

The Most Holy Body & Blood of Christ  
Sunday, June 18, 2017

## Solemnity of the Body and Blood of Christ

In biblical times, having enough to eat and drink was a daily struggle. It meant the difference between life and death in a harsh, unforgiving environment. In today's first reading, Moses reminds his obstinate flock that God sent them manna to eat and water from the flinty rock to sustain physical life. He also reminded them that not by bread alone does one live, but by every word that comes from the mouth of the Lord.

Fast forward to today. For most, but not all, people in our western society, having enough to eat and drink is not a problem. Although our hunger is less visible, it is no less real. Many of us suffer from loneliness, isolation, fear, depression, lack of meaningful connection to our fellow humans, lack of peace and lack of hope. In many ways, the physical needs of cohesive groups of earlier times were more easily met than are the spiritual deficiencies of today.

Luckily, Jesus gave each of us a remedy for our own spiritual desert. Himself. Think for a minute about the immensity of this gift and what it can mean to each one of us. This is what today's feast is all about. Jesus gave himself by making his *own* body and blood available to us through the Eucharist. He makes it clear that, "Whoever eats my flesh and drinks my blood remains in me and I in him. Whoever eats this bread will live forever."

We have a gift of immeasurable value in taking our God into ourselves every time we receive the Eucharist. We may share with Christ our deepest needs, thank him for his goodness, receive forgiveness for our sins, and open ourselves to satisfying our deepest hunger. God makes available to us a flood of his grace, not only to fortify us, but to enable us to open our lives to others. Receiving communion is not merely a private act, but an act of communal strength and sharing.

So really think as we celebrate this feast of the Body and Blood of Christ exactly what this great gift encompasses — balm for our souls' deepest needs, forgiveness for our sins, the opportunity for a closer relationship with God, eternal life that transcends this physical one and grace for our entire community.

What a gift God has given us!

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