Reflection The Solemnity of the Body and Blood of Christ June 22, 2025

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1 Cor 11.23-26

According to Paul, "For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes." These are powerful words and the core of our Christian challenge as well. Paul calls us to pause, remember, and proclaim the risen Christ.

What we celebrate in the Eucharist is a living memorial, not only a holy rite or performance. Every time we assemble at the altar, Paul reminds us that we are entering the Paschal Mystery rather than merely reenacting a feast. The broken bread represents His body offered to us and the new covenant made in His blood is the cup that is poured out. This act of remembering brings heaven and earth together.

However, St. Paul does not just describe how the Eucharist was established. He explains its result. He says, "Until the Lord returns, you proclaim his death." Put another way, each Eucharist is a proclamation—a testament to love that is greater than death. It is anticipation as well as remembering. We look back at Calvary and look forward to His glorious return. Therefore, let's approach the altar today with reverence rather than just out of habit. Let our hearts be shaped by this mystery.