



My Dear Brothers and Sisters,

Today, we celebrate the Solemnity of the Most Holy Body and Blood of Christ, also known as *Corpus Christi*. Today's feast is a reminder to celebrate God's continuing presence in our midst through the Eucharist.

Some things to ponder as we reflect on the truth of Christ's presence in the Eucharist. First, we believe that Jesus Christ, as God, could not deceive nor be deceived. Therefore, when He says, "**This is my body, which will be given up for you**" (Luke 22:19) and "**Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you**" (John 6:53), we know that He speaks truth, and so we believe that God Himself changes bread and wine into His very Body and Blood at each

Mass. This is not merely a symbol, but a reality. **God is really, substantially present in the Eucharist!**

What does this mean? Soooooo much! One thing it means is that every time we go to Communion, our tongue becomes a *throne of Almighty God!* Have you thought about that?! God condescends to unite Himself to us, but He rejoices to let us make a throne for Him with our tongues, with our hearts. Makes me think of how many ways I have used my tongue in ways that are not on conformity with this dignity. Let us repent of how we use our tongues to tear others down, to blaspheme the Holy Name of God, to speak slander, gossip and detraction, to lie, to share lude jokes and speak crudely, and all the many other ways that we reject the dignity of our tongues as thrones of God. O Lord, help us to use our tongues in ways that show your glory, that reflect their status as Your Holy Throne!

Another reflection on the Eucharist is that, as St. John Paul II said, the Eucharist is the Sacrament of the Bridegroom and of the Bride. Remember the summary of the Bible: God wants to marry us! The Eucharist is the consummation of the mystical marriage between Christ and His Church. At the Last Supper, Jesus the Bridegroom says, "**This is my body, which will be given up for you,**" and the Bride (the Church) going up to receive the Eucharist opens herself to receive the gift of the Bridegroom, and, if she's open to it, she conceives eternal life within! This is what it means when Jesus says, "**Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you**": unless the Bride is in union with the Bridegroom, she cannot conceive that eternal life. We see how the natural communion of man and woman in marriage serves as the foundation for understanding the supernatural Communion of Christ and His Church!

Take this image to Adoration. Adoration which comes from the root words "at the mouth." In Adoration, we are mouth to mouth with God. We might call this God's kiss!

Oh! How often we simply go through the motions, not recognizing the incredible, overwhelming gift of love that God has for us – for each of us, personally, intimately, tenderly, passionately! As the song goes, "O the overwhelming never-ending reckless Love of God" ("Reckless Love" by Caleb Culver, Cory Asbury and Ran Jackson)! May we enter into adoration and Mass recognizing this incredible love, never taking it for granted, and responding in kind to our King and Bridegroom!