

HOMILY for the FEAST of BODY and BLOOD of CHRIST – Year A

This Sunday the Church celebrates the Feast of the Most Holy Body & Blood of Christ, or Corpus Christi. This feast, first of all, reminds us of the importance of spiritual food in our daily life. If our body needs food & drink to survive, shouldn't our soul/spirit rely on similar things to sustain it? For all living things need foods & drink or some kind of nourishment to stay alive. Our soul/spirit is no exception. It needs something to nurture it & keep it strong. Therefore, it should be connected to God to find the divine strength & give it much-needed nourishment. The best way for the soul/spirit to do that is for it to get to Heaven & come home to its Creator/God. That's why we Christians are not afraid of death because it is a trip home to Heaven for our soul. After being on earth and away from home & its Creator, our soul finally comes home to God & fully gets nourished.

For now, we humans try to find various ways on earth to nourish our soul/spirit. One of the ways to strengthen our soul/spirit is to pray & meditate. In prayer & meditation, we give our soul/spirit a good workout & get connected to the divine source to be re-charged. That is why we usually feel much better once we pray or spend time on meditation or a retreat. Another way to give our soul/spirit an energy boost is to do a good deed or help out someone. When we perform an act of charity, we lift up our soul/spirit & make it feel good. We open the door for our soul/spirit to have a look at the real world & give it an opportunity to do something good. That's why we often feel good when we do a good deed or help out someone in need. But, prayer or a good deed can only give our soul/spirit a short burst of spiritual energy. After that, it continues to be hungry & thirsty for more spiritual energy again. So, is there something that can re-charge our soul/spirit & keep it strong a bit longer without having to go to Heaven?

The best way for charging our soul/spirit & keeping the spiritual energy a bit longer is for us to consume the Body & Blood of Christ. If Christ is the Son of God, we will get the divine strength & remain strong for a long time by consuming His body & blood. But, this act of consumption is more than re-charging our spiritual strength. It is also about becoming what we eat or being like Christ. So, once we take in the body & blood of Christ, we become one with Him & we'll think & act like Him. I'm not sure if you know anything about the organ transplant process or not. That medical process has saved lots of lives & created wonderful miracles for some people. It recipients would go through a total transformation & become a completely new person. They often pick up new traits & different personalities afterward. Those traits & personalities are usually the ones of the organ donors. They could be kindness, compassion, cheerfulness, a good sense of humor, just to name a few. The families of the organ donors recognize them & can tell once they meet with the recipients. They are thankful that part of their deceased loved ones is still alive in the recipients. Similarly, part of Jesus is still alive in us once we consume His body & blood; & the world can see it in us. It can tell the traits & personalities of Jesus in us by the way we Christians think & act in our daily life.

Since the body & blood of Jesus Christ is real in Holy Communion for Catholics as explained above, we try to be respectful & take this particular sacrament seriously. For we believe that Holy Communion is the real body & blood of Jesus Christ. Meanwhile, other Christians might see Holy Communion simply as a sign/symbol of Jesus Christ's presence. It's not His real body & blood for them. That's why it would be hard for them to appreciate the

saying "We become what we eat," or understand the whole organ transplanting experience that I shared with you above. Therefore, we Catholics appreciate not only the Holy Communion but also the personal gift that Jesus left behind for us on our journey to Heaven. He left with us His own body & blood, not just a sign/symbol of Himself. This leads me to the second of this Sunday's feast. That is, Jesus loves & cares for us so much that He left behind His whole self for us. So, every time we come up for Holy Communion, we're reminded of the Last Supper & how much Jesus loves us. Because Jesus loves us, He remembers to leave with us the spiritual food of Himself to give us strength & nourishment on our journey of faith as He ate the last meal with His disciples.

My dear brothers & sisters, the feast of the Most Holy Body & Blood of Christ, or Corpus Christi tells us about the importance of taking care of our soul/spirit by connecting it to the divine source of spiritual energy. It also reminds us how much Jesus loves & cares for us by leaving with us His real body & blood to nourish & strengthen us on our journey home to Heaven. Hopefully we always treat that special gift with respect & gratitude & consume it often to get our soul/spirit its spiritual nourishment. Most importantly, we should think & act like Jesus after we have consumed His body & blood so that the world can see Him in us all the time.