

## The Most Holy Body and Blood of Christ

June 14, 2020

Liturgical Color is **White**

1st Reading DT 8:2-3,14B-16A

Ps 147: 12-13,14-15,19-20

2nd Reading 1 Cor 10:16-17

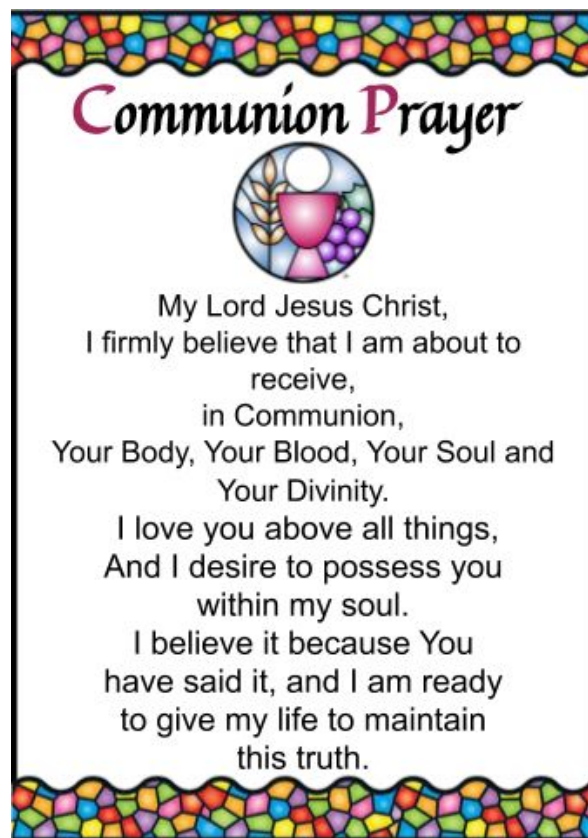
Gospel John 6:51-58

In today's reading we hear Jesus say, "For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him." We consume our living God and in turn open our lives to be consumed by Him. Our lives should naturally overflow with the love of Christ received in the Eucharist, causing us to go forth to love and serve the Lord especially in the poor, marginalized and vulnerable. Through our intimate communion with him, our hands continue Christ's work here in the world. St. Teresa of Avila reflected, "Christ has no body now but yours, no hands on earth but yours."

Though Christ is present in many ways in his Church, his presence in the Eucharist is unique. He "makes himself wholly and entirely present" in the bread and wine. Therefore, the Eucharist is the "source and summit of the Christian life." (no. 1324) "This whole mystery is preserved in the Most Holy Eucharist and the Sacrifice of the Mass. We too take unleavened bread and wine, two sources of nourishment. By the will of the Father, the work of the Holy Spirit, and priesthood of Jesus entrusted to His ordained priests, and through the words of consecration, that bread and wine is transformed into the Body and Blood of Jesus. Yes, the bread and wine do not change in characteristics— they still look the same, taste the same, and hold the same shape. However, the reality, "the what it is," the substance does change. We do not receive bread and wine; we receive the Body and Blood of Christ. We call this *transubstantiation*. Therefore, each time we celebrate Mass, we are plunged into the whole everpresent, everlasting mystery of Holy Thursday, Good Friday, and Easter, and share intimately in life of our Lord through the Holy Eucharist." (Catholic Straight Answers, *What do we mean by "the Real Presence of Christ" in the Holy Eucharist?*)

## Celebrate @ Home Activities

How can we be living eucharist for one another? St. Augustine said that 'if we receive the eucharist worthily, we become what we receive.' Receiving Christ we become one body with him, through him and with him in the Father and Holy Spirit. The eucharist is transformative! How can your family share the living eucharist with others? You may consider these actions: Donate to your local food pantry; clean out your closets and bring items to the Rescue Mission; gather up unused toys and bring to women/children shelter. What other ideas can you think of?



## Links for More Information and Activities

[Youtube.com](#) - "Kids Explain The Holy Eucharist" by Trinity Cluster. A first communion class explains the meaning of Eucharist

[USCCB](#) - "The Real Presence of Jesus Christ in the Sacrament of the Eucharist: Basic Questions and Answers"

[Youtube.com](#) - "Bishop Barron on the Real Presence of Christ in the Eucharist"

[Loyolapress.com](#) - "The Solemnity of the Most Holy Body and Blood of Christ," Cycle A Sunday Connections

[Thekidsbulletin.com](#) "Body and Blood of Christ and St. Vitus (June 15)

[Shared Link for download](#) - "Becoming What We Receive" (from Sadlier)

**Thanks to the Catechetical Leaders in the Diocese of Syracuse  
for sharing these great ideas for families!**

**Our website [RCfaithquest.syrdio.org](http://RCfaithquest.syrdio.org) has many ideas for this holy season!**