

Solemnity of the Body & 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. In the 6th chapter of John's Gospel we hear Jesus proclaim:

*Unless you eat the flesh of the Son of Man and drink his blood,
you do not have life within you.
Whoever eats my flesh and drinks my blood has eternal life,
and I will raise him on the last day.
For my flesh is true food,
and my blood is true drink.
Whoever eats my flesh and drinks my blood remains in me and I in him.*

The source of our eternal life is found in Jesus. We are given a tangible way to physically remain in his flesh and, as we recover, we begin to appreciate our participation in this grace-filled sacrament when we receive the Eucharist. We might also come to realize that we are capable of persevering more than we thought.

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, 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 situations 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.

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.

Reflection Questions

- How have you experienced perseverance through personal challenges?
- How does the Eucharist strengthen your recovery?
 - Can you relate to the change—or *transubstantiation*—described by Ronald Rolheiser in this reflection?
- What hope do you feel called to share with others today?

A Note About Sponsorship

Sponsorship is a vital part of our recovery journey and is built on the model of Christian discipleship

- A sponsor is someone who guides us through working the Twelve Steps and can be a regular source of support
- You are invited to reach out to someone before/after the meeting to inquire about them being your sponsor or mention in your share that you are looking for a sponsor
- If you are willing to sponsor another group member, indicate that in the chat window or mention it after the meeting
- More resources related to sponsorship are coming soon

Sunday Mass Readings this Week

First Reading: Deuteronomy 8:2-3, 14b-16a

Responsorial Psalm: Psalm 147:12-13, 14-15, 19-20

Second Reading: 1 Corinthians 10:16-17

Gospel: John 6:51-58