

The Most Holy Body and Blood of Christ
Corpus Christi
June 22, 2025
Year of the Holy Spirit

“There is no prayer more agreeable to God, or more profitable to the soul, than that which is made during thanksgiving after Communion.” (Saint Alphonsus Liguori, The Aesthetical Works vol. VI, The Holy Eucharist, p.49)

Saint Leonard wrote, in his book *The Hidden Treasure: Holy Mass*, a sentence a single sentence which I would like us to reflect upon — *Now I am no longer my own but Christ's: I no longer live in myself, but in Jesus, and Jesus lives in me.* God, in His Son, becomes perfectly present within the communion host. His Presence is total; just as He was completely present to His Apostles as they walked together during His earthly ministry. As Catholics, we believe and profess this to be true. Furthermore, we state when we receive the Eucharist in a state of Sanctifying Grace, grace grows within us and strengthens our resolve to remain in grace and avoid the nearest occasions of sin. Even though our mouths proclaim these truths, I find myself wondering IF my heart believes them as well?

Allow me to quote another line from Saint Leonard to further illustrate this point — *My soul, of what art thou thinking? Behold thyself now in possession of that for which thou hast been sighing; behold thyself all hallowed by the presence of Jesus, transformed into Jesus.* Honestly, we must ask ourselves: Do we believe we have received Jesus?

I would hope we do believe this to be true. However, our actions **AFTER** receiving the Most Holy Body and Blood of Jesus, they will show us where our heart is. The first question we can consider: When we return to our seats, do we thank God for the reception of His Son? I wish I could answer that I always have done this, but that would be a lie. I have too often found myself looking at others. Who is going to communion? How are they dressed? I am embarrassed to admit, in this special moment when Jesus has entered my soul, I have been too distracted to even say “Thank you” to Him. At this moment when our hearts are united together, I should be thanking Him. I should thank Him because I am being gradually transformed into Him. He and I are becoming One: one in mind, heart and soul. If only I would take the time to shut everyone and everything out and only listen to Him. What would He say to me at this moment?

A second question we can consider: When the Mass is over, do I immediately start talking as I leave the pew? Out of respect for those around who might be praying, do I wait and visit outside? Again, I am embarrassed to admit, I have too often failed at this as well. Jesus Christ, Whose Sacred Flesh endured horrific torture for me, and do I take one moment to thank Him? Or, am I too occupied with what I will be doing after the Mass is

concluded. It is not about staying to sing every verse of the final hymn. It is about staying to say "Thank you and Forgive Me."

On this Solemnity of the Most Holy Body and Blood of Jesus I am left to wonder within myself, IF I truly take this moment, this Mass, for what it really is: Heaven come down to earth. I am in the presence of Jesus. I have heard Him speaking to me in the Bible readings. I have shared in His Eucharistic sacrifice by the partaking of His Body and Blood. I have had the same opportunity to sit in His Presence as did the Apostles and disciples. All of these things which I have read about in the Gospels, I have had the opportunity to experience in this parish church, during this Mass. All of this being said: I ask myself again, do my actions **AFTER** reception affirm my belief in what I have just received, Jesus Christ?