

Body and Blood of Christ – C – 2019  
Gen. 14. 18-20///1 Cor. 11.23-26///Luke 9.11-17

→this past week I was reading an interesting article on-line that posed the question....  
“have we become a culture that has lost the ability to say the word, ‘enough’”

→what do you think?

→...well in some respects perhaps that might be true...two-thirds of us are  
overweight....[and] even when we stagger away from an all-you-can-eat-buffet, promising that  
we will never eat the much again....we over-consume at the very next meal....

→it begs the question.....

→can we say “enough” when it comes to food...and are we ever  
satisfied.....maybe yes...but more often than not.....I would say “no”

→how about when it comes to material goods....can we say “enough”

→these days....how many of us spend money we do not have on things we do  
not need...because we have swallowed the bait, ---hook-line-and sinker--- into believing that our  
lives are not complete without the latest fashion or gizmo.....the latest electronic gadget or toy

→to the point that many.....these days have to rent a storage unit across town just to  
make room for all the additional stuff we have.

→[again]....can we say “enough” when it comes to material goods...and are we ever  
satisfied.....perhaps yes...but more often than not.....I would say “no”

PAUSE

→today is the Feast of the Body and Blood of Christ...the Eucharist...we hear from our  
Scripture readings

→...about the institution of the Eucharist in the second reading...and from the gospel we hear about Jesus feeding the 5000...the multiplication of the loaves and fish.

→it is interesting to note this story appears in all four accounts of the gospel and it is the only “miracle” story told in all four accounts...which means that it must contain a particularly important lesson

→and I believe the message is contained in the concluding verse that we just heard....

**“they all ate, (i.o.w. there was enough) and they were satisfied”**

--“*enough*” and “*satisfied*”....two disappearing words from our language these days

→because in our world today...it seems that the more we have, the more we want and less satisfied we feel

→and yet today on this Feast of the Body and Blood of Jesus Christ....we celebrate the heart and center of what we are about as Catholics.....the simple food of the Eucharist.

→...have you ever wondered about eating...and how we do it...[how] eating is such a daily necessity for us....you all know that without food we wouldn't survive...however .....eating for us, goes way beyond just mere survival.

→think for just a moment, of how central eating is to human relationships...to family life, to business, to sports, to romance...to just about everything we do...every event we go to...every person we have a relationship with...it is all bound up and experienced through the activity of eating food.

→ “**eating**” is at the central foundation of our lives....

→and anything we do...of any significance...is bound up and contained in the experience of sharing food

→and yet with all this food....all these goods and things we have....we never seem to have enough that brings us satisfaction....

→and...could this be....because maybe we are basing our needs on the wrong food and the wrong goods?

→maybe the lack of having enough and being satisfied is because of our failure to realize that this Eucharistic meal is really all that we need....

→**that this food given to us by Christ**.....our sharing and celebrating HIS presence among us... dwelling in and with us.... is what truly gives us fullness and satisfaction....

→it certainly did on that day on the hillside among the 5000 who were there with Jesus

PAUSE

→our Lord was faced with a multitude of people and a small band of disciples who were hungry and who all shared a common misperception

→they all assumed that there was not enough to go around,

→i.o.w...their lives were defined by *scarcity* rather than *abundance*...and so....that very fear kept them all bound to a life of scrambling and scratching out an existence in world that favored only the most aggressive

→a world where.....

→the early bird got the worm,

→where the rich got richer while the poor got poorer

→[and]....where only the fittest survives.....

→[does that world] sound familiar???

→but as we see, Jesus shows the 5000 and shows you and me that today there indeed is enough...enough that can lead us to satisfaction

→[and so] maybe our lesson today.....is to learn what Jesus taught the hungry crowd on the hillside that day

→...**to trust God...to take what looks meager and make it enough**

→to learn that an open hand of a small boy offering what he had rather than hoarding it for himself...can lead to great things

→to realize that the food God gives by his love and forgiveness is what leads to our satisfaction

PAUSE

→Jesus simply took the boy's bread, blessed it and broke it...how this miracle actually happens we are not told...but at the end of the meal...there was not only enough but all were satisfied...

→which brings us to the table of the Lord...where once again a meager amount of bread is taken, blessed, broken and shared....

→it never looks like much, but the feast of this table is enough for all of us...and not only is it enough.....but it satisfies our hunger...

→for Jesus Christ is not only the host of this meal...he IS the meal...and today, as he does each and every Sunday, he calls us and ..... draws us together more deeply than ever before

....to come to the table....we who long to be satisfied....because here.....there is always  
enough....