



# NATIONAL Eucharistic Revival



## *Interview with Rebecca Ekk*

*My name is Rebecca Ekk. I've been married to Brian for almost 13 years; we have a son, Jack, who is 5 years old.*

### **What has your experience been with the Eucharist?**

My first memories of the Eucharist are from early childhood. I remember going to Mass, watching everyone go up for Communion and thinking how I couldn't wait to do that too. I recall how excited I was during my first Communion to finally get to be like the grown-ups and receive the Eucharist. I knew it was Jesus, but I didn't really understand what that meant. I'm a cradle Catholic, a term I heard for the 1st time when I began actively pursuing my faith after the birth of our son. Although I grew up in the Church, our family didn't go to Church regularly so I didn't go to Mass much and I didn't go at all when I went off to college. I didn't know it was a mortal sin not to go to mass.

My faith formation was pretty superficial, but my grandpa was a very good role model. He always went to Church, every Sunday and all the holy days of obligation. I remember watching him say grace silently for himself before all his meals. So I think that witnessing his faith made a lasting impression on me. I don't recall ever doubting that God was real; I would pray every day. But with the birth of Jack, I realized that I didn't know God or my faith. I had never heard of Adoration until I started attending St John the Baptist. I grew up in a small town where I don't think we had Adoration. Once I began to understand what it was, I decided to go at least once a month and take my son. I want him to grow up knowing more about Jesus than I did. Since growing more in my faith, God has graced me with more understanding about His Presence in the Eucharist. I was asked to join the 7 Sisters and I thought, I don't know how I'm going to sit for 1 hour in prayer, but God provides. I've asked Him to help me better understand His Presence. He has shown me the beauty of Adoration through the 7 Sisters. Even as recently as this Lent, I've been graced with more understanding. I've gone to Adoration between the Sunday Masses and had a truly beautiful experience. Each time one of the fathers draws our attention to the reality of Jesus' Presence in the Eucharist during the Mass, I feel like I've literally been hit with the awe and wonder of it all. I'm so humbled that our Lord would show Himself to us in such a small unassuming way. A few weeks ago in his homily about the deaf mute man, Fr. Patricio really brought Jesus' Presence to light for me. In the story, Jesus places His finger on the man's tongue and heals him. I was immediately struck when Fr. Patricio reminded us that we each get this kind of healing every time we receive the Eucharist because Jesus literally touches our lips and tongues to heal us. It's just amazing how God works in and around us always. He'll reveal Himself to us in His time and way when we are ready to see Him.

### **Do you have a favorite Eucharistic miracle?**

I am struck by how in every Eucharistic miracle where the Host has bled, the scientific tests done by atheists reveal that the blood is type AB from the left ventricle of the heart of a man in his 30's who is in distress. The miracle that occurred in Argentina when Pope Francis was a bishop there is an example of this. I am compelled by St. Therese of Lisieux's love for Jesus and the Eucharist. The love of blessed Carlo Acutis for the Eucharist is also inspiring.

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