

Homily for the Solemnity of
The Most Holy Body and Blood of Christ
Sunday 14th June 2020

"The Eucharist is 'the source and summit of the Christian life.'¹

This quote from the Catechism of the Catholic Church tells us all that we need to know about what we are celebrating today and indeed at every single Mass when we receive Holy Communion! What we receive is our very essence of who we are. It is our very meaning for existing. We are given life and in turn we focus on who it is that we receive.

The Eucharist is that vehicle by which our eyes can see the truth behind the promises, all the promises of our God. It is the visual offering of not just promises past but of those present and yet to be as well. He is with us always – even until the end of time we are told in scriptures by Jesus. We are not orphans. We are not some lost souls wandering through this earth. We have a defined beginning and a defined end (The Eucharist).

What we celebrate here during every Mass is also an encounter. We are coming into the presence of the Lord and we are being sustained by Him! We come before Him not with haughty hearts but with humility as we are told in our first reading today. There is nothing for us to be haughty about. Every life comes from God and finds its source in the Eucharist and is given life in abundance through the Eucharist. It is only when we forget God. Only when we believe that we are better than Him that we become haughty and so believe ourselves to be better than others. We cause riots and we remove the dignity that others hold. And so, we forget that as the catechism continues to say:

¹ The Catechism of the Catholic Church 1324

"In brief, the Eucharist is the sum and summary of our faith: 'Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.'²

The Eucharist or **Eucharistia** my dear brothers and sisters when translated into English means 'Thanksgiving'. We offer thanksgiving to God for our lives and for the lives of others. We should thank God for all the graces we have received. We should thank God for being there for us in the rough times and the good.

If thinking about the Eucharist does not in any small way blow your minds, then there is something wrong. We do not completely understand or recognise what is actually in effect before our very eyes because, for as Pope Saint John Paul II teaches us

Only in Christ do we find real love, and the fullness of life. And so, I invite you today to look to Christ. When you wonder about the mystery of yourself, look to Christ who gives you the meaning of life." "Jesus is not an idea or a feeling or a memory. Jesus is a living 'person' always present among us. Love Jesus present in the Eucharist."³

And so today my brothers and sisters let us truly give thanks to God. Let us start a new chapter in our lives and let us begin to live in a Eucharistic way allowing ourselves to be given for others and to others. Let us be joy filled in our faith! For as we are reminded in today's Gospel.

'He who eats my flesh and drinks my blood lives in me, and I live in him'.⁴

² CCC 1327

³ St. John Paul II, Address, October 3, 1979 & Nov. 8, 1978

⁴ John 6:51-58