

## SOLEMNITY OF THE MOST HOLY BODY &amp; 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 seeking freedom from lust addiction and unhealthy attachments, this often includes a reordering of desire itself. The Twelve Steps guide us toward honesty, surrender, and integrity, while the sacraments offer grace, healing, and true nourishment. Recovery becomes 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 speaks directly to the deepest hunger of the human heart.

Many of us know what it is like to seek satisfaction in ways that promised relief but led to emptiness. Lust trains us to chase intensity without relationship, pleasure without connection, and escape without peace. Over time, we come to see that what we were pursuing could not satisfy the deeper desire for love, intimacy, and belonging.

The Eucharist speaks directly to that desire. Jesus offers Himself as true nourishment. He invites us to receive rather than grasp, to enter into communion rather than isolation. In receiving the Body and Blood of Christ, we begin to experience a different kind of fulfillment, one that does not depend on fantasy or compulsion.

This shift takes time. In early recovery, our minds and bodies may still be conditioned by old patterns. Temptation can feel strong, and our understanding of love may still be distorted. Even so, something begins to change as we remain consistent in prayer, meetings, and the sacraments. We begin to recognize that God is present and that real love is possible.

The Twelve Steps support this transformation. Step One invites us to admit our powerlessness. Steps Two and Three invite us to trust God and surrender our lives to His care. Step Ten calls us to ongoing honesty. These practices help us stay grounded in truth rather than returning to secrecy.

Saint Mark Ji Tianxiang offers a powerful witness for those seeking freedom from addiction. He struggled with opium addiction for many years and, despite his sincere desire to receive the sacraments, was denied absolution because he could not break free from his dependency. 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 speaks directly to the experience of ongoing struggle. It reminds us that God does not turn away from us in our weakness. Faithfulness is not measured by perfection, but by the willingness to keep returning, to remain honest, and to stay close to Christ even when the battle continues.

Recovery teaches us that progress is not always linear. We may face setbacks or moments of discouragement. What matters is that we do not isolate. We return to the fellowship, to prayer, and to the truth.

The Eucharist becomes a place where we bring our whole selves, including our struggle and our desire for healing. It is also a reminder that we are not alone. We are part of a body, and our healing is connected to others.

The Solemnity of the Body and Blood of Christ reminds us that recovery is not sustained by willpower alone. We need grace. We need a new source of life. In the Eucharist, we receive that gift. As we continue this journey, we are invited to approach

Christ with humility, trusting that He is forming within us a new way of living and loving.

**REFLECTION QUESTIONS**

- When have you noticed the difference between temporary satisfaction and lasting fulfillment?

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- How is your understanding of love and desire being reshaped in recovery?

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- What helps you remain connected to truth when temptation or old patterns arise?

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**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