



June 11, 2023 | Solemnity of the Body and Blood of Christ

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

Written by  
THE  
FAITHFUL  
DISCIPLE

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

Today we celebrate the Solemnity of the Body and Blood of Christ, the true, real, and substantial presence of Jesus Christ under the appearances of bread and wine. As Catholics, we know that the Eucharist is not simply symbolic, but is in fact the body, blood, soul, and divinity of Christ who rose from the dead. Our readings remind us of this. In the Gospel Jesus says: “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh ... I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.” Although Jesus’ words were very difficult for his disciples at the time to understand, we know that the bread and wine that become the body and blood of Jesus satisfy our deepest hunger. This spiritual food is actually an encounter with God through his Son, Jesus. It is a blessing that the Church provides us. Let us celebrate on this solemnity by giving thanks, which is what *eucharist* means!

**ACTION** As part of the National Eucharistic Revival, many dioceses around the country will hold Eucharistic processions for this solemn feast. This is a family-friendly activity. See what is planned in your diocese.

## **GO** EVANGELIZE

### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

There was a priest at my home parish who could spend *hours* – literally, hours – sitting in eucharistic adoration. If he wasn’t out and about serving our parish or in his office for a meeting, you would find him in the adoration chapel gazing at the monstrance which displayed the consecrated host, the Blessed Sacrament. He always would have a small smile on his face, happily losing himself in the Lord. Although everyone has different time pressures on them during the course of a typical week, I think we can all agree that spending only one hour a week with someone is not enough to maintain an important relationship. The same is true with our relationship with Christ. Let’s make an effort in the coming weeks to enhance that relationship by spending more time with him. Do you have an hour for adoration? Experience the peace it can bring. Or perhaps now is the time to check the daily Mass schedule in your parish and try to attend once or twice. Jesus offers us his very body and blood under the appearances of bread and wine. Don’t squander the opportunity to receive this precious gift.