



Bringing Home the Word

Most Holy Body and Blood of Christ (Corpus Christi) (C)

June 22, 2025

Eat and Drink

Sr. Dianne Bergant, CSA

Bread and wine, the basics for most Mediterranean diets, are featured in the readings for this feast.

They were the gifts that were offered to God Most High by the priest-king Melchizedek, as stated in Genesis. Because these gifts represent the staples of life, such a sacrifice was offered because it symbolized the offering of life itself. Who was this mysterious man who blessed Abram, when Abram usually blessed others? We have no answer.

This theme of bread and wine shifts a bit in the gospel passage. There, the meal consisted of bread and fish, traditional

fare of fisher folk. Hence, this meal also symbolized life. We stand open-mouthed when we realize the multitude of people who were fed on such a sparse amount of food. How could this happen? Mystery abounds!

In the first reading, the essence of life is offered to God. In the gospel, the essence of life is offered to the people. It is in Paul's letter that we find the high point of the readings and of the feast itself. There, Paul proclaims what was probably one of the earliest eucharistic formulas of the early Church. It ends with an admonition from Christ himself: "Do this in remembrance of me" (1 Corinthians 11:24). Here, the bread and wine that was first offered to God, and then offered to the people, is the very Body and Blood of the Lord Jesus Christ. This remembrance of his death is really a celebration of life. The mystery here is incomprehensible. †



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a sparse amount of food.
How could this happen?***

A Word from **Pope Francis** (1936–2025)

Our eucharistic adoration comes alive when we take care of our neighbor like Jesus does. There is hunger for food around us, but also for companionship; there is hunger for consolation, friendship, good humor; there is hunger for attention; there is hunger to be evangelized.... We need to *eat and feed others*.

ANGELUS, ROME, JUNE 19, 2022



Sunday Readings

Genesis 14:18–20

Melchizedek, king of Salem, brought out bread and wine. He was a priest of God Most High.

1 Corinthians 11:23–26

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Luke 9:11b–17

[Jesus] said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have."

REFLECTION QUESTIONS



- Do I worry about not having enough?
- How can I live as if I believe in abundance?



The History of Corpus Christi

Around 1209, a group of holy women in Liège, Belgium, established a center dedicated to eucharistic piety. These women were convinced that the Lord desired the celebration of a new feast dedicated to the reserved sacrament of the altar. This feast became known

for this procession. There are beautiful arrangements of flowers, especially before the four altars where the gospels are chanted and the solemn Benediction is given. Church choirs and musicians also perform.... The Corpus Christi procession is a kind of cosmic liturgy. Symbolically, it invites all creatures to join in the Church's joy, gratitude, and praise. Thus, festivity and solemnity combine in this eucharistic celebration and procession.

as Corpus Christi. For this feast, St. Thomas Aquinas composed beautiful hymns that expertly combined dogma with devotion.

With its rich eucharistic liturgy and procession, the feast of Corpus Christi is an occasion of special praise and thanksgiving offered to the Father in the name of all creation, and of special thanksgiving for the institution of the Eucharist, in which Christ's Body is the bread of life.... The Corpus Christi procession is a solemn act of public adoration and praise.... In many Catholic towns, houses are decorated

Church processions symbolize our pilgrimage to our final destination.

Church processions, but particularly the Corpus Christi procession, symbolize our pilgrimage on the road to our final destination, with Christ accompanying us, for he is the Way and our final home. The feast of Corpus Christi is still a major feast in the Church today and reverently celebrated by

Catholic communities around the world. †

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Wisdom from Catholic Update

From *"Eucharistic Adoration: Drawing Closer to Jesus"* by Kathleen M. Carroll

For Catholics, the Eucharist is no mere symbol of Jesus; we believe that the consecrated host is actually the Body, Blood, soul, and divinity of Christ. Receiving Communion at Mass is our best opportunity to fully experience Christ within our parish communities. We come to the table of the Lord with our fellow believers and become one collective body as we share in Jesus' sacrifice in a tangible way. Eucharistic adoration gives us a chance to be with our Savior one on one...and bring to him all our cares, concerns, prayers, hopes, and thoughts. We set aside a special time, a respite from our hectic lives, to create a personal space in which to meet Our Lord.

Catholic Update—a subscription newsletter published eleven times a year—explores Church tradition and teaching on contemporary topics. Liguori.org • 800-325-9521



God of abundance, as we are fed in the Eucharist, may we be mindful of the unspoken hungers of those around us. We pray in Jesus' name. Amen.

The Redemptorists

WEEKDAY READINGS

June 23–28

Monday, Weekday:

Gn 12:1–9 / Mt 7:1–5

Tuesday, Nativity of St. John the Baptist:

Is 49:1–6 / Acts 13:22–26 / Lk 1:57–66, 80

Wednesday, Weekday:

Gn 15:1–12, 17–18 / Mt 7:15–20

Thursday, Weekday: Gn 16:1–12, 15–16 or 16:6b–12, 15–16 / Mt 7:21–29

Friday, Most Sacred Heart of Jesus:

Ez 34:11–16 / Rom 5:5b–11 / Lk 15:3–7

Saturday, Weekday:

Gn 18:1–15 / Mt 8:5–17