

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. The Twelve Steps guide us toward honesty, surrender, and service, while the sacraments of the Church offer grace, healing, and nourishment. Together, they remind us that recovery is not something we achieve once, but 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 speaks words that are both challenging and deeply consoling (John 6:51-58): “Whoever eats my flesh and drinks my blood remains in me and I in him.” This is not only symbolic language. It is an invitation into communion and a real participation in the life of Christ.

For many of us in recovery, we know what it is like to seek satisfaction in things that ultimately left us empty. We turned to substances, behaviors, or unhealthy attachments hoping to find relief, comfort, or escape. For a time, those things may have seemed to work, but they never satisfied the deeper hunger within us.

The Eucharist speaks directly to that hunger. Jesus offers Himself not as a temporary solution, but as true nourishment. He meets us in a tangible way. In receiving the Body and Blood of Christ, we are reminded that we do not have to fill ourselves with what harms us. We are invited to receive what truly gives life.

This understanding often develops over time. In early recovery, we may feel restless, distracted, or disconnected. We may approach the Eucharist without recognizing its full significance. As we grow in awareness and willingness, something begins to change. We begin to recognize that God is not distant. He is present and available. He is offering Himself to us.

The practice of the Twelve Steps supports this ongoing relationship. Step Ten invites us to continue taking personal inventory and to promptly admit when we are wrong. This is a daily return to truth. In a similar way, the Eucharist invites us into a continual return to communion with God. We do not receive once and move on. We return again and again, allowing grace to shape us.

Saint Mark Ji Tianxiang offers a powerful witness. He struggled with opium addiction for many years and was denied access to the sacraments because he could not overcome it. 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 perseverance matters, even when our progress feels incomplete. God sees the heart and honors the desire to remain close to Him.

Recovery teaches us something similar. Progress is often imperfect. We may stumble, struggle, or feel discouraged. What matters is our willingness to return to meetings, to prayer, to honesty, and to God. The Eucharist becomes a place where we bring our whole selves, including our gratitude, our struggles, and our need for grace.

As we receive Christ, we are also united as one body. Just as we hear in recovery that this is a “we” program, the Eucharist reminds us that we are part of something larger than ourselves. We are connected to one another through Christ.

The Solemnity of the Body and Blood of Christ reminds us that recovery is not sustained by willpower alone. We need spiritual nourishment. We need grace. We need a source of life greater than ourselves. In the Eucharist, we are given that source.

As we continue this journey, we are invited to approach the altar with humility and openness. Christ is present and at work. He offers Himself freely, and in receiving Him, we are strengthened to live differently, one day at a time.

REFLECTION QUESTIONS

- When have you noticed yourself seeking satisfaction in things that ultimately left you empty?

- How has your understanding or experience of the Eucharist changed throughout your recovery journey?

- What helps you remain open to receiving spiritual nourishment and grace on a daily basis?

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