

Happy Lord's Day, everyone!

We're beginning a series of columns on the Sacraments this week, which provide for us God's grace. Many of us can remember so many moments of grace received from the various Sacraments, especially received in our local parishes here. These moments of grace are meant to be among the many reasons we form such a powerful bond with our parishes and our communities. Next week we'll look at a good definition of what a Sacrament is, but first let's take a moment to reflect on the Sacraments we have received and the impact they've made in our lives.

*Can you remember all seven Sacraments we have as Catholic-Christians?* There are the Sacraments of Initiation: **Baptism, Confirmation, and the Eucharist**. Those most often come first - in fact, Baptism must come first. Then there are the Sacraments of Healing: **Reconciliation/Confession and Anointing of the Sick**. Finally we have the Sacraments of Service: **Marriage/Matrimony and Holy Orders**. Did you get all seven of them? I've found that people most often forget about either Holy Orders or Anointing of the Sick. All seven are such powerful causes of grace for us in our walk with Jesus.

Most of us probably can't remember our baptism, although some of us may have been baptized when we were old enough to remember. If that's you, think back on the moment you became a child of God. Even if you can't remember that far back, take a minute to consider: you were born as a child of wrath (Ephesians 2:3) and then you were reborn in the waters of baptism as a child of God. Amazing! It's such an incredible privilege we have to be called God's children. See if you can let yourself get caught in the mystery of grace that has been given to you. Reflect also on your Confirmation, how you were sealed with the gift of the Holy Spirit. Somehow, the Holy Spirit was brought into your life in a more powerful way. Beautiful.

Take some time to do this with all of the Sacraments you've received. Above all, take some time to consider the Sacrament of the Eucharist, the Body and Blood, Soul and Divinity of Jesus Christ. There will probably be many articles dedicated to the Eucharist, so I won't say too much now (although maybe some of you think I've *already* said too much!), but this Sacrament is beyond words. Jesus gives himself totally, completely to us as nourishment. Wow! I can't think of anything that can compare with this.

May the Lord give you his peace!

Fr. Bryan