

The Solemnity of the Most Holy Body and Blood of Christ
Lectionary: 168

Reading 1: Ex. 24:3-8

Responsorial Psalm: Ps. 116:12-13, 15-16, 17-18

Reading 2: Heb. 9:11-15

Sequence

Alleluia: JN 6:51

Gospel: Mk. 14:12-16, 22-26

Today our gaze is focused on the Eucharist, where Christ renews his gift of love and offers himself totally to us: his Body and Blood, his Soul and Divinity. That is why today we proclaim him as the holiest, the Most Holy Body and Blood of Christ, Corpus Christi.

For those who may not believe Jesus would tell them, “Take, this is my Body. This is my blood, the blood of the Covenant, which is poured out for you and for many.” With these words of the Gospel of Saint Mark, which we have just heard, we remember the moment when Jesus himself left us the gift of the Eucharist. The real food that feeds us and frees us from sin, evil and death.

Therefore, Eucharist means Thanksgiving; when we receive the Body of Jesus, we also say Amen, from the depths of our hearts, affirming with our faith and with our word, that we indeed receive the living Lord. Therefore Eucharist is a sign of unity; a sign of

Dominus Dei; a sign of solidarity; a sign of evangelization and a sign of the Blessed Mother.

The Eucharist a sign of Unity

The Most precious Body and Blood of Jesus unite us all to the Father. In the Eucharist we are all one, we eat the same body, we profess the same faith, that act of love becomes a reality for us. Jesus is the Lamb of God; His blood, as we read in the second reading, is poured out for each one of us, to unite us as children to God, and Jesus remains fraternally among us. The Eucharist is a sign of unity, as we read in the Gospel of Matthew:

“Therefore, if you are offering your gift at the altar and remember that your brother has something against you, leave your gift there before the altar. First go and be reconciled to your brother; then come and offer your gift.” (Mt. 5:23-24)

The Eucharist is a sign of unity because God wants us all to be reconciling to one another and to Himself.

The Eucharist a sign of Dominus Dei

Every Sunday, for us Christians, it is the day of the Lord, and it is illuminated by the sun that is Christ, and by his saving presence.

We read in the book of Ecclesiastes, “There is a time for everything, and a season for every activity under the heavens.” (Ecc. 3: 1) Some translations say under the Sun, therefore, Sunday is the day of faith, in which Jesus tells us again, “Take, this is my Body. This is my blood, the blood of the Covenant, which is poured out for you and for many.”

Every Sunday we renew and proclaim his love, therefore our private prayer is just not enough; we need to sustain our body and soul with his Divinity. Every Sunday is a sign of Dominus Dei.

The Eucharist a sign of solidarity

If Sunday is a day of faith and joy, it is also a day of solidarity, because the Eucharist is the bread of the poor. The teachings of the Apostles were echoed from the first centuries of the Church, and therefore the Eucharist is a call to live a demanding culture of sharing.

Saint John Chrysostom already told us centuries ago: if you want to honor the body of Christ, do not despise it when you find it naked in the poor, nor honor it only here in the temple, if you leave it in the cold and in nakedness. Because the same Lord, who said, “This is my body”, also affirmed “I was hungry and you did not

give me food.¹ Therefore, the Eucharist is a sign of solidarity with those in need.

The Eucharist a sign evangelization

The Eucharist is a call to transmit and announce the message of the Gospel. The Eucharist is the source and the culmination of the mission. Because of this, it produces in us a profound transformation; Jesus invites us to go out, to visit the houses, the hospitals and to announce the living Christ.

The Eucharist a sign of the Blessed Mother

The Blessed Mother who accompanies us in every Eucharist, for being the Mother of the Lord and of the Church, and teach us to adore her Divine Son.

¹ St. John Chrysostom, Homilies on the Gospel of Matthew 50, 3-4: PG 58,508,509