



The Solemnity of the Most Holy Body and Blood of Christ – Corpus Christi

*I am the living bread that came down from heaven, says the Lord;
whoever eats this bread will live forever... John 6:51*

Dear Brothers and Sisters in Christ,

Throughout this whole COVID-19 journey, if this season has taught us anything, it has definitely ignited a renewed value for the Body of Christ in each of our lives and crafted a deeper appreciation for the privilege of gathering each week in the Church to celebrate Mass together. Let us continue to pray for the Lord's mercy to an end of the pandemic. May the Lord of tender love purify and prepare us to receive the Bread of Life more worthily. Holy Mary, Mother of mercy and Mother of the Church, pray with us and for us.

Today the church celebrates the Solemnity of the Most Holy Body and Blood of Christ – Corpus Christi. The gift of the Eucharist is the greatest treasure of our church, the heartbeat of the family of believers and the true presence of Jesus Christ. In the Catechism of the Catholic Church it states that the Eucharist is the source and summit of our Christian faith: "For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself" (CCC 1324). It is God - the Body, Blood, Soul, and Divinity of our Lord, Jesus Christ.

Why is it so important that we believe that the Eucharist we receive at Mass is truly the Body of Jesus Christ? Jesus said in the Gospel of John, "For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him." Jesus wants to enter into a relationship with us so badly that he comes to us in the most humble way, under the appearance of a little piece of bread, or a little sip of wine. He loves us so much that at every Mass he gives us Himself. Jesus gives us His very Self as an act of complete humility and perfect love. How can we possibly show our gratitude for such a sublime gift? We can receive the gift of the Eucharist with the greatest possible reverence and love.

The celebration of the Eucharist is the actual event of the saving death of the Lord. When we encounter with this mystery of the Lord's Body and Blood we encounter the very depths of God's eternal love for us, the giving over of his Son to death for our salvation and redemption. Such an encounter wins for us a present share in God's life, his grace, his forgiveness of our sins, and the promise of heaven. Every time we receive Holy Communion worthily, free from serious sin, and eager to encounter the living God, we receive the saving death of the Lord and all that comes to us in so great a Sacrament. The Body and Blood of Christ are not only something we "get" at every celebration of the Eucharist but also what we become! We are to be nourished and to be changed, ever more fully, into the Body of Christ.

Today, let us give thanks to God for the great gift of the Most Holy Body and Blood of Christ. The miracle of the Mass, the Eucharist, is Christ truly present and alive with us as he was at the Last Supper. That is why it is so sacred and why we are so honored when another member of our family becomes a part of it. May this observance today of Corpus Christi inspire all of us with a renewed devotion to the Liturgy of the Eucharist, the Most Blessed Sacrament and Holy Communion.

Let us pray with St. Faustina, "I adore You, Lord and Creator, hidden in the Most Blessed Sacrament. I adore You for all the works of Your hands, that reveal to me so much wisdom, goodness and mercy, O Lord. You have spread so much beauty over the earth and it tells me about Your beauty, even though these beautiful things are but a faint reflection of You, incomprehensible Beauty. And although You have hidden Yourself and concealed Your beauty, my eye, enlightened by faith, reaches You and my soul recognizes its Creator, its Highest Good, and my heart is completely immersed in prayer of adoration." Amen.

God bless,
Sr. Bernadette