

“Christ Among Us and Within Us”



Today, we again remind ourselves that when Jesus commands his disciples to eat his flesh and drink his blood, he invites each of us to take his life into the very centre of our being. The life which he offers is the very life of God himself. We embrace the Eucharist not merely to eat and drink, but to be healed of anger, to be refreshed in our weariness, and to strengthen the bond of love and concern that makes us a family. The Lord invites us to gather around the table of the altar to give and receive reconciliation and forgiveness.

Many of us face the real possibility of not being able to celebrate the Eucharist as often as we are accustomed. For some, this has already become a reality. It is so

easy for us to take the Eucharist for granted; we let our participation at Mass become old, routine, and boring. We think of God the same way, we pray the same way; we hang on to the same petty gripes and grudges. But God is always new, always challenging. Each new circumstance of our life should lead us to a new understanding of His goodness and love.

Today's feast is a witness to this. Our oneness in faith and love is the strongest evidence that Jesus and His spirit are in fact working among us to bring all people together in the peace and justice of God's kingdom. It is the testament of a shared "communion" in which we are all aware of our commitment to "be" the body and blood of Christ in all we do.



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