

Sunday Reflection

- ◆ **First Reading:** *Exodus 24:3-8*
- ◆ **Second Reading:** *Hebrews 9:11-15*
- ◆ **Gospel:** *Mark 14:12-16, 22-26*

Most Holy Body & Blood of Christ, '21, Reflection....Readings Exodus 24 ; 3 - 8 ; Psalm 115(116) ; Hebrews 9 ; 11 - 15, Gospel, Mark 14 ; 12 - 16, 22 - 26 We just read st.Mark's account of the 1st mass that was celebrated by the Lord himself ; while in st.Luke's version the words DO THIS AS A MEMORIAL OF ME are included ; in other words "continue on with this celebration after I have gone" ; I wonder did the apostles understand what Jesus had done during the Last Supper!, the consecration of the bread and wine into his Body and Blood? also I wonder what did Our Lord have in mind when he instituted the mass or the celebration of the Eucharist, it's the same thing! the mass, the Eucharist, the breaking of bread, Holy Communion, Viaticum which means food for the journey of life which will end some day when we reach Heaven ; When Jesus instituted the Eucharist, he had our spiritual interests at heart, he knew we would be in need of something sacred, something that would be spiritually nourishing for our soul, and so "TAKE and EAT, THIS IS MY BODY.....TAKE AND DRINK, THIS IS MY BLOOD.."

The Lord wanted his followers to be united around the one table with the same beliefs, wanting us to receive the same bread of life, he said it himself as he prayed to the Heavenly Father during the Last Supper, his words were "MAY THEY ALL BE ONE, HEAVENLY FATHER, MAY THEY BE ONE IN US AS YOU ARE IN ME AND I AM IN YOU"(John's Gospel 17 ; 20). But tragically down thru' the centuries that unity of Faith in the one Eucharist has been shattered by many divisions within the body of believers ; for other Christian denominations holy communion is merely a symbol of unity, and nothing more than just a symbol ; for other well intentioned believers, they place no importance on the Eucharistic celebration ;

Back in 1986 when I worked in Panama, central America, there were Christian denominations of all names and sizes throughout Panama city and beyond, there were the Mormons, the Alpha and the Omega, Witnesses of Jehovah, the happy-clappy-Assemblies of God, the free church of Panama, the Crusades of God to name but a few, while practicing catholics were in a minority ; that entire scenario as I recall was tragic, why? because the spiritual value of the Eucharist was overlooked, not properly understood, of little importance and again seen as a symbol of whatever they conjured up in their own minds ; This weekend we celebrate the Solemnity of the most Holy Body and Blood of Christ the Lord ; what does the Eucharist mean for you and me? Hopefully it hasn't become just mere routine, as in, "ah I'll go to the same 'ol mass again and receive the same 'ol Eucharist again", that's not the way we should approach something as sacred as the Real Presence of the lord under the appearance of bread and wine ; shouldn't our approach to the Eucharist be "I will go to the altar of God and receive, in a state of grace, the Bread of Life, my spiritual nourishment, I will deepen a little more my union with the lord of life ; and I will try to receive the Eucharist at every mass as if it's my FIRST TIME TO RECEIVE, MY ONLY TIME TO RECEIVE, and MY LAST TIME TO RECEIVE, again in a state of grace ...

Be well, stay healthy, and don't forget to always say hello to homeless people, and to those whom we know to be presently broken-hearted

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