

## **The Most Holy Body and Blood of Christ June 6, 2021**

While in Israel, we were very impressed with rituals the Jewish people had for eating. Even in the restaurant we were dining at, the ritual hand washing was carried out with a sink and area provided right in the restaurant. We learned that on the day before “Shabbat”, the Sabbath, all the food for the next 24 hours was cooked ahead of time because no one must work on the Sabbath. Even the elevator in the hotel we were staying at was preprogrammed to stop at every floor and the door opened automatically whether is needed to or not. On the Sabbath, even pushing the elevator button was not allowed.

Jewish people, who follow a strict kosher diet, need to be mindful of what they eat at all times. This leads to conscientious eating, always paying attention to what they put in their mouths. Even the combination of foods matter to them. To be kosher turns eating into an act of faithfulness and not just eating for sustenance.

There are times when I find myself guilty of mindless eating which is not a good thing. My common sense tells me to take only one portion to the couch to munch on while watching a movie but my lack of mindful eating finds me to taking the whole bag with me. I’m sure you know what happens next!

This Sunday we celebrate the Solemnity of the Most Holy Body and Blood of Christ. Take some time to reflect on this for a moment. To participate in the Eucharist, to receive the most precious Body and Blood of Christ, should be mindful eating for us. Dr. Edward Sri tells us “One of the biblical titles for Jesus is Emmanuel, which means “God with us” (Matthew 1:23). Jesus is the divine Son of God who became flesh and dwelt among us. And he so desired to remain close to us that he gave us the gift of his sacramental presence in the Eucharist. He thus continues to be Emmanuel—God with us—in each and every Mass celebrated throughout the world. We should never take this gift for granted. The most amazing event in the universe takes place at every Mass: The Son of God himself comes upon our altars and dwells in our midst!” (Dr. Edward Sri, A Biblical Walk Through the Mass, article from Ascension Press ).

To feed your body with healthy food takes time, planning and preparation. You grocery shop for just the right food: vegetables, meat, bread, side dishes. This takes time to cook, carefully, slowly, lovingly. Intentional eating takes time and effort but the resulting meal is worth it.

So too should the nourishing of our spiritual selves be intentional. We want to be well fed. Where do we get the best food? From the Most Holy Body and Blood of Christ. Never take this gift for granted. Remember, you are what you eat!

Reflection by Julie de Gouw, Pastoral Minister