

In today's Gospel Acclamation we hear the words of Jesus as he addresses Thomas – 'You believe, Thomas, because you can see me. Happy are those who have not seen and yet believe.' Thomas' reply (which isn't part of the acclamation today) is simple: 'My Lord and my God'. When I was a child receiving instruction for my First Holy Communion the catechist – Sister Gabriel (a nun and school teacher of the Sisters of the Cross & Passion) explained that the faithful – receiving holy communion at Mass – have not 'seen' Christ with our own eyes per se. She instilled in me that as we experience Mass – and more specifically at the elevation – we should affirm quietly to ourselves and to God 'My Lord and my God' just at that moment.

We cannot 'see' Christ but we are there in His presence at Mass and He is there in front of us to be 'seen'. I have done this ever since. It is a brief one line prayer – a moment to pause and acknowledge our Lord and our God present for us. We are in the presence of God made Man and who gives himself for us.

As we join Mass remotely whether it's on YouTube, Facebook Live or via outlets like MCNMedia.tv we can still recite that affirmation and I encourage you to do just that. And in prayer at the end Mass, thank God for Thomas – without his doubt we would not have this account.

Edd Hogan

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