

The Host and Our Host

In the Eucharist
when we receive
the host,
we are welcomed
by our Host.

The host is
the vehicle;
our Host forges
the relationship.

The host is visible
and tangible;
our Host is invisible,
yet approachable.

The host is made of
earthly elements;
our Host is of
divine progeny.

The host is contained
in a ciborium;
our Host dwells
in our hearts.

We consume the host
only to communicate
with our Host.

At the Offertory
we offer ourselves
in the host;
at Communion
He gives Himself
as our Host.

Therefore,
to be the guests
of our Host
we properly prepare
to receive
the host.

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