

## **SOLEMINTY OF CORPUS CHRISTI**

**One evening an old Cherokee told his grandson about a battle that goes on inside people.**

**He said “My son, the battle between two wolves is inside us all. One is evil, it is anger, envy jealousy, greed, and arrogance. The other is good, it is peace, love, hope, humility, compassion, and faith.**

**The grandson thought about this for a while and then asked his grandfather, “which wolf wins?”**

**He said, “the one we feed”**

**We are familiar with feeding ourselves, but starving is something else. Actually, we are pretty content, but in order to feed our virtues, we must starve our vices**

**When Moses led the Israelites into the dessert for forty years, God tested them. He inflicted them with hunger, and he fed them with manna.**

**Sometimes people come to mass and say “I’m not being fed,” I wonder if they are really hungry. On this feast of the Body and Blood of Christ (Corpus Christi) we remember that Jesus is really here in the Eucharist. We are fed, not with bread and wine, but with His very Body and Blood .**

**How can anyone receive Him and say “I’m not being fed” Maybe because they are not really hungry.**

**We can also not feel hungry when feeding the bad wolf.**

**Receiving the Eucharist is such a sacred act that it can only be received by those in the state of grace**

**In order to really be fed, here at the altar, we must come hungry. Are you hungry for Jesus? Did you fast? Are you feeling the hunger pains of starving the bad wolf? Are you feeding the Good wolf.**

**How do you receive communion? Do you mindlessly shuffle along in the communion line in a mechanistic way, or do you go up powerfully aware of Him whom you are about to receive? Do you remember? Do you have vividly present in your mind what the Lord has done for you? Are you grateful and amazed at what he has done for you. For me? For all of us?**

**So, remember what are we receiving, today of all days, stop and look and listen, really listen, to the words spoken to us, before we receive communion THE BODY OF CHRIST. Let that sink in.**

**This is the actual Body of Christ!**

**It carries the weight of the world. We hold in our hands the one who walked on water. We cradle the one who**

**calmed the storm. Here is the Son of God! Here is the one who gave sight to the blind, raised the dead and fed the hungry.**

**He gave his life for us on the cross, and gives us life today in the Eucharist.**

**It is overwhelming to think about. We are not worthy, which is why we pray, "I am not worthy Lord, that you should enter my roof....but say the words and my soul will be healed"**

**Pope Francis asks us to remember what our Lord has done for us. Memory allows us to be faithful, to never forget who it is who loves us. He warns us that in our frantic lives, we risk remaining ever on the surface of things, constantly in flux, without going deeper, without the broader vision that reminds us who we are and where we are going.**

**That is why the Eucharist encourages us, even in the toughest times, we are not alone, the Lord never forgets us. The Eucharist unites, because it is the sacrament of unity. Whoever receives it cannot fail to be a builder of unity, because building unity has become part of his or her spiritual DNA.**

**Jesus will tell us “do this in memory of Me”, “I am the living bread come down from heaven”**

**It is the sacrament of memory, reminding us in a real and tangible way, of God’s love.**

**Remembrance. Memory is important, because it allows us to dwell in love, to be mindful, never forgetting who it is who loves us and whom we are called to love in return**

**Yet today’s Solemnity reminds us that in our fragmented lives, the Lord comes to meet us with a fragility of a small wafer of bread, that is the Eucharist, the Bread of Life. The Lord comes to us making himself a humble meal that lovingly heals our memories.**

**The Eucharist is the memorial of God’s love, Christ’s sufferings are remembered, we recall His love for us, and He gives us strength and support for our journey.**

**The Eucharist gives us a grateful memory, we are His children, he loves and nourishes us, Jesus’ love and forgiveness heals our wounds of the past, soothes our remembrance of wrongs, experienced and inflicted.**

**The Eucharist is not a sacrament “for me”, it is the sacrament of the many, who form one body.**

**The Eucharist is essential to what we believe as Catholics. In this sacrament, we meet Jesus himself who comes to us under the signs of bread and wine to nourish and strengthen us for our journey through life. We see with human eyes what looks like bread and wine, but with eyes of faith we see not bread and wine, but the living Lord Jesus**

**Imagine the Lord himself, Body and Blood, soul and divinity, come to dwell within us.**

**That is why regardless of how good or bad the music may be, how wonderfully or poorly the priest or deacon preaches, how distant or close we feel to the priest, what the motives are of those around us, we should come to celebrate the Eucharist every Sunday and Holy Day. Because the Real Presence of Jesus continues, we believe that he is present in a special way in the tabernacle in our churches.**

**Jesus lived a life of self giving and giving his life on the cross. You and I are the same. Our daily lives must reflect the Eucharist we celebrate. Each day we must give of ourselves, pour out our lives in service and love of others.**

**How? In small ways, so real and probably not convenient to do. For example, “daddy will you come play with me” Mom, will you help me? The phone rings, “I wonder if you could help me, or I need to talk to you because...” how about an older person in the**

**family, maybe a visit, a call or a meal? In the Eucharist we celebrate here in worship and what we must do out there in our daily lives. That is why the Eucharist is essential to Catholic belief and life.**

**So what is it that you seek? Which wolf are you feeding.**

**The answer to those questions and many more, can be found right here and now.**

**Are you hungry?**

**Amen**

**Amen**