Solemnity: The Body and Blood of Christ (B)

Sitting at the table: sharing our lives. He notices a picture of me

God's plan for the human family was **disrupted** by **eating**.

* When Adam and Eve, giving into the devil's temptation, ate the **forbidden fruit** from the tree of good and evil, they **disobeyed** God.
* That was original sin.
* By eating that fruit, they expressed and enacted their desire to **live by their own standards**, not by **God's**.
* But cutting themselves off from God was a **very bad idea**.
* Without God, we are **nothing**.
* He is our Creator and the source of all good things.
* So, when the human family rebelled against him through original sin, we **expelled** ourselves from paradise and put ourselves at the mercy of **evil**.
* That's why the world is so full of misery, suffering, and crime.
* Eating the forbidden fruit also introduced **death** into the human family.
* God's original plan was for us to eat of the **tree of life**, which would **preserve** us from death.
* But after original sin, the tree of life was **off limits**; death becomes our constant companion and our inevitable destination.

But if God's plan was **disrupted** by eating, it is also **restored** by eating.

Since we had run away from paradise and could no longer eat of the tree of life, God came up with a **brilliant alternative**: **he brought the tree of life out to us**.

* That was the mission of Jesus Christ.
* By dying on the cross, he **repaired** the damage done by original sin, suffering in our place and untying the knot of our disobedience.
* In this way, the cross of Jesus Christ became the **new tree of life**.

And this tree is **heavily** **laden** with supernatural fruit: the **Eucharist**, the body and blood of our Lord.

* When we eat of this fruit, we express our **repentance** and our desire to **return** from our rebellion, to be **united to Christ**.
* This supernatural fruit is the **antidote** to the poison of the forbidden fruit.
* It is our **medicine**, gradually **healing** our selfishness and sinfulness, and **nourishing** Christ-like generosity, wisdom, courage, and love.

This is what we celebrate joyfully on today's Solemn Feast of Corpus Christi.

 When we receive the holy Eucharist in Communion, this is what's going on - the **redemption of the world** through Christ's presence in each one of us.

By making himself present in us, he **heals and sanctifies** us, but he **also** reaches out to heal and sanctify everyone **around** us, every part of the world that is **connected** to us.

But this doesn't happen **automatically**.

* When we eat **natural** food, our bodies digest it and derive nourishment from it automatically, without our having to do anything **consciously** to make it happen.
* But since the Eucharist is **supernatural** and spiritual food, it will only nourish us if we **allow** it to.

One thing we can do to help activate the power of the Eucharist in our lives is to make use of the **discipline of silence**.

* You can't put **fine wine** into a glass full of **grapefruit juice** until you **pour out** the grapefruit juice.
* Silence helps us **empty out the cup of our soul**, so that it can receive **God's grace** in Holy Communion.

In silent prayer and reflection, God has a chance to **speak** to us, to **till the soil** of our hearts, and maybe to point out some **unconfessed sins** that are **blocking the flow** of his grace in our lives.

* Coming to Mass a few minutes **early** in order to recollect ourselves,
* staying in the Church a few minutes **after Mass** to extend our thanksgiving,
* respecting the **atmosphere of silence** here inside the church both before and after Mass by reserving our conversations for the vestibule...
* these are practical ways to help make sure God doesn't **spill his grace** when he tries to pour it into our souls through the Eucharist.

Today, as we **thank God** for this awe-inspiring gift of the Eucharist, let's **express** our gratitude by promising to keep our cups **ready to be filled**.