

Reflection on the Feast of the Body and Blood of Christ

In the first reading Moses reminds the people that God provided them with manna to nourish them on their journey. In the second reading Paul tells the people that, they who are many, share in the Body of Christ and the Blood of Christ. Jesus' words in the Gospel of John, "Very truly, I tell you unless you eat the flesh of the Son of Man and drink His blood you have no life in you" proclaims the central aspect of our faith.

The theologian Dr. Scott Hahn speaks eloquently about the Eucharist as the "primary sacrament of nourishment in the family of God. In Holy Communion we receive the body and blood of Christ. His presence is real and substantial. We share in His flesh and blood. We become what we eat. Together, we become 'one body' in Christ, the mystical body of Christ." Profound words. But more a profound act of Love that has been given to us by our loving God.

The Mass, the Celebration of the Eucharist, is the foundation of our Catholic faith. For many Catholics, daily Mass and receiving of the Eucharist is a priority in their life. In the Eucharist, the Body and Blood of Christ, we are nourished with the food for eternal life. For the past sixteen years we have had Eucharistic Adoration at St. Mary of the Visitation parish. Many people have expressed to me their profound loss of not receiving the Body of Christ during this pandemic and the loss of Our Adoration Chapel. The good news is that we will soon celebrate Mass again and receive the Body of Christ.

May the Peace of Christ be with you,

Fr. Robert Love