



# ONE BREAD, ONE BODY



LITURGY BYTES *by Michele Hall*



This year on the weekend of June 6 & 7, the Church celebrates the Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi). This feast is an opportunity for the Church to pause and give thanks for the great gift Our Lord gave to all of us – his Body and Blood made present for us under the sacramental signs. Out of love, God became human to join and journey with us through our life.

Jesus reminds us that no matter what we encounter in life, we can unite our experiences with his. We can turn to Jesus in times of temptation, just as Jesus himself was tempted in the desert. We can turn to Jesus in times of sadness, just as Jesus himself wept at the tomb of Lazarus, his friend. However, let us never forget that we can turn to Jesus in times of celebration, just as Jesus himself shares excitement and joy with his friends. In the reception of the Eucharist, Jesus invites us to become **all** that we eat and drink. We are called to bring life to others, just as Christ brings life to us. We are called to be hope for others, just as Christ brings hope to us. After receiving Jesus in the Eucharist, we are commanded to go forth and share him with **all** whom we encounter.

## **Let us pray**

*Lord Jesus, your Body is the true food that sustains our spiritual life,  
and your Blood is the true drink that satisfies our deepest thirst for you.*

*May the Bread we break and the Cup we bless feed our longing for communion with you and with  
our brothers and sisters, and may this Eucharistic meal we share nourish us to fulfill your will.*

*We pray in Christ's name who lives and reigns forever and ever. Amen.*

May we keep in our prayers our young people who have received their first Holy Communion this past May at our parish, that they truly experience the gift of the Lord and desire to grow in their love of Jesus.

***Have a blessed, prayerful, and grateful week ahead!***