

So, on this feast of the Body and Blood of Christ -- a different type of homily today – one that will hopefully allow you to do a bit of reflection – in that I am going to read you a series of quotes of what others have said about the Eucharist and about the Mass. . .

I won't even distract you by telling you the author of each quote, but simply read them to you, then give you a few moments of silence after each one – to allow it to soak in a bit –then move on to the next one.

Hopefully everyone will hear at least one thing, perhaps more -- that resonates with you – recharges your mind and heart – or perhaps gets you to look at the Eucharist in a new way.

If, by the way, you do hear something and wonder what the source is – you can always look it up on the parish website later, – by pulling up today's homily.

So as we get started, just get comfortable – perhaps even close your eyes – and imagine being in a special place – wherever that may be for you – on the beach (where I was last week) , or in a forest, or on a boat.

Just comfortably breathe in and out as you are settling yourself – and then listen with your ears, minds, and hearts ----

When we work hard – we must eat well. What a joy that we can receive the Eucharist often! It is our life support in this world. Receive Communion often – and Jesus will change you into Himself. – *St. Peter Julian Ermand*

In the Mass, Christ is really present in the minister, in the Eucharistic bread and wine, in the proclaimed Word of God, and in the whole community. –*Document on the Sacred Liturgy #7*

During the Eucharist: be what you see, and receive what you are. –*St. Augustine*

If the word of God is so powerful as to bring into existence things which were not as at the time of creation --- then those things which already exist can certainly be easily changed into something else as is done in the Eucharist. –*St. Ambrose*

What you eat becomes a part of you. –*Tertullian*

In the Mass, there is to be more reading from Scripture, with more variance and suitability. Homilies should be drawn mainly from Scripture and should proclaim God's wonderful works, the mystery of Christ, and the wonderful moment that we share together at the Eucharist. –*Document on the Sacred Liturgy #35*

The celebration of the Eucharist should increase our love for one another and remind us of our responsibilities toward one another. To receive in truth the Body and Blood Christ given up for us, we must recognize Christ in the poorest of our brothers and sisters. –*Catechism of the Catholic Church #1553 & 1397*

Then taking the five loaves and the two fish, and looking up to heaven, Jesus said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied.

-*Gospel of Luke for today. (Luke 9: 11-17)*

If you, therefore, are members of Christ's body, it is your own mystery that is placed on the Lord's table! It is your own mystery that you are receiving! You are saying Amen to who you are... Be a member of Christ's body, then, so that your Amen may ring true! - *St. Augustine*

We cannot love God unless we love each other. And to love we must know each other. We know God in the breaking of the bread, and we know each other in the breaking of the bread – and so we are not alone anymore. –*Dorothy Day*

Faith grows when it is well expressed in celebration. Good celebrations foster and nourish faith. Poor celebrations may weaken and destroy it.

-*Music in Catholic Worship #6*

For as often as you eat this bread and drink this cup, you proclaim the death of the Lord until he comes. –*Paul's 1st Letter to the Corinthians (11:23-26)*

The effect of our communion in the Body and Blood of Christ is that we are transformed into what we consume, and the One in whom we have died and in whom we have risen from the dead – lives –

and is manifested in every movement of our body and of our spirit. –*Pope Leo I*

What difference does it make if the bread and wine ON the altar are changed into the Body and Blood of Christ – if those AT the altar remain the same? –*J. Glen Murray, SJ*

As we eat Christ's flesh that was sacrificed for us, we are made strong. And as we drink his Blood that was poured out for us, we are washed clean of our sins. –*Preface for the Most Holy Eucharist.*

*One bread, one body. One lord of all. One cup of blessing which we bless. And we, though many, throughout the earth. We are one body in this one Lord.*