

# Dear Padre,

## What is the significance of the Holy Eucharist in our lives as Christians?

The Mass should be understood as the celebration of our union—our communion—with Christ and his Church, which is the body of Christ. The Mass presumes participants have an existing personal relationship with Christ. We were united to Christ through baptism. We have received his Holy Spirit, empowering us to carry out Christ’s threefold mission: the prophetic mission of announcing his message and denouncing sin; the priestly mission expressed in a life of prayer, self-sacrifice, and participation in the liturgy; and the kingly/servant mission expressed in service to God and neighbor.

For the Eucharist to be meaningful, we must first experience a personal encounter with Christ—one that leads to personal conversion and a decision to live as disciples in community. Indeed, the Eucharist both celebrates and deepens our communion with Christ. The Eucharist also deepens our communion with fellow believers. “The Eucharist’s particular effectiveness in promoting communion is one of the reasons for the importance of Sunday Mass,” wrote Pope St. John Paul II in *On the Eucharist in Its Relationship to the Church (Ecclesia de Eucharistia)*, 41. Without this loving, sharing community, the Mass becomes empty. Whenever we attend Mass and receive holy Communion, we should ask ourselves: *Are we really in communion with Jesus and the body of Christ, his Christian community?* If not, then we should seek this broader communion in our lives. ●



ROMOLO TAVANI / SHUTTERSTOCK

The Redemptorists / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 8	June 9	June 10	June 11	June 12	June 13	June 14
Weekday	Weekday	Weekday	St. Barnabas, Apostle	The Most Sacred Heart of Jesus	Weekday	Eleventh Sunday in Ordinary Time
1 Kgs 17:1–6 Mt 5:1–12	1 Kgs 17:7–16 Mt 5:13–16	1 Kgs 18:20–39 Mt 5:17–19	Acts 11:21b–26; 13:1–3 Mt 5:20–26	Dt 7:6–11 1 Jn 4:7–16 Mt 11:25–30	1 Kgs 19:19–21 Mt 5:33–37	Ex 19:2–6a Rom 5:6–11 Mt 9:36–10:8



JUAN PABLO ARIAS / CATHOPIC

### A WORD FROM POPE LEO XIV

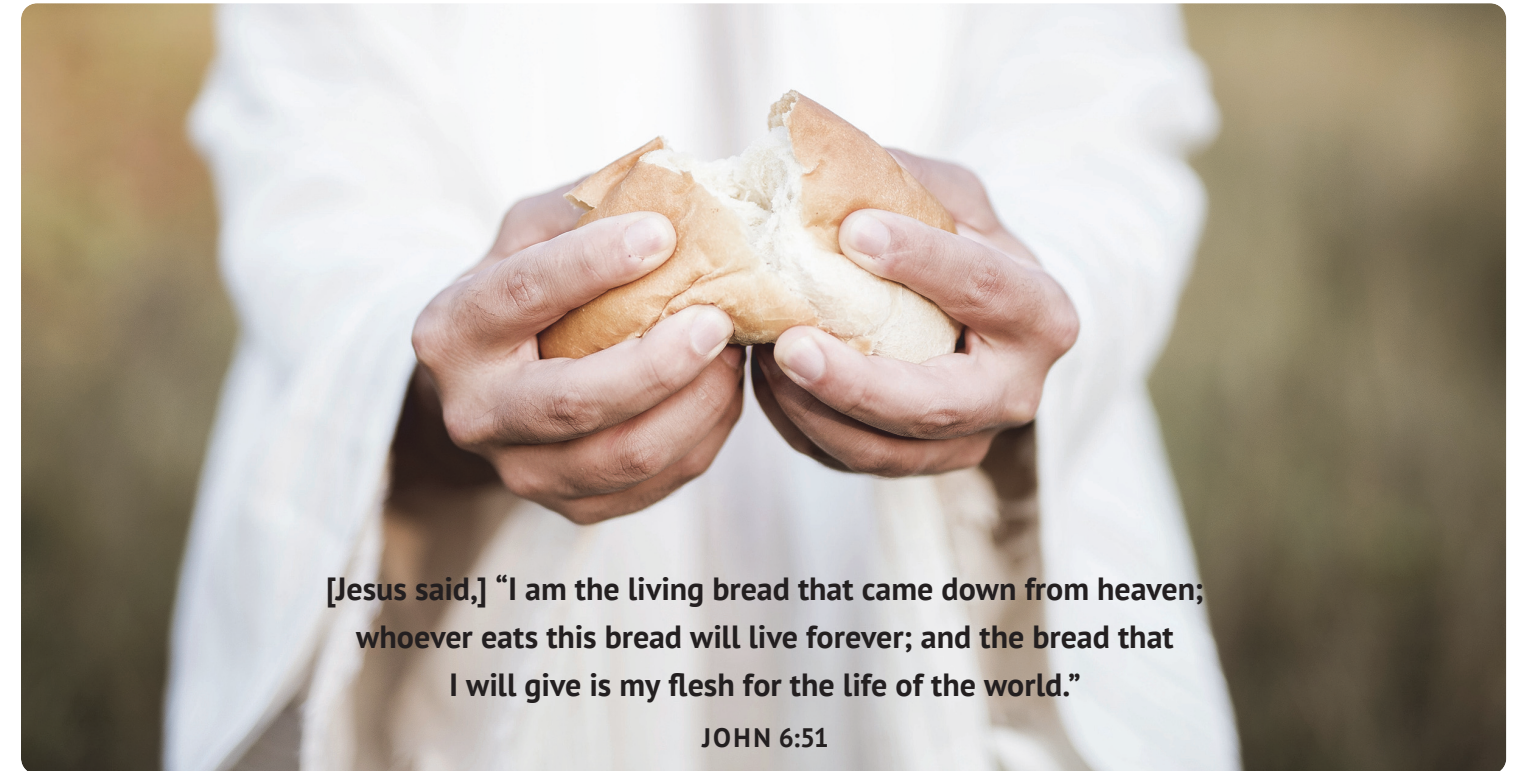
**Together...we will feed on the Blessed Sacrament, adore him and carry him through the streets.... Strengthened by the food that God gives us, let us bring Jesus to the hearts of all, because Jesus involves everyone in his work of salvation by calling each of us to sit at his table. Blessed are those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

HOMILY, ROME, JUNE 22, 2025

# Our Parish COMMUNITY

June 7, 2026

The Most Holy Body and Blood of Christ (Corpus Christi) (A)  
Deuteronomy 8: 2–3, 14b–16a / 1 Corinthians 10:16–17 / John 6:51–58



[Jesus said,] “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

JOHN 6:51

## All You Can Eat

MIGUEL DULICK

The “Bread of Life Discourse” in the sixth chapter of the Gospel of John is an astonishing teaching. “The bread that I will give is my flesh for the life of the world” (John 6:51b). Creation was wonderful, the Incarnation was wonderful, but now Jesus takes the final step in God’s coming ever closer to us human beings, as close as food, as intimate as eating Christ’s body and drinking his blood. For us Catholics, it’s called *transubstantiation*: the Host—something we hold in our hand—is so divine that we worship it!

The crowds listening to Jesus could not have imagined how you would “eat” (literally, “gnaw”) Jesus’ flesh or drink his blood, and certainly not a whole year before the Last Supper (not to mention, hundreds of years before St. Thomas Aquinas). When surveys showed that many of today’s Catholics are just as confused and doubtful as the crowd at Capernaum, having lost faith or even interest in the Eucharist, the American bishops launched a search-and rescue mission to recover “The Mystery of the Eucharist in the Life of the Church,” published in 2021.

Paul bases the sacrament in our own experience. “The cup...that we bless” and “the bread that we break” create the ultimate reality: “we, though many, are one body”—of Christ! (See 1 Corinthians 10:16–17) The priest says, “The Body of Christ,” and we respond, “Amen!” ●



LEARN ABOUT THE AUTHORS OF OUR PARISH COMMUNITY

### Reflect

What does my “Amen” mean when I receive the Eucharist?