



# Renewing our Love of the Eucharist this Advent

## **“Understanding Love” Advent Reflection for Thursday, December 2**

**By Dianne Traflet, J.D., S.T.D.**

“Understanding love.” This is the way Saint Teresa of Calcutta once explained the meaning of the Eucharist. “Christ understood,” she said “that we have a terrible hunger for God. He understood that we have been created to love and so he made himself a bread of life . . . [we] must eat and drink [in the Eucharist] the goodness of the love of Christ of his understanding love.”<sup>1</sup> Advent is a special time to experience that “terrible hunger” and longing for God—for His presence in our lives, and His enormous understanding love, the love that says: “I desire to come to you, to abide in you; I want to quench your hunger for me. Let me come to you as the Bread of Life.” Our Advent appreciation says: “Thank you, Lord, please come!”

<sup>1</sup>Mother Teresa, official audio-cassette from the 1976 Congress, Congress Cassettes, Ann Arbor, Michigan. 55.