

## Corpus Christi

My brothers and sisters in Christ,

Today we celebrate the feast of the Body and Blood of Christ, known by its Latin name: Corpus Christi. On this day, we give special thanks and praise to God for the sublime gift of his Body and Blood (the Eucharist) that Christ left us at the Last Supper, which has enriched our lives in many ways.

Firstly, the Body and Blood of Christ is a living memorial of his Passion, death, and Resurrection, which brings us its sacrificial saving power until the end of time. Secondly, it is the great sacrament by which we encounter the living risen Christ and receive strength for our daily life so that all peoples may come to walk in the light of one faith, in one communion of love. Thirdly, it is a sacred banquet in which all are fed at God's table and grow in the holiness of the risen Christ.

The early followers of Christ held onto this sacred banquet and grew in holiness by constantly gathering around God's table and breaking bread together. This action of breaking bread around the table of God became a sign of unity for them. They were held together by the Body and Blood of Christ.

This same action happens also in our time whenever we gather as a parish to celebrate Mass together. Our gathering is an expression of faith in the Body and Blood of Christ (Corpus Christi) that heals and unites us. During Mass, the breaking of the host after the Our Father, when the Sign of Peace is completely finished and the Lamb of God is being sung, signifies that the Eucharist is a sign of unity and charity because one bread is being distributed among the members of one family.

As Catholics, today is a day to ask ourselves what the Body and Blood of Christ mean for us. When you receive the Eucharist, is it the source of life for you as it was for the first followers of Our Lord?

May the abundant grace and nourishing power of the Eucharist fill our hearts always.

***Fr. Anthony Ahamefule***  
***Parish Priest***