

Preston, Sunday 9<sup>th</sup> February 2025

## 5<sup>th</sup> Sunday after Epiphany

“I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever<sup>1</sup>.”

“We offer You, O Lord, this sacrifice of atonement, that You would mercifully absolve our sins and direct our faltering hearts<sup>2</sup>.”

“We pray You, almighty God, that we may obtain that salvation whose pledge we have received in this divine sacrament<sup>3</sup>.”

In the Name of the Father, and of the Son, and of the Holy Ghost, Amen.

Dear Canon,

My dear Friends,

Over the coming weeks I will be presenting a series of sermons on various Eucharistic miracles. In this way, I would like us to prepare for the celebration of the forty hours, which is one of the high points of the liturgical life of this shrine dedicated to the adoration of the Holy Eucharist.

Today, I want to share with you a powerful testimony of God’s presence among us—an event that reminds us that Christ our Lord is truly alive in the Eucharist.

In 1996, in a small church in Buenos Aires, a consecrated Host was found discarded near a candlestick. A priest, following Church protocol, placed the holy host in water and stored it in the tabernacle. A few days later, something extraordinary happened: the Host had transformed into what appeared to be human flesh and blood.

Cardinal Jorge Bergoglio, then archbishop, now Pope Francis, took the matter seriously. He had the phenomenon documented by professional photos and later sent a sample for scientific analysis. The sample was sent to Dr Frederic Zugiba in New York USA.

The results were astonishing. The examination, conducted by a renowned pathologist, revealed that the sample was real human flesh and blood, specifically from the heart, the left ventricle—the very part that pumps life-giving blood to the body. Even more incredibly, the cells were inflamed and filled with living white blood cells, indicating that the heart had suffered immense stress, as if its owner had been beaten severely.

Dr Frederic Zugiba reported:

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<sup>1</sup> Jn., 6, 51.

<sup>2</sup> *Roman Missal*, 5<sup>th</sup> Sunday after Epiphany, Secret.

<sup>3</sup> *Ibid*, Postcommunion

“You need to explain something to me: if this sample comes from a dead person, then how is it possible that, while I was examining it, the cells in the sample were moving and pulsating? If this heart comes from someone who died in 1996, how can it still be alive?”

Science had no explanation. The tissue, having been kept in ordinary water for years, should have decomposed. Yet, under the microscope, the cells were alive, pulsating. The scientist, unaware of the sample’s origin, was baffled. Only later did he learn that this was once a piece of consecrated bread—a Eucharistic Host. His response?

“How and why a consecrated Host can change its nature and become living human flesh and blood will remain an inexplicable mystery for science—a mystery completely beyond its competence.”

My friends, what does this mean for us? It means that Jesus Christ is not a distant figure of history. He is here. He is present. He gives us His very Body and Blood in the Eucharist, not symbolically, but truly, as real food for our souls. He waits for us in every tabernacle.

But do we believe? Do we approach the altar with faith? Or has our reception of Communion become routine?

This miracle is a call to wake up—to recognize the living Christ in the Eucharist. It is also a call to reverence, to adore Him, and to receive Him with love and devotion. When we look upon the Sacred Host, we do not see with human eyes. But with the eyes of faith, we recognize the One who sees us, loves us, and desires to save us.

Take the time to prepare for Holy Communion, take the time for thanksgiving! We distinguish between remote preparation, proximate preparation, and immediate preparation, but in a sense, our entire life revolves around Jesus in the Eucharist, around His Eucharistic Heart.

May this miracle strengthen our belief. May it deepen our love for the Eucharist. And may it move us to proclaim, with our lives, that Christ is truly among us.

Our Lady of the cenacle, intercede for us.

In the Name of the Father, and of the Son, and of the Holy Ghost, Amen.