I. “And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy” (St Luke 1:43).
A. Application for the year of the Holy Eucharist: Real Presence
   1. Ambrose writes: “But soon the blessed fruits of Mary’s coming and our Lord’s presence are made evident. For it follows, And it came to pass, that when Elisabeth heard the salutation of Mary, the babe leaped in her womb. Mark the distinction and propriety of each word. Elisabeth first heard the word, but John first experienced the grace. She heard by the order of nature, he leaped by reason of the mystery. She perceived in the coming of Mary, the coming of the Lord.”
   2. In the Gospel reading, Christ’s presence is veiled by Mary.
      a) A veil does not obscure the truth, but recognizes its mystery and dignity.
   3. John recognizes the Presence of Christ through the veil.
      a) He prepares the way of the Lord even while still in the womb.
      b) He reacts “with joy”
      c) He reminds us of the dignity and vocation of life even before birth
   4. Elizabeth recognizes her Lord within Mary from John’s own reaction
      a) We can be powerful witness to Christ’s presence in ways we cannot comprehend

II. The Most Holy Eucharist is Christ’s Real Presence in the world today
A. Veiled by the accidental qualities of bread and wine Isaiah tells us to cry out with joy because “for among you is the great and Holy One of Israel.”
B. The Catechism: “We must therefore consider the Eucharist as: - thanksgiving and praise to the Father - the sacrificial memorial of Christ and his Body; - the presence of Christ by the power of his word and of his Spirit. The Eucharist, the sacrament of our salvation accomplished by Christ on the cross, is also a sacrifice of praise in thanksgiving for the work of creation. In the Eucharistic sacrifice the whole of creation loved by God is presented to the Father through the death and the Resurrection of Christ. Through Christ the Church can offer the sacrifice of praise in thanksgiving for all that God has made good, beautiful, and just in creation and in humanity” (1358-9).
C. As John the Baptist experiences joy in his encounter with Jesus through their mothers, so too we must strive to show joy in our encounter with Christ as Christmas approaches and as we look forward to the Second Coming. By receiving Communion, we become Mary-like; we must go into the world sharing the joy of living as a follower of Christ. Jesus REALLY entered the world. He is REALLY present today in the Eucharist, the Scripture, and in us, the Church.
D. “Now his greatness shall reach to the ends of the earth; he shall be peace” (Micah 5:4).

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