

The Solemnity of the Body and Blood of Christ (Corpus Christi)

- A good friend of mine once told me how he came to believe that Jesus is really present in the Holy Eucharist we receive at each Mass. He said he asked himself these simple questions that led him to the truth.
- Do you believe that God is all-powerful and created everything?
- Do you believe Jesus Christ is God, the second person of the Holy Trinity?
- Do you believe God is goodness, truth and love and incapable of telling a lie?
- If you believe all these things, then you must believe that Jesus (all powerful God) can certainly place His real presence into physical substances like bread and wine. Heck, he created the entire universe! He even took on human form to live here among us!
- And since God cannot lie, we must believe Jesus when He tells us: “This is my body...”
- Today on this special Sunday our Church designates as “ The Solemnity of the Body and Blood of Jesus (aka Corpus Christi)” our readings remind us of the depth of God’s love for us; just how much our God desires to be with us; and the unique way God chose to do just that!
- We are called remember the ways God uses the most simple human realities to bring us to the holy, how Grace and Divine Love are given to us through the physical elements of our human lives: water, bread and wine, the company of one another and the real physical presence of Jesus the Christ.
- Each time we receive the Holy Eucharist, the simplest human food transforms, and transforms those who eat it, into the Body of the Christ. The Eucharist gives us the gift it signifies, the risen Jesus alive again in our midst.
- We must eat this bread to strengthen our spiritual self. We must eat this bread to be truly alive and to gain eternal life.
- So what does Jesus mean, when He says to those disciples and each of us: “Take this, this is my body...”
- It means several things.
- It means to let Jesus into our lives and to believe He is the Son of God. It means to follow His examples and live out His

teachings to Love God and love others. It means to submit our lives and will to Him. It means to allow His spirit to strengthen us.

- It means to *truly believe* Jesus wants to dwell in us and to *know* that He established a way to do just that. Here's how.
- At the Last Supper Jesus gave us a wonderful gift. He knew He was about to suffer and be put to death. He wanted to be with us always; to be accessible to us; to be in a constant relationship with us; to be really present and feed our spirits. So He did this wonderful thing – He invited us to a meal – The Eucharist.
- He took bread and wine, things He knew would endure over time, things we need to feed our physical self – and He gave them new meaning. He changed them into His body and blood. He said eat and welcome me in. He told us: every time you share this meal you celebrate my teachings; my sacrifice and my sufferings – in a REAL way. And I am really present for you.
- Jesus tells us His presence in us is all the nourishment we need.
- He tells us no one who comes to Him is ever rejected. We can bring our cares, our fears, our hurts, and our sins to Him and He will transform us.
- We need Jesus to sustain us. We need this Bread of Life. And if we let Jesus feed us we really do become one with Him. We begin to think and act with the mind and heart of Jesus. We become His hands here on earth.
- We know that when we eat physical food that nourishment is taken and distributed throughout our entire body so that every part is cared for.
- Jesus calls us to take this bread of life (our spiritual food) and distribute it, share it. He expects us to find those in need; the sick; the lonely; the poor, the worried – those hungry for His love – all the members of His one body.
- He expects us to find them and feed. Feed them with His peace, His mercy, His forgiveness and His love.
- It wouldn't take long for any of us to know were to begin. We know where the hunger is in our world. Sometimes as close as our own neighborhood – even our own families.
- So here is our “take away” for this Corpus Christi Sunday:

- Don't believe for one second you are not precious to God, you are loved fiercely by God! You are important to God. Your life matters.
- Don't believe for one second that nothing happens at that altar at each Mass. Jesus becomes really present and dwells in us.
- Don't believe you can't make a difference in a person's life. You can bring them the love of Jesus; you can bring them the Bread of Life.

God bless you all!!