



June 7, 2026

Written by
THE
FAITHFUL
DISCIPLE

Solemnity of the Most Holy Body and Blood of Christ

Dt 8:2-3, 14b-16a | 1 Cor 10:16-17 | Jn 6:51-58

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

I'll never forget the first time I understood that the Eucharist does more than unite us to Jesus (a reality that is astonishing on its own). We profess in our creed that we're part of a communion of saints; every time we receive the Lord in holy Communion, we're drawn into a closer union with him and with all those who are members of his Body. St. Paul tells us that in partaking of the Body and Blood of the Lord, "we, though many, are one body, for we all partake of the one loaf." In a society where people are divided in so many ways, we're reminded of the Lord's burning desire - which he spoke of at the Last Supper - that we would all be one as he and the Father are one. (Jn 17:21) In giving us his very self in the Eucharist, Jesus has given us the means for achieving the unity he desires with us and for us. As we come forward to receive the Eucharist this Sunday, let us ask the Lord for the grace to grow in love and unity with all those who share this "one loaf."

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Like the Israelites wandering in the desert, our hearts long not only for physical bread, but for spiritual nourishment. Those who have come to know the Lord know that it is only the bread that he gives that can satisfy the hungers of our hearts. One of the best descriptions for evangelization I have heard is "one beggar telling another where the food is." We have access to food that offers life eternal. How can we keep such a feast to ourselves? Because the Eucharist is at the heart of our Christian life, it ought to factor heavily into our evangelization efforts. Think about ways you can share how the hungers in your life have been satisfied by the Lord in this sacrament.

PRAY

The word Eucharist means thanksgiving. Today, take some time to thank the Lord for giving us his Body and Blood. You might consider praying with the Sequence (*Lauda Sion*) for today, a prayer of thanksgiving composed by St. Thomas Aquinas specifically for this solemnity. This beautiful sequence invites us to offer exuberant thanksgiving for this great gift: "*Full and clear ring out your chanting, / Joy nor sweetest grace be wanting, / From your heart let praises burst.*"