

6/23/19

Let's become what we eat

Ex 24: 3-8; Hebrews 9:11-15; Mark 14:12-16, 22-26

In Jesus Christ God has given us the most important gift for our wellbeing and redemption. For our sakes Christ became our Eucharist, our nourishment. Jesus Body and Blood is true food and real drink. The Eucharist is the gift of the Lord's passion, death and resurrection. During the last supper Jesus commanded his apostles to 'Do this in memory of me' (Luke 22:19). That means Jesus followers were to perpetuate this gift and share it until the end of time. This mandate is carried out in every Mass. In the Mass, God continues to nourish us; he continues to give us life. "It would be easier for the world to survive without the sun than to do without Holy Mass". ~ St. Pio of Pietrelcina.

The Gospel reading talks about the multiplication of loaves and fish. Jesus satisfied the hunger of the multitudes that followed him to foreshadow the nourishment that was to come to those who follow him, those who will believe in his suffering, death and resurrection. When we have been fed by him, let us in our turn become bread for others. Let us become to others what we eat. Take note of the words of Jesus to his disciples 'not to dismiss the crowd but give them something to eat'. Jesus feeds us in holy communion and urges us to feed others. He is telling us to become what we eat; to emulate the one we receive in holy communion. Are we ready?

The Eucharist is the gift of God's immense love to us. Jesus is present in the Eucharist to nourish us and to bring us grace and healing. He comes to strengthen us and to fashion us into the image of God. Let us believe today that Jesus is truly present in the Eucharist we share. May our participation in the holy Eucharist lead us to an intimate relationship with God which transforms us. This is the way the world would be converted and brought back to Jesus: When we allow ourselves to be transformed through communion. Let us become what we eat!

Praised be Jesus Christ...Now and forever!

Fr. Francis Odoom

