

Solemnity of the Most Holy Body and Blood of Christ



The twelve steps of addiction recovery and the sacraments of the Catholic Church are rooted in the reality of God's presence with us. While some of the steps and each of the sacraments have great ritual and reverence around them regarding initiation, each are to be continually practiced. Practicing these principles in all of our affairs comes in the name of our Lord and Savior Jesus Christ.

This Sunday, the Church celebrates the Solemnity of the Body and Blood of Christ. Our Gospel Reading is taken from the 14th Chapter of Mark's Gospel:

*While they were eating,
he took bread, said the blessing,
broke it, gave it to them, and said,
"Take it; this is my body."
Then he took a cup, gave thanks,
and gave it to them, and they all drank from it.
He said to them,
"This is my blood of the covenant,
which will be shed for many.*

The source of our eternal life is found in Jesus Christ. We are given a tangible way to physically remain in his flesh and have the opportunity to participate in this grace-filled sacrament every week—actually every day—through receiving the Eucharist at Mass.

Step Ten gives us the tools to stay active in the grace we receive through the Eucharist by “continuing to take personal inventory and when we were wrong promptly admitted it.” There is a spiritual principle of perseverance woven within this step that can be found when we continue to seek union with God. We remain humble, admit our powerlessness over addiction and others, take an honest inventory, share it with God and another human being, ask Him to remove our shortcomings, and make amends when it will bring healing and justice to those we've harmed.

This may sound like a lifestyle that is unreachable. Perseverance does not come on our own self-will. Remember, you are not alone and will find the necessary support from the strength of God, the fellowship of the Holy Spirit, and the group of individuals you find walking a similar journey. Even if you have not yet approached this stage of the twelve steps, there is still a lot of spiritual wisdom found in discussing these principles.

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Diving further into the mystery of the Eucharist in his book *Our One Great Act of Fidelity*, Ronald Rolheiser explains:

"We participate in Jesus' sacrifice for us when we, like him, let ourselves be broken down, when we, like him, become selfless. The Eucharist, as sacrifice, invites us to become like the kernels of wheat that make up the bread and the clusters of grapes that make up the wine, broken down and crushed so that we can become part of communal loaf and single cup...

What is supposed to happen at the Eucharist is that we, the congregation, by sacrificing the things that divide us, should become the body and blood of Christ. More so than the bread and wine, we, the people, are meant to be changed, to be transubstantiated. The Eucharist, as sacrifice, asks us to become the bread of brokenness and the chalice of vulnerability."

Let us come together in the name of Jesus Christ and find unity in His Body and Blood, praying for the willingness to overcome fear and doubt. When we unite at the Eucharistic banquet, we recognize the great sacrifice of our Lord and share a common solution to our spiritual obstacles, one day at a time.

- How have you experienced perseverance through personal and family challenges?
- What kind of strength do you find in the Eucharist?
 - Can you relate to the change—or transubstantiation—described by Ronald Rolheiser in this week's reflection?
- What hope would you like to share with the group?

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Sunday Mass Readings this Week

1st Reading: Exodus 24:3-8

Responsorial Psalm: Ps 116:12-13, 15-16, 17-18

2nd Reading: Hebrews 9:11-15

Gospel: Mark 14:12-16, 22-26