

Theme: **THE EUCHARIST, BREAD OF ETERNAL LIFE!**  
**SOLEMNITY OF CORPUS CHRISTI** (*Body and Blood of Christ*)  
June 7, 2026

There's a story about St. John Vianney, the patron saint of diocesan priests. While he was elevating and carrying the consecrated Host during Mass, he paused and thought deeply. Then he exclaimed in amazement: **"I CARRY HIM TO THE RIGHT, HE REMAINS ON THE RIGHT; I CARRY HIM TO THE LEFT, HE REMAINS TO THE LEFT."**

Can you imagine that awe? God, so humble, so kind, allowing Himself to depend on His own creature. St. John Vianney was so moved he said: **"IF I KNEW I WAS NEVER TO HAVE YOU IN HEAVEN, I WOULD NEVER LET YOU GO NOW THAT I HAVE THE HAPPINESS TO HOLD YOU IN MY HANDS."**

We remember this moment today as we celebrate the Feast of Corpus Christi, the Body and Blood of Christ.

In the Gospel (Jn 6:51-58), Jesus explains the meaning behind the multiplication of five loaves and two fish — just the lunch of a small boy — that fed 5,000 people. As He spoke, He pointed back to the manna God gave the Chosen People in the desert after freeing them from slavery in Egypt (Dt 8:2-3, 14-16). Every Jew knew that story well. But Jesus added something new: their ancestors ate manna, and yet they still died. Now, He was giving His own flesh to eat and His own blood to drink so that we could have eternal life. **"This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever"** (Jn 6:58).

What did we do to deserve this gift? Nothing. Absolutely nothing. It's purely God's goodness, His longing to live in our hearts, to be our life, that He gave us this. All we can do is thank Him.

And since we actually receive and eat Jesus Himself in Communion, let's ask ourselves: how much do we prepare to receive Him? This is a question we need to ask, because sometimes we fall into habit. We do it so often it feels ordinary. But it shouldn't be ordinary. Every single time we receive Jesus in Communion, we should prepare as best as we can — clean in body, yes, but even more, clean in spirit.

After we receive Him, do we let His presence guide what we think, what we do, what we say? Do we talk to Him, here and there, throughout the day? He is our Friend, after all. And don't friends talk to each other? Does our conversation with Jesus change us? Does it make us into the kind of person He wants us to be? Can people see that change at home, in school, at work, in our community?

One last thing, and this is so important: receiving the Body and Blood of Jesus isn't just a "Christ-and-me" relationship. It builds up the whole Christian community we were baptized into. It gives that community life.

I remember an article by a Filipino priest about the multiplication of loaves. He didn't believe the crowd followed Jesus with no food at all. He believed they had food with them, but they were holding back. They were afraid someone might take it or ask for a share. Except for one little boy. He brought out his lunch and gave it to the apostles. Jesus took it, gave thanks, broke it into small pieces, and started sharing. And that's when the miracle happened — the other people took out what they had and shared too. Everyone ate and had more than enough. The real miracle wasn't just the bread multiplying. It was the hearts multiplying. It was people opening their hearts and their hands.