



SATURDAY, MARCH 16

Jesus took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."

And he did the same with the cup...

— Luke 22:19-20

When Jesus gathered with his friends for the Passover meal, he talked about bread and wine in terms of giving his life so that others might live. He also said to remember this mystery.

We observe this event ritually in church—but do we think about it every time we eat?

The food we consume comes from a universe that relies on the constant exchange of energy. All the energy on earth comes from the sun, which came into being when its grandmother star died, releasing vital elements and energy for the existence of life on earth. All the plants and animals that sustain us—helping us to move, think, sing, create, dream—gather their energy from the sun.

The universe exists through a constant energy exchange. Eventually each being surrenders its life, releasing energy back to the universe. Round and round this exchange goes, life cycling through death, transformation and resurrection.

Jesus didn't have access to this science, but he knew that communion was more than gathering for a ritual meal. It is the recognition that everything that exists forms a web, woven across 13.7 billion years of creation, that is essentially eucharistic in its very being.

— **Sister Catherine Grace**