

JUNE 18, 2017



# SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)



DEUTERONOMY 8:2-3, 14B-16A

PSALM 147:12-13,  
14-15, 19-20

1 CORINTHIANS 10:16-17

JOHN 6:51-58

## REFLECTION

A few years ago, my family and I spent a couple of weeks in Italy on vacation. It was an awesome journey, for sure! One of the highlights of our time in Italy was when we got away from the crazy hustle and bustle of Rome and took to the hills of Tuscany for a week. We stayed just outside a small medieval town called Radda in Chianti, halfway between Florence and Siena. On Sunday, we ventured into the small town to go to Mass to celebrate the Solemnity of the Most Holy Body and Blood of Christ. As we walked into the center of the village, we saw that throughout the narrow streets of the town, tables were being set up for a wine festival. We entered the small historic church and soon realized that, appropriately enough for that particular feast day, the parish was celebrating First Communion for a dozen or so young people. Excitement filled the air! The liturgy was festive and the children were excited. At the end of the service, the priest carried the Blessed Sacrament and led a procession out of the church into the town. A canopy covered the Eucharist, and all the children, who had just received the Body and Blood of Christ for the very first time, followed directly behind the priest. The local parishioners sang a familiar song as they processed throughout the wine festival lining the streets of Radda. We had just feasted upon the Body and Blood of Christ, and now we had the chance to witness to the world of Christ's saving power through the Eucharistic procession. Today's text from John speaks to this, as Jesus says, "The bread that I will give is my flesh for the life of the world" (John 6:51). Our Eucharistic procession today is a living witness going out into the streets to proclaim our reality; may our lives be a living testament for the life of the world.

## ACTION

For many, the practice of Eucharistic adoration can lead to a deepening of prayer and a growing closer to Christ. Spending an hour in the presence of Christ in the Blessed Sacrament can usher forth many graces in one's life. If you are familiar with adoration, make one hour this week a Holy Hour.



## JOURNALING QUESTIONS



● Think back to when you celebrated your First Communion. Spend some time writing about your thoughts and feelings from that day. How has your understanding of the Eucharist changed since then?