

June 7, 2026 Homily

The Most Holy Body and Blood of Christ

<https://bible.usccb.org/bible/readings/060726.cfm>

Our physical body is one of the many elements that we have in common with all living creatures of this world. All what God created is sacred and good, including our bodies. There is not a living creature without a divine purpose. The human body is important in God's plan. Jesus himself gives us great teachings about the sacredness of the human body: He came to the world with a human body; His ministry was all about caring for, restoring, healing, saving and loving the nature of the physical human body. On the Cross, He gave up his body, for our salvation. On the day of the Resurrection, He appeared to his disciples with his wounds still open: It means that pain, wounds, limitations, sin, and even death do not desecrate the dignity of our bodies. Through His Body, Jesus experienced human weakness and suffering as we all do.

Today's first reading from the Book of Deuteronomy calls us to remember that God is always with us, providing us with what our physical bodies need. In the journey of the Hebrews through the desert, God provided them with bread and water in the desert. The teaching is clear: God cares about both the restoration of our physical body and our spiritual nourishment. creation offers enough to provide with food and water to all the peoples of the earth. The challenge for us Christians is to understand that if we were created in the image and likeness of God. Our bodies are not only sacred: They are living icons of God the Father and Creator of all that exists.

Currently, many people consider creation as an object of pleasure, exploitation, abuse and death. And human bodies are not excluded from this wrong understanding. Some others believe that our bodies are to be submitted to our instincts. But all these breads are fake, they don't satisfy us at all, and at the end of the day, they lead us to experience emptiness and frustration. Only Jesus comes to rescue us, to give us true food: His Body and his Blood in the Eucharist are the divine sustenance that we need to continually grow in love, faith and hope. We need the Eucharist, because our bodies are to be glorified with Jesus' Body, no matter if we suffer or not, if we are limited or not, or if we are sick or in good health. And we give glory to our bodies, when they become vehicles of God's graces, love, joy, and strength, even amid suffering and sickness. Corpus Christi is the Feast of Jesus' Body and Blood. It is the feast of our physical bodies as well. Jesus is present in the Eucharist, in the forms of consecrated

bread and wine. Once we receive the Eucharist, we are called to become what we consume.

My brothers and sisters, Jesus is truly present in the Eucharist. He calls us to see in the Eucharist the glory of the human body. This Corpus Christi day can be an opportunity for us to restore our love and reverence for the Eucharist: But it is also a great opportunity to understand that Jesus teaches us how to give glory to God with our human bodies. In God's plan, the human body is sacred. In baptism it becomes a temple of the Holy Spirit. When we receive the Holy Eucharist, it must become a vehicle of God's love and tender care for others. When we receive Confirmation, our bodies are to glorify God as we use them to proclaim by all means, that God loves the human family, and that He calls us all to unity in love and righteousness.

May we always respect the human body by taking care of it, in the way we treat each other, in how we dress, especially when we come to Holy Mass: Every time we come to Mass, may we become God's loving and tender presence, in a world broken by suffering and sin.

The Universal Prayer
Sunday 7th June 2026
The Most Holy Body and Blood of Christ
(Corpus Christi)

Celebrant:

Sisters and brothers, we celebrate today that Jesus is our Bread of Life, present in this sacrifice, memorial and meal, continuing in the Blessed Sacrament for our adoration.

1. For the Church, that all who lead us and guide us in our faith will help us to live as the one Body of Christ, growing ever closer to Jesus.
pray to the Lord.
2. For world leaders, that they will always strive to satisfy the human hunger for peace and justice.
We pray to the Lord.
3. For all who are in need, that richer peoples and nations will share their bread and wealth with those who are poor.
We pray to the Lord.

4. For our parish and for all who hunger for meaning and purpose in their lives, that our needs will be satisfied by turning to Jesus, the living bread.

We pray to the Lord.

5. For an increase in the number of vocations to the Priesthood in the Diocese of Raleigh and to Religious Life in the Daughters of St. Mary of Guadalupe.

We pray to the Lord.

6. For every place where blood is split in war and Violence, that the Saving Blood of Jesus will Bring reconciliation, justice and mercy.

We pray to the Lord.

7. For our deceased relatives, friends, and parishioners who have shared the Bread of Life, may receive its promised reward of eternal life.

We pray to the Lord.

Celebrant:

Father, we are nourished on the Body and Blood of your Son. May this gift of himself to us deepen our love for you and our neighbor.

Through Christ our Lord.