



ALL THINGS NEW

STEADFAST IN FAITH • FORWARD IN HOPE



Created Anew

by the Body and Blood of Christ,
Source of Our Healing and Hope

EUCHARISTIC REFLECTION

THE EUCHARIST, GIFT OF GOD FOR THE LIFE OF THE WORLD

As we enter into these final days of Advent, preparing ourselves for the treasure of the Incarnation, I think it is important to take with us into the Christmas Season the truth of the gift of Emmanuel, God with Us. Pope Francis, then Cardinal, spoke at the 49th International Eucharistic Congress in 2008 from the Gospel of John, where the Lord proclaims that he is the living bread come down from heaven. *“The bread I give is my flesh for the life of the world.”*

The Eucharist, Gift of God was the core theme of the post-synodal Apostolic Exhortation [Sacramentum Caritatis](#) of [Benedict XVI](#). In the first section of the encyclical, Pope Benedict XVI exhorted us to adore the Eucharist as the most Holy Trinity’s free gift for the life of the world. And at the end, in the third section of the encyclical, the Eucharist is shared. He exhorts us to become the Eucharist for all, like the Lord. The vocation of each one of us is to be the bread shared for the life of the world, after the example of Jesus.

In the encyclical, the Eucharist is presented as gift, and then as mission. Gift of God received and gift of life given to others. We have been given gifts from the Lord and these gifts individual as they are were given to be shared for the building up of God’s Kingdom. May we reflect this Christmas on the gifts being born in us as we accept the precious gift of the Newborn King. May we desire to be people on mission through our Eucharistic nourishment to pour out our gifts for “the life of the world.”

CATECHESIS DELIVERED BY JORGE MARIO CARDINAL BERGOGLIO
INTERNATIONAL EUCHARISTIC CONGRESS,

QUEBEC CITY, CANADA
JUNE 18, 2008