not getting ready for Mass?

He replied: I've gone for 30 years, and in that time, I heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the Priests and Deacons are wasting their time preaching. So, I am not going to church anymore.

The wife thought for a while and said: I have been married to you for 30 years. In that time, I have cooked over 32,000 meals for you, but you can't remember any one of them. So, I think I am wasting my time cooking for you, and you are wasting your time eating my cooking. So, I am not going to cook for you anymore.

The husband immediately got up and got dressed and went to Mass with his wife.

So, this poses the question, how are You and I prepared to meet Jesus at Mass?

How have we come to Church: Rushing, Busy, Suffering, Thankful, Joyful, Bored, or even downcast like the disciples?

What do we do when we get here – Pray silently before Mass, talk with other people, ask Jesus to open our hearts.

Consider Asking God to show you one-way in this Mass, you can become a better person this week.

Then listen to the music, readings, preaching, prayers, and to the quiet of your heart. Then jot-down one thought or idea that touches your heart. Yes, it is okay to jot-down notes during the Mass.

Also Notice what happens as the Liturgy of the Word ends and the Liturgy of the Eucharist begins.

In this Simple part of the Mass called "The Presentation of the Gifts" you can gain a greater appreciation of what is happening.

To have an offering you first need gifts.

In the Presentation of the Gifts, we bring Bread and Wine along with our treasure offering to the Altar. Let us look deeper.

- Bread and Wine cannot be found in a natural state. You cannot pick Bread or Wine off a tree. Bread comes from Wheat and Wine comes from grapes.
- You cannot make Bread from one grain of wheat nor Wine from one grape.
- You and I are a combination of the talents and blessings God has given us and from what we have done with those gifts.
- Grain is from God, Grape is from God. And it is the work of human hands that makes Bread and Wine.

To Make Bread

- Take wheat and pulverize and pound it until it is flour.
- We add different ingredients, water, yeast, etc.
- We kneed it, push it into a pan.
- Then put into a hot oven or furnace.

Kind of sounds like our week. The Bread grows into a different shape. It Reflects our sufferings, and sorrows during the week.

To Make Wine

- We pick the grapes and then step or crush them.
- Sugar is added to cause fermentation (which means rotting or decay)
- The mixture is pushed through a shifter to make the wine.
- Another reflection of ourselves and our sufferings during the week.

But again, both come from God and work of Human Hands.

However, have you ever smelled fresh baking Bread? What an aroma or perfume. It brings us immense joy. The Taste can be perfection.

When we drink Wine at a meal or in a celebration, it gives us joy.

Bread and Wine also represents our joys and thankfulness.

We bring a combination of our sufferings, sorrows, joys & blessings. Bringing to the Altar, God's and work of human hands – our All.

Focus on the Presentations of the Gifts. As the gifts are brought forward, place yourself on the Altar. Just the way you are right now.

Joyful, Thankful, Suffering, Anxious, our Weaknesses, our Struggles, our Strengths. Place them all on the Altar.

Your Guardian Angel – brings up your gifts and places them on the Altar. Don't let them be empty-handed.

Then Watch what the Priest does. First, he Blesses the Gifts and calls down the Holy Spirit to make them Holy so they can become the Body and Blood of Jesus.

Then Taking the Bread and then the Wine the Priest says the words "This is My Body" and "This is the Chalice of My Blood"

At that Instant - The Bread and Wine are changed into Jesus Christ who becomes food for us, - He is Alive and becomes a part of us! Hugging us from the inside out!

We have placed ourselves on the Altar in the gifts and we have been consumed into Jesus Christ.

When Jesus was at table with the disciples, He took the bread and blessed, and broke it, and gave it to them. And their eyes were opened and they recognized him.

Do we recognize Jesus in the breaking of the Bread? Do we feel that we have offered ourselves in the gifts on the Altar and now we are a part of Him?

When we receive Jesus, do we feel that He is healing us and sharing His love with us?

Jesus has embraced all we have placed on the Altar in the gifts and offered them to His Father in Heaven!

When the Disciples eyes were opened and they recognized Jesus, they set out at once and announced what had taken place on the way and how Jesus was made known to them in the breaking of bread.

We can do the same as we "Go and Announce the Gospel of the Lord" to all the world.

Praise Be Jesus Christ, Now and Forever, Amen!