

JUNE 3, 2018



SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

CORPUS CHRISTI



EXODUS 24:3-8

PSALM 116:12-13, 15-16, 17-18

HEBREWS 9:11-15

LAUDA SION

MARK 14:12-16, 22-26

REFLECTION

Today is the Solemnity of the Most Holy Body and Blood of Christ. This observance emerged during the Middle Ages. The medieval celebrations were quite extravagant, usually involving a procession of the Eucharist through the city. But at this time in history most people didn't actually receive Communion except once or twice a year! They still attended Mass, but instead of receiving the Eucharist they simply looked at the host during the consecration—a sort of communion with one's eyes. As Catholics, we believe in the concept of Real Presence. We truly believe that Christ is present in the consecrated bread and wine. Although it is real, the presence is not physical, which is why the bread and wine don't visibly change to something else. But it is a spiritual presence—Christ is truly there in the Eucharist. However, Christ is also present in the gathered community of believers. As Jesus tells us in Scripture, "For where two or three are gathered in my name, there I am in the midst of them" (Matthew 18:20). The people of faith, the Church, are also the Body of Christ!

ACTION

Think about the people in your life—your family and friends, your teachers and classmates. What kind of communities are you a part of? How present are you to these communities? An action you can take this week is to try to be really present. Be really present to a friend. Be present at your meals today. Put your cell phone down and be present. Perhaps in this presence you will experience Christ's presence.

JOURNALING QUESTIONS

- What communities are you a member of?
- How are you present or not present to the people in your communities? What might be holding you back from being present to them?