



Corpus Christi: The Body and Blood of Christ

In recent years, it seems that we have become in many ways, a health conscious society. People are watching their intake of calories, sugar, salt, additives, cholesterol, fat and carbohydrates. Food items are now labeled with nutritional information and many restaurants list the “calorie count” on their menus. Beverages also come in many varieties: caffeine free, but with sugar, caffeine but no sugar, with caffeine and sugar, with no caffeine and no sugar, no sodium, no calories, and at this point, some would say, “with no taste.” Food is a most important part of our lives, and if we are concerned about our physical health, we will eat the proper food.

On the feast of Corpus Christi, we ask ourselves, “How well am I taking care of my spiritual life? How am I being nourished spiritually? What kind of spiritual food am I consuming to help me in my relationship with God?” We cannot help but think of the Eucharist, the Body and Blood of Jesus, as the Bread of Life: that which sustains, nourishes, provides strength and is a sacrament of love.

Corpus Christi reminds us of the covenant between God and His people. Each time we celebrate, we renew that covenant. We say “yes” to God and He in turn sustains us with His Body and Blood. He comes to us in special way and for one reason only. He loves us. Let us remember that “we are what we eat.” We can ask today, “Do we appreciate the Eucharist? Do we really accept Jesus into our bodies, hearts and souls when we receive Him? Are we faithful to our part of the covenant, to love as He has loved us?”

Today is the feast of Corpus Christi, which reminds us of what we are all about as church and family. It also reminds us that we are one body. What does the Body of Christ mean? Almost immediately, the word Eucharist comes to mind. Each time we receive Holy Communion, we hear the words, “The Body of Christ.” Our response is “Amen” which is our way of saying, “Yes, I believe.” We receive the gift of Jesus Himself to nourish and strengthen us and to help us build up the family of God where we recognize each other as brother and sister in the Lord.

Father David

Happy Father's Day!

I would like to wish a very “Happy Father's Day” to all of our fathers. Let us take time to thank our fathers for all they have done for us. We can also take time today to pray for our fathers who are no longer with us in this world. May God bless all of our fathers!

Father David