

The Solemnity of the Body and Blood of Jesus, June 7, 2026

You may have heard some time ago, perhaps around 2019, of the statistics released about Catholics who do not believe in the real presence in the Eucharist. The figures were as high as seventy per cent. I have read those figures and accompanying commentary on what we can do to increase the faith in the Eucharist, the true presence of Christ in the Eucharist. Today, as you know, is the Solemnity of the Most Holy Body and Blood of Christ and I'm not going to spend my homily here today trying to make an argument for the true presence of Christ in the Eucharist. I take that as a given. That has been the constant and unambiguous teaching of the Church from the beginning.

I will say that if you don't believe in the real presence of Christ in the Eucharist, or if you struggle to believe as the Church believes about this Sacrament, there is a wonderful practice that can help you to come more and more in alignment with the Church's doctrine, her teaching, her belief – and that is Eucharist Adoration. Just spending a little bit of time, or a lot of time sitting with Jesus in the Sacrament, will do wonders. Just tell him you struggle to believe. Tell him you have doubts but keep coming back and I can just about guarantee something will change in your heart, and you will come to believe. Because he, whether you know it or not, is present. And by that he will speak to you, he will speak straight to your heart and help you to believe. Anyway, my question today is not, is Jesus truly present in the Sacrament.

My question is, given that Jesus is truly present in the Sacrament, what are you going to do about it? If he is truly present, truly is here

in the Sacrament, speaking to the depths of your heart from his place on the altar, how will you respond? What kind of action is that going to elicit from you? That is the question. In the face of this Divine Reality, this sublime reality, what do we do?

There is a long, long history of the Church in which many, many people had a tremendous, profound love for Jesus in the Eucharist. In the beginning years of the Church we know that in the early 200's, Christians were accused of being cannibals because of this doctrine of the True Presence when we receive the Body and Blood of Jesus Christ in the Sacrament. Early Christians didn't say, 'well, maybe we should change this so that we fit in a little bit better with the people in the world.' They held fast because they knew what a great gift this Body and Blood of the Christ, given in this sacrament to be food and nourishment.

You may know the story of St. Tarcisius, a young, a twelve-year-old boy, who served as an acolyte around the year 218. When he was bringing the Eucharist to someone who couldn't come to Mass some of his classmates wanted him to stop and play. But he didn't because he was on a mission. He had the Sacrament with him, and he was on his way. Well, they somehow learned that he was Christian and that he had the sacred mystery, the Eucharist, in his possession. And they wanted them to hand that over. He refused and that led to his death. A twelve-year-old boy recognizing the truth of this mystery, and loving Jesus in this mystery so much that he was willing to lay down life.

You may know the story of St. Clair of Assisi many centuries later when the Saracens were coming to Assisi. They were actually going

near to the convent. She took the sacrament into the monstrance and right into the window. As the story goes, there was such a radiant light that showed from the Sacrament, that the Saracens turned away in fear of this unknown mystery and power.

In more recent years, the middle of the 20th century, there was Lieutenant Governor of Quebec, by the name of Paul Comtois, a very devout Catholic. He asked his archbishop if he could reserve the Blessed Sacrament in his chapel at home, which is an extraordinary request, and perhaps even more extraordinary, it was granted. But the archbishop insisted that Paul, that he take the most careful custody, in absolute sense, he had to take care of the Sacrament reserved in his chapel at home. Anyway, there was one evening when Paul and his wife, their family, and some guests that were staying with them returned home late, and somehow fire broke out in the house, and the family and guests were all able to escape safely. Paul went back to the house, and he went upstairs to the chapel, and retrieved the Blessed Sacrament and as he was going down the stairs, the staircase collapsed and he perished. So, what a great love, what a great love for Jesus in the Eucharist. What great love. And they found under his charred body, the pix containing the host.

Archbishop Fulton Sheen who will soon be beatified was well known for making a daily Eucharist Holy Hour - spending an hour with Jesus in the Blessed Sacrament. And surely that was the source of the fruitfulness of his ministry. He's known by millions and millions for his preaching and all the good that he did in his ministry.

There's a story about Mother Teresa, how when some of the nuns came to her suggesting that there's so much work to do in serving the poor that perhaps they should shrink the amount of time for adoration, so they have more time to go out and work and reportedly, Mother's response was that they should have an extra hour of adoration in that case!

All of these, as so many other examples, they really stir up in my heart a desire to love Jesus more and more in the Eucharist. And I think for all of us, for all of us, all these examples, and just the truth of our faith in this Sacrament it evokes this desire to make some kind of resolution to grow in this faith, to make Jesus more and more central in our life. To let the Eucharist occupy the absolute central place in our heart. I mean, we know that Jesus is truly present in the Sacrament. The only logical choice is to draw nearer. Not to be content with sort of a reduced place of Jesus in the Sacrament. How can I grow in this? How can I love Jesus more and more and more? We're never going to max out. There's always room, there's always some way you can give Jesus more of your heart.

So, what might a good resolution be? What kind of resolution will you make today on this great feast day as to how the Eucharist can become more central in your life? Perhaps it has to do with just being more mindful when receiving the Sacrament? Really focusing, being deliberate, and intentional, present, as you receive this Sacrament and realize what you are doing. Perhaps it's going to Confession on a more regular basis so that you can receive the Sacrament with a purer and purer heart that makes the Sacrament all that much more fruitful and attractive in your life. If there's some reason you can't receive Holy Communion, I say this in the most

literal sense, for the love of God, do whatever it takes to make it so that you can receive. And if you need help from a priest working out some situation in life, let me know. Happy to sit and talk things through with you. Even the study of scriptures should draw us to the Eucharist. It's all the love story of God for us. It's a desire for us to come into communion with him.

I love the fact that more people are coming to Adoration before Mass and we have 1st Friday adoration. What a great opportunity. Just once a month you come and sit with Jesus in the Eucharist for fifteen, thirty or sixty minutes. It's time well spent because the truth of this Sacrament draws us in. Jesus beckons to us in this Sacrament drawing us closer and closer. Today, we're going to show the Eucharist in a procession after Mass in the neighborhood out here. Another beautiful way to bring our faith out of the world a little bit. Out into this little part of the world.

I encourage you, especially on this feast day, but just in the journey of the Christian life to ask God to show you 'Lord, show me, what I can do, what I ought to choose today so that this mystery, this great tremendous gift of Jesus in the Eucharist can become more and more central in my life because in eating of his flesh and the drinking of his blood, there is eternal life.