



Sunday Reflection with Fr. Rafal



Dear Friends in Christ,

As we come together today to celebrate **"The Most Holy Body and Blood of Christ"** let me ask a simple question; have

you ever heard anyone say, "the Mass is boring" or "I just don't get anything out of the Mass?" Well, I happen to know the pas-

tor up at that huge non-denominational church. He just loves to

brag about how many "ex-Catholics" he has in his congregation. And when you

ask those Catholics, who now chose to go there on Sunday instead of Mass, you'll

often hear something like; "I just get sooo much more out of the service," or "It just

makes me feel so good," or even "I just feel closer to Jesus." Of course the all-im-

portant words in their answers are "I" and "me." My friends stated very simply; if you

sincerely want to worship God exactly the way Jesus Christ teaches us to worship

God in the Bible, you go to a Catholic Mass. If, on the other hand, worshiping God is

not your priority and you're willing to walk away from Jesus' own body and blood,

sing along with the joyful songs, projected on the big jumbo TV screens, be happy,

and have fun. As I think about it myself however, somehow I believe giving an hour

or so worshiping the unlimited creator of the universe, exactly the same way Jesus

instructed his Apostles to do, on the night before his Passion, may not be all about

"me" and my personal entertainment.

In the second reading of today St. Paul emphasizes: "For as often as you eat this

bread and drink this cup, you proclaim the death of the Lord until he comes." Paul's

first emphasis for this Eucharistic sacrifice is Jesus' own sacrificial death on the Cross.

A person should examine himself, and so eat the bread and drink the cup. For any-

one who eats and drinks without discerning the body, eats and drinks judgment on

himself. Sounds like Paul is telling his congregation in Corinth this "body and blood

of the Lord" sacrificial rite is serious and vital for their spiritual lives.

There is one other Biblical nuance that brings the Mass into even clearer focus as

we read 1st Corinthians, when Paul tells us Jesus said, "Do this in remembrance of

Me." Paul's audience would have understood these words in context of the Passover

Meal. Jesus used the same words God used when he directed Moses to establish

that night as a memorial remembrance for the night the angel of death passed over

the Jews in Egypt. They believed spiritually they were made present again with their

ancestors on that fateful night. And this is the same night Jesus chose to give us His

body and blood literally in the Eucharist, a definitive unification of God and God's

people. Likewise, during the Consecration of Mass we are present again with Jesus

when bread and wine become His body and blood. Obviously, with his vivid words,

Paul wanted the Corinthians to understand what was happening.

Now, welcome everyone to the Sacred Sacrifice of the Mass as we celebrate **Cor-**

pus Cristi, the Most Holy Body and Blood of Christ. One scholar goes so far as to

say this, "The words pronounced by the Priest at the Consecration are more essential

for our salvation than God's own words from Genesis when he said, 'Let there be

light.'" Wow, I sincerely hope no one is bored.

Have a Blessed Sunday!

Fr. Rafal Ligenza.

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