

## REFLECTION FOR THE MOST HOLY BODY AND BLOOD OF CHRIST(Corpus Christi)

Ex 24:3-8 Heb 9:11-15 Mk 14:12-16,22-26

“Father, it all depends at which table you sit.”

I was talking to a couple celebrating their 50th wedding anniversary. They told me the story of how they had met. He had finished his work experience training in a company. She had finished a course at a business school. They were hired by the same company.

When lunch time came, he sat with three other guys from his department. She sat at a table with two other secretaries.

But one day, as he walked into the lunch room, he realized that he had a choice – should he sit with the same guys at the same table? Or should he walk over to the table with the three young ladies, and ask to sit there?

He mustered his courage and asked the three young ladies if he could join them at their table.

And the rest is history. That’s how he met the woman who would become his wife of 50 years. And he often thinks about how different his life would be if he had decided to sit at the ‘wrong’ table.

That’s why he said to me, “Father, it all depends at which table you decide to sit.”

We *all* sit at tables, because we are all *hungry*. It’s part of the human condition. There is an emptiness in us that must be filled.

But the real question is – at which table will you choose to sit?

You can try to find fulfilment at a hundred other tables, but after a while, experience will teach you that there is only one place where your deepest hungers will be fed: in Christ’s word, Christ’s way, in Christ’s love, His Body and Blood.

At the table of the Lord, all are welcome and all are loved. At the table of the Lord, our deepest desires are directed to the one place where we can find strength, sustenance, peace and satisfaction – in our communion with Christ.

As Jesus dined with His disciples on the night before He died, Jesus took bread, and instructed His disciples to sit at the table and share that bread, in His memory. “This is my body, given for you.”

Then Jesus took the cup of wine. They all drank from it. And He said, “this is my blood of the covenant, which will be shed for the many.”

When Jesus asks us to drink of the cup, He is telling us that He wants to be alive in us. “Drink it, my blood, my life. Take my life within you. I want to be alive in you. I want you to know that you are not alone. The covenant is forever, my friendship with you is if forever, I am with you, forever.”

The Eucharist is the celebration where Christ brings us life! The Eucharist is the place where Jesus, who was broken, makes us whole.

Remember this, every time you step forward to come and receive the Body and Blood of Christ, you're receiving a precious gift that comes at a high price, it cost Christ everything, it cost his life. We are nourished by the Christ who gave away His life so that we could have life.

The Eucharist is not a prize for the perfect. We are invited by Christ to come and receive Him in the Eucharist, not because we are good, but to help us to be good.

Any time we receive the Eucharist, the Bread of Life, we should see it as receiving a call TO BECOME WHO WE RECEIVE (Christ), to become more and more Christ-like.

Every time we receive the Eucharist, in a way we should become the bread of life for others. We receive the Bread of Life – so that we can become the Bread of Life.

We can't be truly in communion with Christ without being in communion with one another. Our communion with Christ is deeply tied to communion with our brothers and sisters in need. When Christ nourishes us, we in turn must also nourish the needs of those who hunger and thirst not only for food but for love, for healing, for meaning in life, for forgiveness, for justice, for peace, for hope and above all, for God.

In celebrating the solemnity of Corpus Christi today, we are called to become the body broken and the blood shed for the life of the world just as Jesus did.

***This is my body, which will be given up for you.***

Every medical professional who risked infection in order to treat a patient is putting the words of Jesus into practice.... “This is my body... which I am risking for you.”

Every police officer or firefighter who runs toward danger to help others is repeating the message of Jesus, “This is my body which is given for you.”

Every volunteer who refuses to leave a dangerous part of the world in order to keep on serving, every Christian who keeps the faith in a place of persecution, every neighbour who stands up for what is right to protect someone else, is saying “this is my body, given for you....”

Every parent who goes to work even when every fibre of their being wants to stay in bed and rest, is saying to their family, “this is my body, which is given for you.”

And every time we get up off our seats, volunteer our time, talents, skills, resources, and get to work on behalf of an important cause... we are saying, "this is my body, given for you."

Jesus could have stayed safe... but he made the choice to do what God called him to do. He gave his body, and his life, and his love... and we experience that in the Eucharist.

We can stay safe. Or we can choose to do what God calls us to do. We can give our bodies, and our lives, and our love...

***"Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day. For my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood live in me, and I live in them"***

BECOME WHO (Christ) YOU RECEIVE.

Fr Patrick