

THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

Sunday, June 7<sup>th</sup> 2026 - Homily by Fr. Tesha, OP.

“Becoming a Eucharistic People”

1. Today the Church rejoices as we celebrate the Solemnity of the Most Holy Body and Blood of Christ, commonly known as *Corpus Christi*. At the heart of this feast is the greatest gift Jesus could ever have given us: **His very self**. In the Holy Eucharist, Christ remains with us, feeds us, strengthens us, and journeys with us toward eternal life.
2. The Body and Blood of Christ, the Eucharist, is the very heart of Christian life. This is why the **Second Vatican Council (1962–1965)** teaches that the Eucharist is “**the source and summit of the Christian life.**” On one hand, it is the *source* because from it we receive the grace and strength to live as disciples of Christ. On the other hand, it is the *summit* because every dimension of Christian life (our prayer, charity, sacrifice, and mission), finds its highest expression at the altar of the Lord.
3. The twentieth-century theologian **Henri de Lubac** captured this mystery in a profound phrase: “*The Eucharist makes the Church, and the Church makes the Eucharist.*” The Church is continually nourished and built up by the Eucharist, and at the same time entrusted with celebrating and handing on this sacred mystery to every generation. Indeed, the Church cannot be understood apart from the Eucharist, nor the Eucharist apart from the life of the Church.
4. Today’s Solemnity therefore invites us to live this mystery more deeply. It calls us not only to receive the Eucharist but also to become a Eucharistic people. If we truly receive the Body of Christ, then our lives must begin to reflect the One we receive. In a real sense, **we are called to become what we consume.**
5. **Becoming a Eucharistic People:** with the understanding of the Eucharist as the source and summit of our Christian life, we must allow it to shape the way we live by embracing among others, the following five commitments:

a) **Make the Eucharist the center of our lives.**

May we come to Mass not merely out of routine or obligation, but with faith and joyful expectation, knowing that we are encountering the living Christ.

“*Whoever eats my flesh and drinks my blood remains in me and I in him.*” (John 6:56)

b) **Live in God’s friendship.**

The Eucharist calls all of us to holiness. We are invited to examine our lives regularly, seek God’s mercy in the Sacrament of Reconciliation, and strive daily to remain in His grace.

“*Examine yourselves before you eat of the bread and drink of the cup.*” (1 Corinthians 11:28)

**c) Become bread broken for others.**

Just as Christ gives Himself completely to us, we are called to give ourselves generously in love and service to our families, neighbours, the poor, and all in need.

*“As I have loved you, so you also should love one another.”* (John 13:34)

**d) Be builders of unity and peace.**

The one Bread we share makes us one Body in Christ. We are therefore called to reject hatred, gossip, resentment, and division, and instead become instruments of forgiveness, reconciliation, and peace.

*“Because there is one bread, we who are many are one body.”* (1 Corinthians 10:17)

**e) Carry Christ into the world.**

When Mass ends, our mission begins. The Christ we receive in the Eucharist must be visible in our words, our decisions, and our daily relationships. The most authentic witness of faith is a life transformed by the Eucharist.

*“Go in peace, glorifying the Lord by your life.”*

**6.** The reception of Holy Communion is therefore not only an invitation to welcome Jesus into our hearts but also to allow Him to shape our entire lives. As the ancient wisdom of the Church reminds us, **we become what we consume**. May this celebration of Corpus Christi renew our love for the Eucharist and lead us to become what we consume: **the Body of Christ, broken in love and shared for the life of the world.**