

Peace is...Sharing the Bread of Life

1 Corinthians 11:24,25 *“This is my body that is for you...
This cup is the new covenant in my blood.”*

Gospel Acclamation *“I am the living bread that came down from heaven, says the Lord;*

Feast Day

*whoever
eats this bread will live forever.” (John
6:51)*

The Most Holy Body
and
Blood of Christ

Luke 9:16 *“Then taking the five loaves and two fish, and
looking up to heaven,
he said the blessing over them, broke them, and gave them to the disciples...”*

Reflection:

Bread

Bread is a basic food we take for granted in our society of excess. Yet we are hungry for love, companionship, mercy, respect and a sense of belonging. Bread is sustenance for the poor. Yet they may be rich in the things for which we hunger. Jesus provides all that we need, as He did for those who came to him in a deserted place. He *“spoke to the crowds about the kingdom of God, and he healed those who needed to be cured.”* Then He fed them. He provided them with spiritual and physical healing and nourishment. *“They all ate and were satisfied,”* and there was an abundance left over! Five thousand were fed from five loaves and two fish. We, too, are called to share what little we may have. We don't know what God will do with our gift of sharing, no matter how small it may seem to us. When Paul says, *“I received from the Lord what I also handed on to you...”* he is talking about the institution of the Eucharist at the Last Supper, but this phrase pertains to everything we have – we give from what the Lord has provided for us.

Eucharist

Jesus provides for our needs in the celebration of the Eucharist, the Mass. We are nourished by the Word of God and by His Most Precious Body and Blood; and, in the community of the church, we are given a true sense of belonging. We celebrate oneness with Jesus and solidarity with one another. Jesus wants to be present to us, to strengthen us, to share His life with us, to mean something to us. His mysterious presence may elude us if we are not paying careful attention. It is easy for us to ‘fall into a rut,’ to go through the motions of the Mass and receive the Eucharist as we have done many times before, thereby taking the Lord's presence for granted. How often we minimize this tremendous GIFT! Dare we cease to be grateful and amazed at the miracle which occurs at every consecration at the Lord's table?!

Let us carefully reconsider that in this most common substance, bread, God chooses to intimately touch us. The Lord waits for us to be “in communion” with Him in this very special way. The Lord's presence transcends time and space. And yet He gives us this concrete way to become closely united with Himself. The priest takes, blesses, breaks, and gives to us, this *Eucharist*, which means *Thanksgiving*. It is the center of our faith. Let us remember to make it the center of our life.

Action:

- Go to Eucharistic Adoration on 1st Fridays (SJB 1-6pm). Place yourself in the presence of Christ in the Blessed Sacrament. Spend time with Him.*
- Participate in the Prayer Service in honor of the Feast of the Sacred Heart of Jesus, which will be celebrated in the presence of the Blessed Sacrament, on June 11, at 7 pm (SH)
- Share some of your “bread” with others who have less. Donate to the upcoming Migrant worker collection. See bulletin for more details.

*Eucharistic Adoration is also available at St. Margaret Mercy Hospital chapel on M,W,F from 7:30 to 10:00 a.m., and at the Carmelite Monastery chapel on Ridge Rd. in Munster on Thursdays after the 8am Mass, during the day.

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<http://www.sjbcatholicparish.org/peace-justice.php>