

# We Are What We Eat

Paige Byrne Shortal

Let's play a game. Can you name the homograph (same word, different meaning) for each of the following: the sound a dog makes and the outside of a tree; opposite of heavy or opposite of dark; building where money is kept or the sides of a river; when somebody goes away or parts of a tree; a place for stray animals or sixteen ounces.

If you answered, "bark, light, bank, leaves, pound," you win!

What if I asked for the homographic phrase for Consecrated Bread or Christian Community?

That's right, it's "Body of Christ." Jesus uses the same word, "Body"—*soma* in Greek—when he takes bread and states, "This is my body." St. Paul also uses *soma* in his letter to the Corinthians: "Now you are the Body of Christ..."

The bark of a tree and a dog's bark are coincidental homographs. They aren't related to each other. Not so with *soma*. Without the Body of Christ as the Eucharistic Bread, there is no Body of Christ as Community. And without the Community there is no Eucharist. Each is dependent on the other.

When we emphasize the Body of Christ as the Eucharistic Bread or Blessed Sacrament, we have what is called a "high" theology, Christology, and ecclesiology. [Theology: study



of God (*theos*); Christology: study of Christ; ecclesiology: study of the church (*ekklesia*).] This "vertical spirituality" celebrates the awesomeness of God; the majestic Christ who is King of all Creation; a glorious Church that transcends this world.

When we emphasize the Body of Christ as Community, we are engaged in "low" theology, Christology and ecclesiology, and a "horizontal spirituality." God is near; Jesus is our brother who walks with us; the Church is fully engaged in the suffering of this world.

Never imagine that you must choose. Both are equally true. We are, literally, what we eat. We consume and venerate the Real Presence, the Body of Christ in the Eucharist so that we can be the Body of Christ as Community, present as Christ in this World. †

## What is Spiritual Communion?

Fr. Richard N. Fragomeni

Spiritual Communion is a form of yearning for communion with Christ when sacramental Communion is not possible due to illness, infirmity, or other factors. A Roman Catholic, or any Christian for that matter, who has a desire for union with Christ and who wishes a Spiritual Communion with the Lord should pause for a moment of recollection to remember and give thanks for the love Jesus revealed to us. Then pray, either a spontaneous prayer or this prayer, written by St. Alphonsus Ligouri:

"My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you." †



God of abundance,  
give us the grace to humbly and  
gratefully receive the Eucharist  
as our food for eternal life.  
We pray in Jesus' name. Amen.

The Redemptorists

## WEEKDAY READINGS

June 12–17

Monday, Weekday:

2 Cor 1:1–7 / Mt 5:1–12

Tuesday, St. Anthony of Padua:

2 Cor 1:18–22 / Mt 5:13–16

Wednesday, Weekday:

2 Cor 3:4–11 / Mt 5:17–19

Thursday, Weekday:

2 Cor 3:15–4:1, 3–6 / Mt 5:20–26

Friday, Most Sacred Heart of Jesus:

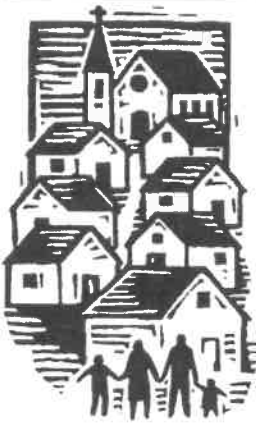
Dt 7:6–11 / 1 Jn 4:7–16 / Mt 11:25–30

Saturday, Immaculate Heart of the Blessed Virgin Mary: 2 Cor 5:14–21 / Lk 2:41–51

Bringing Home  
the Word

June 11, 2023

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# Bringing Home the Word

The Most Holy Body and Blood of Christ (*Corpus Christi*) (A)  
June 11, 2023

## Take and Eat

Sr. Dianne Bergant, CSA

Many of us are little different from the Jewish crowds who cried out: "How can this man give us [his] flesh to eat?" (John 6:52). Jesus does not explain how the bread was really his flesh. What he did was underscore the importance of eating this bread, which was his flesh. He then goes on and insists that we must drink his blood as well. If these were hard sayings for the people of Israel, who in their ancient past might have shared the flesh and blood of a sacrificed animal, what are we "sophisticated" contemporary Christians to make of it?

The people of Jesus' time would have recognized several elements from their traditions in Jesus' discourse, but his reinterpretation of them would have startled them. Like the victim of an ancient holocaust offering, Jesus' blood is shed. However, it is not poured around the altar; it is to be consumed. Bread from heaven recalled the manna that fed their ancestors in the wilderness. However, the manna lasted for only a day; it then rotted. The bread Jesus gives is living bread that enables those who eat it to live forever. This is a lot to believe. But then, that is exactly what we are asked to do. We might have correct theological language to explain how this transformation takes place, but we still will not understand the mystery to which it points. So what are we to do? Very simply: take and eat! †

## Sunday Readings

Deuteronomy 8:2–3, 14b–16a

He...let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers.

1 Corinthians 10:16–17

We, though many, are one body, for we all partake of the one loaf.

John 6:51–58

[Jesus said,] "Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you."

The bread Jesus gives  
is living bread that  
enables those who eat it  
to live forever.



## A Word from Pope Francis

It is the Church that makes the Eucharist, but it is more fundamental that the Eucharist makes the Church.... This is the mystery of communion, of the Eucharist: receiving Jesus so He may transform us from within, and receiving Jesus so that He may create unity in us and not division.

ANGELUS, ROME, JUNE 14, 2020



## REFLECTION QUESTIONS

- What or who nourishes my best self?
- Am I tempted, enslaved, or weakened by less-satisfying "foods"?



## Parish of St. Vincent De Paul

"We as a community rooted in the Catholic faith seek to imitate Christ's  
Examples of love and service to others and spread the light of our faith to others."  
**Parish phone: 509-234-2262 June 11, 2023 website: [stvincentconnell.org](http://stvincentconnell.org)**  
**Fr. Miguel A. Gustavo Ruiz Juárez 509-318-0295 [gruiz@dioceseofspokane.org](mailto:gruiz@dioceseofspokane.org)**  
**Deacon Arturo Biebrich parish phone: 509-222-9223 after 5 pm only**

### Corpus Christi Sunday

Mass June 11, 2023

Lector: Molly Kunkel

#### EUCCHARISTIC MINISTERS:

James E. & Greg Hart

**Greeters & Presentation of Gift**

Florian & Carolyn Nordhus

**Altar Servers:**

Mackenzie & Aubriel

### 11th Sunday Ordinary Time

Mass June 18, 2023

Lector: Greg Hart

#### EUCCHARISTIC MINISTERS:

Stacy F., Marv G., Deacon Arturo

**Greeters & Presentation of Gift**

Stacy Ferguson Family

**Alter Servers:**

Giselle & Aubriel

### Pope's Prayer intentions:

For the abolition of torture;

We pray that the international community may commit in a  
concrete way to ensuring the abolition of torture and  
guarantee support to victims and their families.

### Mass Schedule

**Sunday:** 8:00 a.m. @ St. Paul's in Eltopia

10:30 a.m. @ St. Vincent's (English)

12:00 p.m. @ St. Vincent's (Spanish)

**Saturday:** 7:00 p.m. @ San Juan Diego (Spanish)

**Wednesday:** 8:00 a.m. Adoration @ St. Vincent's

8:30 a.m. Mass @ St. Vincent's

**Confessions:** Wednesdays 6:30 pm @ St. Vincent's

Friday 4:30 pm @ San Juan Diego

**Church Secretary:** Elida Fernández - [secSt.vincent2015@gmail.com](mailto:secSt.vincent2015@gmail.com)

**Tues, Weds. Thurs 12:00 pm – 3:30 pm**

Elida can be reached at 509-318-0917; 12 pm – 3:30 pm on Tues. Weds. Thurs.

**Prayer Chain:** Call Carolyn Nordhus @ 509-234-5972

**Breezeway Calendar:** If you have any parish events or meetings that you would like  
on the all-parish calendar that is posted in the breezeway please contact  
Marla Goade @ 539-5354 [wmgoade73@gmail.com](mailto:wmgoade73@gmail.com)

**Weekly Bulletin:** Please email Elida Fernández [secSt.vincent2015@gmail.com](mailto:secSt.vincent2015@gmail.com) by  
WEDNESDAY EVENINGS for information to be included in the upcoming Sunday  
bulletin. Elida can be reached at 509-318-0917

**Website:** To add or send information, pictures or news to the website please  
email Jaeniffer Kaiser @ [jaeniffer2002@hotmail.com](mailto:jaeniffer2002@hotmail.com)

**LIKE our Facebook** page to get updated posts and information about our parish. You can also  
see photos of all the activities that have been happening. If you want to post church happenings on  
Facebook, please email Onna Pollock at [olpollock@yahoo.com](mailto:olpollock@yahoo.com)

### UPCOMING EVENTS MARK YOUR CALENDAR

#### Altar Flowers

June – Altar Society Guild 1

July – Guadalupanas

#### CONFESSIONS

Wednesday the 14th of June

@ St. Vincent Parish

6:30 pm

#### Confession Schedule

@ St. Pat's –Pasco

Tuesday – Friday

5 pm – 6 pm

@ Sacred Heart- Othello

Wed. @ 5 pm

#### Connell Food Bank

**Banco de Comida**

**Seniors: Tuesdays**

**3rd Edad- Tues. / Martes**

**June 13th & 27th**

**10:00 am – 11:30 am**

**General Public:**

**El público en general:**

**Wednesdays / Miércoles**

**June 14th & 28th**

**9:00 am – 1:00 pm**

**5:00 pm – 6:30 pm**

### Thank You for Your Generous Contributions

May 14, 2023

May 21, 2023

10:30 am - 1636.00

Bilingual- \$1460.00

12:00 pm – \$2871.71

12:00 pm – no mass

Basin City – \$976.36

Basin City – \$1515.00

### HOG RAFFLE

#### BY KNIGHTS OF COLUMBUS

Tickets sold on Sundays after Mass

\$10 per ticket / \$50 per 6 tickets.

#### Registration for all Religious Ed

Applications today, Sunday June 11<sup>th</sup>  
after both Masses.

Registration will begin Tues. June 13<sup>th</sup>

All registration will be handled in the  
parish office with the secretary.

Any questions, please speak with  
Enrique López – Coordinator Rel. Ed.  
Elida Fernández – Parish Secretary

### ST. VINCENT PARISH PICNIC

Sunday July 16 12:30 – 1:30 BBQ

1:30 – 2:30 Games

#### CHURCH PROVIDES:

**HAMBURGERS / HOTDOGS**

**BUNS / CONDIMENTS**

**PAPER PRODUCTS / DRINKS**

**DESSERT / ICE CREAM CONES**

**PLEASE BRING**

**IF YOUR LAST NAME BEGINS WITH:**

**A-H: LARGE SALAD**

**I-P: PASTA SALAD**

**Q-Z: CHIPS & FRUIT**

**PLEASE BRING YOUR OWN**

**LAWN CHAIRS, BLANKETS**

**See everyone at Pioneer Park after the  
Bilingual Mass on July 16<sup>th</sup>.**

### FR. GUS'S SCHEDULE FOR 2 WEEKS:

June 11, 2023 – June 25, 2023

**Mon. June 12:**

Fr. Gus' Day off

**Tues. June 13:**

4:00 pm Confessions @ Eltopia

5:00 pm Mass @ Eltopia

**Wed. June 14:**

8:00 am Adoration @ Connell

8:30 am Mass @ Connell

6:30 pm Confessions @ Connell

**Thurs. June 15:**

10:00 am Adoration @ Eltopia

10:30 am Mass @ Eltopia

5:00 pm Guadalupanas Meet @ Connell

**Fri. June 16:**

8:00 am Mass @ Prison

4:30 pm Confessions @ Basin City

**Sat. June 17:**

1:00 pm Quinceanera @ Connell

7:00 pm Mass @ Basin City

**Sun. June 18: Mass**

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell

**Please Keep Fr. Gus in Our Prayers.**

**Mon. June 19:**

Fr. Gus' Day off

**Tues. June 20:**

4:00 pm Confessions @ Eltopia

5:00 pm Mass @ Eltopia

**Wed. June 21:**

8:00 am Adoration @ Connell

8:30 am Mass @ Connell

6:30 pm Confessions @ Connell

**Thurs. June 22:**

10:00 am Adoration @ Eltopia

10:30 am Mass @ Eltopia

5:00 pm Wedding @ Connell

**Fri. June 23:**

8:00 am Mass @ Prison

3:00 pm Wedding Rehearsal @ Eltopia

**Sat. June 24:**

3:00 pm Wedding @ Eltopia

7:00 pm Mass @ Basin City

**Sun. June 25: Mass**

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell