

# As a fish is in the ocean ....

When we take the body and blood of Jesus at Mass, we become part of him. In other words, we are lost in Jesus. It is a great and beautiful mystery, exemplified by the following prayer that is prayed at Mass when the drop of water is added to the wine: “By the mystery of this water and wine may we come to share in the divinity of Christ who humbled himself to share in our humanity.”

We are the drop of water that is lost in and drowned in the divinity of Jesus – a fantastic destiny. We are not always aware of it as we get so used to mass and communion.

Perhaps the simplest way of understanding this idea is the story of the young ocean fish. This young fish was swimming around everywhere looking for the ocean and could not discover it. He decided to ask an older fish where the ocean was. The old fish replied “But it’s here! This is it! You’re in it. It’s all around you! You couldn’t survive without it!” But the young fish was very disappointed and said “Ah no, this is just water! I’m looking for the ocean!” And he swam away, searching for the ocean.

We are in God as a fish is in the ocean, like the drop of water in the wine. We could not exist without God. “In him we live and move and have our being” (St. Paul).

