

SOLEMNITY OF THE MOST HOLY BODY & BLOOD OF CHRIST

The journey of recovery invites us into a new way of living rooted in both spiritual principles and a real relationship with God. For those impacted by a loved one's addiction or unhealthy attachments, this journey often includes learning how to care for ourselves in new ways while entrusting others to God. The Twelve Steps guide us toward honesty, surrender, and healthy boundaries, while the sacraments offer grace, healing, and nourishment. Together, they remind us that recovery is something we live each day.

This Sunday, the Church celebrates the Solemnity of the Most Holy Body and Blood of Christ. In the Gospel, Jesus says, *"Whoever eats my flesh and drinks my blood remains in me and I in him."* This is an invitation into communion. It is a reminder that we are not meant to carry life on our own strength. We are invited into a relationship where Christ sustains us.

Many of us know what it is like to seek stability in another person. We may have tried to fix, manage, or rescue someone we love. We may have looked to them for peace, identity, or a sense of control. Over time, we come to see that these efforts, while often rooted in love, left us drained and disconnected. They could not satisfy the deeper need within us.

The Eucharist speaks directly to that need. Jesus offers Himself as true nourishment. He invites us to receive rather than control, to trust rather than manage. In receiving the Body and Blood of Christ, we are reminded that our strength comes from God, not from our ability to manage life around us.

This understanding often develops gradually. In early recovery, we may still feel consumed by worry or preoccupied with another person's choices. Even as we begin setting boundaries, it can feel uncomfortable or unfamiliar. Over time, something begins to shift. We begin to recognize that God is present in

our lives, not just in the lives of those we love. We begin to trust that He is caring for them, even when we cannot.

The practice of the Twelve Steps supports this shift. Step One invites us to admit that we are powerless over another person's behavior. Step Two opens us to the possibility that God can restore us. Step Three invites us to turn our will and our lives over to His care. In a similar way, the Eucharist becomes a place where we receive strength to live this surrender.

Saint Mark Ji Tianxiang offers a powerful witness for those who love someone struggling with addiction. He battled opium addiction for many years and, because he could not overcome it, was denied access to the sacraments. His family and community carried the weight of that struggle alongside him. Even so, he continued to attend Mass faithfully and remained devoted to Christ.

In the end, he died a martyr, proclaiming his faith. His story reminds us that love does not depend on visible success or immediate change. God sees the heart of both the one who struggles and those who remain present in love. Faithfulness, patience, and the desire to stay close to God all matter deeply.

Recovery teaches us that progress is often imperfect. We may fall back into old patterns of control or fear. What matters is our willingness to return. The Eucharist becomes a place where we bring our burdens, our fears, and our desire to trust more deeply.

As we receive Christ, we are also united as one body. We are reminded that we are not alone. The fellowship we experience in recovery reflects this unity and helps us stay grounded in truth.

The Solemnity of the Body and Blood of Christ reminds us that healing is not sustained by our effort alone. We need spiritual

nourishment. We need grace. As we continue this journey, we are invited to approach the altar with humility and openness, trusting that Christ is present and strengthening us to live with greater peace and freedom.

REFLECTION QUESTIONS

- When have you looked to another person for peace, stability, or control, and what was the result?

- How are you learning to receive strength from God rather than relying on your own efforts?

- What helps you return to trust when fear or control begins to resurface?

MASS READINGS

FIRST READING Deuteronomy 8:2-3, 14b-16a

RESP. PS. Psalm 147:12-13, 14-15, 19-20

SECOND READING 1 Corinthians 10:16-17

GOSPEL John 6:51-58