



Bringing Home the Word

The Most Holy Body and Blood of Christ (Corpus Christi) (A)

June 7, 2026

Food for the Day

Fr. Joseph Juknialis

Just as the darkest of nights brings out stars we might never notice otherwise, so is it that when we find ourselves lost in the dark of life's deserts, the slightest kindnesses can bring us to a brief oasis in a day otherwise oppressive. Most often, such moments come as gifts, unearned—even undeserved. Yet, they are blessings to us.

Psychologists tell us that if we find ourselves down in the dumps and depressed, we can find hope by naming three things that happened that day that were pure gifts—a phone call from a friend, a compliment, a free cup of

coffee, a good bill of health from the doctor. Remembering them at the end of the day and giving thanks for them may not solve the issues that burden us, but they can put them in perspective, reminding us that life is a mix of both the good and the not-so-good.

Moses urged the people to recall all that God had done for them—bringing them out of Egypt, guiding them through the desert, leading them to water, and feeding them with manna. Amid their grumbling, their remembering offered them hope and the courage to go on.

Thus, what psychologists suggest is what God has been doing for us for thousands of years—God feeds us daily in large and small ways, all without our deserving it but out of his great generosity. Remember, then, how God has fed you. †



Life is a mix of both the good and the not-so-good.

A Word from Pope Leo XIV

Together...we will feed on the Blessed Sacrament, adore him, and carry him through the streets.... Strengthened by the food that God gives us, let us bring Jesus to the hearts of all, because Jesus involves everyone in his work of salvation by calling each of us to sit at his table. Blessed are those who are called, for they become witnesses of this love!

HOMILY, ROME, JUNE 22, 2025



Sunday Readings

Deuteronomy 8:2–3, 14b–16a

He...let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your ancestors.

1 Corinthians 10:16–17

We, though many, are one body, for we all partake of the one loaf.

John 6:51–58

[Jesus said,] "Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you."

REFLECTION QUESTIONS

QUESTIONS FOR REFLECTION

- What blessings have I received today?
- Will I remember to thank God for them?



The Body of Christ

Vinita Hampton Wright

My husband died two weeks ago. We had been together for almost thirty-four years. Grief has made me vulnerable

in ways I've never been before.

The physical absence of one's beloved becomes the entire landscape of the survivor's life. C.S. Lewis once wrote, after the death of his wife, that he hadn't expected grief to feel so much like fear. I will take it further: grief is an immense form of panic. A person is gone, and I cannot get him back. My pain is unendurable, and I can't make it stop. I feel this desperate need to escape my very body.

And this is why faith must now be substance, and the body of Christ must do what I cannot. These recent days, I have been held by that entity we call the body of Christ. My only prayers have been tears and wailing; I have had to lean on the prayers of the people, the prayers of believers who love me, the Eucharist. I've left all the praying to the expansive body of Christ. I've left any comprehensible words about this loss to

the reading of the Scriptures and the Liturgy of the Word.

I have allowed Christ's body to bring me food, organize my kitchen, and help with visiting family. I have depended on Christ's mystical, global body to hold me up, with my own will being involved hardly at all. I can speak what I believe, but my words have no weight or substance, and that is all right because Truth does not need me to hold it up or argue for its existence. An individual's faith has room and time to falter and grow silent for a while. While my faith stays hidden in its protective space, the many members of Christ's body carry on and keep everything moving and breathing and growing. Faith truly is the substance of our hope. †

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From "Redemptive Living" by Vinita Hampton Wright, Liguorian, May/June 2025. For more information, call 800-325-9521 or visit Liguori.org.

Wisdom from Catholic Update

From "Holy Communion: Who Is Invited?" by Fr. Byron Miller, CSsR

According to St. Thomas Aquinas, spiritual Communion is "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received him." Pope St. John Paul II said, "It is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of 'spiritual Communion,' which has happily been established in the Church for centuries and recommended by saints.... Saint Teresa of Jesus wrote, 'When you do not receive Communion and you do not attend Mass, you can make a spiritual Communion, which is a most beneficial practice; by it, the love of God will be greatly impressed on you'" (Ecclesia de Eucharistia, 34).

Catholic Update—a subscription newsletter published eleven times a year—explores Church tradition and teaching on contemporary topics. For more information, call 800-325-9521, or visit Liguori.org.



God of abundance, give us the grace to humbly and gratefully receive the Eucharist as our food for eternal life. We pray in Jesus' name.

Amen.

The Redemptorists

WEEKDAY READINGS

June 8–13

Monday, Weekday: 1 Kgs 17:1–6 / Mt 5:1–12

Tuesday, Weekday: 1 Kgs 17:7–16 / Mt 5:13–16

Wednesday, Weekday: 1 Kgs 18:20–39 / Mt 5:17–19

Thursday, St. Barnabas: Acts 11:21b–26; 13:1–3 / Mt 5:20–26

Friday, Most Sacred Heart of Jesus: Dt 7:6–11 / 1 Jn 4:7–16 / Mt 11:25–30

Saturday, Weekday: 1 Kgs 19:19–21 / Mt 5:33–37



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