

He that eateth of this bread shall live forever.

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In one form or another you have probably heard of the legend of King Arthur and his quest for the Holy Grail. King Arthur and his knights go off in search of the Holy Grail and risk life and limb in the process, only to gain but a glimpse of the Grail as it is assumed into heaven. Or perhaps we are more familiar with the Indiana Jones version, to keep the precious Grail from the Nazis requires incredible adventure, even a brush with death, only for the Grail to be lost forever as it falls into a chasm in the earth. And let us not forget the version by Monty Python which more or less pokes fun at King Arthur's adventures. King Arthur, Indiana Jones, and Monty Python seek the Holy Grail for its powers. To drink from the cup gives immortality, happiness, and eternal youth, which is why it so captures the imagination. To possess and control such an object would give power, which is why the legendary journey is so perilous.

But if the Holy Grail did exist, or rather still existed, we may be surprised to find that is not a golden or bejeweled chalice, but a simple wooden or clay cup. Such a Holy Grail would be holy though because it was used by Our Lord and by His disciples at the Last Supper. I suppose it would be a holy relic of the church also, and would likely be venerated as such. It may exist today in a church in South America or in Rome, or it may not. The Holy Grail may be able to work incredible miracles, or it may not. We must remember that it is not so much the actual cup that makes the Holy Grail holy, it is what goes into the Grail that makes it holy. What makes the Holy Grail holy is that it holds the consecrated blood of Christ. And so we have not far to look to find the Holy Grail, for it is found on our altar, and it is found on the altar of the Catholic and Orthodox churches down the street. King Arthur and Indiana Jones could have gone into their local catholic church and there found the Holy Grail.

The Chalice and Ciborium we use at Mass are not holy because they are made of precious metals, they are holy because of what they hold; bread and wine which we believe has mysteriously become the body and blood of our Savior. These vessels are consecrated, set apart, to only hold the Body and Blood of Christ. Just as we are called to be a people set apart, to be consecrated to Jesus, and receive His Body and Blood in us. We can say that we are called to be Holy Grails. We are given the ability to receive the Body and Blood of Christ, thereby uniting us to God the Father, Son and Holy Ghost, but with this strengthening of our relationship with

God, comes God's expectations for us. We must live out this relationship in our daily lives. Our lives must bear the fruit that comes with being a part of the Body of Christ, the Corpus Christi.

We are given little clues about this all through Mass. If we come to the Altar of the Lord and partake in this Holy Sacrament then we must love the Lord God with all our hearts, souls, minds, and our neighbors as ourselves. We must habitually confess our sins, we must at all times and in all places give thanks and praise to God, we must offer and present ourselves, our souls, and bodies to God as a living sacrifice. This is not just a little round wafer and sip of wine, this is not just a symbol, this is a commitment to Almighty God, a commitment which can and should transform our lives. This is why St. Paul gives us such a warning in today's Epistle. *Let a man examine himself, and so let him eat of that bread and drink of that cup, for if he eateth and drinketh unworthily, he eateth and drinketh damnation to himself.* St. Paul presents us with a warning label fitting with the legend of the Holy Grail or an Indiana Jones movie, but it is not just fiction. God has made Himself very clear, we must allow ourselves to be changed by receiving Holy Communion, and we cannot remain unrepentant sinners, and go on eating and drinking the Body and Blood of Christ.

*He that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.* So why risk it? What does the bread and wine, the Body and Blood do for us? King Arthur and Indiana Jones were on to something when they believed that the Holy Grail would give them immortality, happiness and eternal youth. That is what we believe about receiving the Body and Blood of Jesus, but not quite. We are told that the Body and Blood of Jesus can preserve our souls into everlasting life. This we confess and believe. The world would like immortality, but the world cannot see beyond physical death. We are promised that this Holy Communion will eventually preserve us into everlasting happiness, and eternal youth, but only because we know that Jesus says, *unless you eat my body and drink my blood you have no life in you.* We believe that by eating and drinking the body and blood of Jesus we are preparing ourselves for heaven, for eternal communion with God, where there will be everlasting happiness, eternal youth, and joy never ending. This morning's Mass is a foretaste of what we have to look forward to in heaven, forever with Jesus.

Let us remember on this celebration of Corpus Christi, that the Holy Grail is not lost, it has been right here all along. Our lives should reflect the fact that seeking Holy Communion is the greatest and most fulfilling adventure of our lives. God may call us to risk our lives and safety for His sake, but most often we find that our lives

are an adventure in holiness, and hopefully of constant growth in our union with God, the Holy Trinity, and with the Body of Christ. Amen.