



My Dear Brothers and Sisters,

We celebrate the Solemnity of the Most Holy Body and Blood of the Lord (*Corpus Christi*) today. In this time of Eucharistic Revival, it is an amazing opportunity to remember the power and presence of God in the Eucharist.

Do we have any idea of our dignity?! God has such love for us and created us with such dignity that in the Incarnation (when God the Son became human in the womb of Mary) He united His eternal Godhead to our weak and frail human nature. He took on our human body, soul and will – God united Himself to us. And, as if this wasn't enough, He then feeds us with His very Body and Blood! The incredible dignity that we bear, that only God can satisfy our hungry souls.

Usually when we consume food, we are able to change the food we eat into *us*, but when we consume the Eucharist, we are slowly changed into *Him*! When we receive Communion in a state of grace, our souls become more like Christ's, our hearts are more conformed with His, our wills are strengthened to follow Him. He transforms us.

In Matthew Kelly's book *33 Days to Eucharistic Glory* (p. 122), he tells us that there are incredible gifts and fruit that we receive from receiving Communion:

- Friendship with Jesus
- Desire to know and do the will of God
- Cleansing of venial sin
- Hunger for virtue
- Grace to avoid sin in the future
- A heart that listens to the Holy Spirit
- Desire to know and love God

Which one of these graces don't we need?! When we go to receive Communion, we can ask Jesus for these special graces. Jesus gives us His very self, He holds nothing back. What grace that God loves us so much!

One of the best ways to prepare ourselves for the graces of Holy Communion is to spend time with our Eucharistic Lord in Adoration. When we grow in love of the Lord by spending time with Him, the union of body and soul that we experience with Him in Holy Communion will be amplified. As St. John Bosco said, "Do you want many graces? Go and visit the Blessed Sacrament often. Do you want few graces? Visit the Blessed Sacrament rarely. Do you want none at all? Then never pay a visit to the Blessed Sacrament." We become close friends with Christ by spending time with Him.

As we celebrate this great feast of *Corpus Christi*, I encourage you to examine how you can grow closer to Christ in the Eucharist. How do you need to prepare yourself (Adoration, Confession) to receive Him? If this next Mass were the last Mass you were ever able to attend, how would you prepare yourself to receive Jesus? We never know when our last Mass will be, so we should always be prepared to receive Him with all the love we can! May we receive Communion as if it were our first time, our last time, our only time.