

Fr. Rudy's Reflections

The Solemnity of the Most Holy Body and Blood of Christ

June 2, 2024

The Bread of Life

My Sisters and Brothers of the Risen Lord,

Today we celebrate one of the great solemnities of our faith—the feast of the Most Holy Body and Blood of Christ, more popularly known in Latin as *Corpus Christi*. Established in the thirteenth century, this feast offers an opportunity to commemorate the essence of our faith and its significance to our lives and to our eternal salvation: the gift of the Blessed Sacrament. At every Mass and in the sacraments, we affirm our faith in this foundational belief that Jesus is our living bread, and his eternal love for us remains manifested in his life, death, and resurrection. St. John Paul II said, “The Eucharist is truly a glimpse of heaven appearing on earth. It is a glorious ray of the heavenly Jerusalem which pierces the clouds of our history and lights up our journey.” Yes, the Eucharist is the true communion between God and human when words fail us. It is in endless wonder in the Eucharist that we remember Christ completed his life on earth, and in his suffering, brought us to the fullness of his grace. The Eucharist is beauty, joy, hope, and intimacy with God and one another: the New Covenant established by Christ’s sacrifice for all humanity.

Christians are called to live out the meaning of the Eucharist in their lives, as stewards of our faith and as recipients of this literal miracle. We are called to action. How can we be the “bread” for someone who needs our help? How can we be the light that shines through the darkness of others’ lives? We look outward these days and see suffering, sickness, broken hearts, neglect, and poverty, and for many of us, we are unable to react appropriately to this tapestry of sorrow. It’s easy to stay in safe cocoons and think, “What am I to do?” As a practicing Catholic who believes in the teachings of Jesus Christ and who receives the Eucharist, each of us must reconsider the first impulse to retreat within ourselves and ignore the distressing parts of life. Instead, let us consider how we might help to create positive outcomes.

The many ministries within our diverse Our Lady of Guadalupe family invite us to consider outreach to the community—to those who truly need us. Whether serving the food pantry, the Eucharistic ministry, St. Vincent de Paul, prayer chain, or a ministry of your own making, many ways exist to serve and live your faith. Moreover, individuals in your own life, whether a friend, relative, or a neighbor, might need your help. Showing another person that you care and will give your time, talents, or treasure to one of God’s children might change a life for the better. This bettering of lives is such a wonderful gift! To others and to *you*.

“Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament. . . There you will find romance, glory, honour, fidelity, and the true way of all your loves upon earth.”—J. R. R. Tolkien

Yours in Christ,

Father Rudy