

## SOLEMNITY OF THE BODY AND BLOOD OF CHRIST

### THEME: “MY FLESH IS REAL FOOD...”

Food is a vital necessity for all living things: plants, animals and human beings. In the case of us human beings food is the reason why we do a lot of things. It is a great part of the reason why we go to school. We want to get educated so that we can get a job that will fetch us money with which to feed ourselves and our dependents. Food is the reason why most people work. Again, they want to earn money with which to buy food for themselves and their dependents. The reason why food is important is obvious. Without food we cannot live; without food we die. It is the same thing with air and water.

It is obvious that we need food to sustain our physical life, to stay alive physically. But physical life is not the only kind of life we have. We also have spiritual life, the life of the soul. This is the kind of life we cannot sustain with physical food since it is simply not physical. There must be some other kind of food that will sustain it. It is just that kind of food that Jesus promised his disciples in today's Gospel reading. He said that he would give them his flesh to eat and his blood to drink. Some of them understood him literally and many of them took offence at his statement. How could he give us his body to eat and his blood to drink? What does he take us for? Who wanted to eat his flesh and drink his blood? Are we cannibals? They asked.

What Jesus meant would become clear much later: On the eve of his Passion, during his Last Supper with his disciples. That was when he worked another of his many miracles, changing bread into his body and wine into his blood. It was in those forms that he gave his disciples his flesh to eat and his blood to drink. The bread that he gave them was his real flesh and the wine his real blood, no longer just bread and wine. That is the food of the soul that Jesus gave to his disciples. That is the food that would sustain their spiritual life.

This same miracle continues to take place at every mass during consecration, the bread becomes the body of Jesus and the wine becomes the blood of Jesus. That is true because Jesus told his disciples to continue this sacrifice in remembrance of him.

If physical food is vital necessity for physical life, then the body and blood of Jesus, the Eucharist should be a vital necessity for the spiritual life as well. Jesus said it in our Gospel reading today: “If you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who eats my flesh and drinks my blood has eternal life, and I shall raise him up on the last day.”

If we are concerned about sustaining our spiritual life as we are about sustaining our physical life, we would do all in our power to feed regularly on the Holy Eucharist.

My brothers and sisters in Christ, as we celebrate the Solemnity of Corpus Christi today, let us appreciate the real presence of Jesus in the Holy Eucharist by receiving him with true repentance from our sins, due preparation and reverence.