

# REFLECTION

**Corpus Christi, Year A, June 7th 2026**

## **The Body and Blood of Jesus Christ 1 Corinthians 10.16-17**

Paul states, "The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread."

St. Paul reminds us that the Eucharist is not merely a symbol, but a true sharing in the Body and Blood of Christ. As we partake of the one Bread, we are made one in Him. Moreover, in Holy Communion, Jesus gives Himself to us as food for our souls, strengthening our faith and drawing us closer to Him. The Eucharist also calls us to unity—within our families, our parish, and our community—as we are drawn into deeper communion with Christ and with one another.

As we gather at the altar, let us wholeheartedly embrace this extraordinary gift with faith, allowing it to transform our lives through love and unity. May the Body and Blood of Christ empower us to stand together as one family, one Church, and one body in Him. And let each Eucharist we celebrate enrich our connection with God and strengthen our bonds with one another.