

Corpus Christi Sunday (Sunday June 7, 2026)

At the very heart of the Christian life is a **simple but profound truth**: God wants us to be His sons and daughters – **that He made us all** when we were baptized – but He wants us to remain, to live and to act like His sons and daughters.

Like His Only Begotten Son - Jesus.

He wants us to become people whose lives are so marked by love, by mercy, by generosity and compassion that others can see something of God in us – they will know God through us.

Everything we do as Christians is meant to lead us toward that goal:

- Our prayers and the kind & charitable things we do
- The sacrifices we make
- The way we serve others

How we are nourished, strengthened and share the sacraments – are all meant to transform us more and more into the likeness of Jesus.

Nowhere does that transformation happen more powerfully than in the Eucharist.

We believe that at every Mass – through the power of the Holy Spirit and the words of Christ spoken by His Priests – the bread and the wine truly become His Body and His Blood.

The Church uses the word "transubstantiation" to describe this mystery. A word that may sound complicated, but its truth is simple.

What appears to be bread, and wine remains outwardly the same. Yet at its deepest level, it's no longer bread and wine.

It is Jesus Himself. His Body, Blood, Soul and Divinity. His very real presence among us.

How is this so and why does this matter?

Because God's giving us the Greatest Gift of Himself that He can and showing us something about our own lives too.

If ordinary bread and wine can be transformed into the Body and Blood of Christ, then ordinary people like you and me can be transformed as well.

The Eucharist isn't simply something we just receive. **It is meant to change us.**

How do we know the Eucharist is changing us?

- We know it when we find strength to be patient instead of getting angry with people...
- Or when we allow forgiveness to replace resentment in our lives.
- We know it when compassion overcomes indifference towards people...
- We know it when we make time for the lonely, serve without needing to be recognized
- AND most especially when we love when it would be easier not to.

The Eucharist isn't simply something we receive.

It's Christ transforming us from the inside out so that His love becomes visible through our lives.

Every time we come forward for Communion, we're invited into a deeper union, a deeper relationship with Jesus Himself.

We receive His life so that **His life** may become more visible in us.

We often hear the expression, "You are what you eat." Spiritually speaking, that is exactly what Jesus wants for us.

We receive Christ so that we may become more like Christ.

We receive His love and mercy so that we may love as He loves and show mercy to others.

We acknowledge, accept and reflect on His patience with us so that we may become more patient ourselves.

His Body & Blood strengthens us so that we may carry our crosses with faith and hope

St. Augustine once said that when we receive the Eucharist, we're being transformed into what we receive. We become the Body of Christ in the world.

That transformation is never meant to stop with us.

When Jesus instituted the Eucharist at the Last Supper, He gave Himself not to one disciple but to the whole community.

The Eucharist was always meant to bring people together, to unite believers.

One detail from the Last Supper always strikes me – we hear it in Mark's Gospel account.

After receiving the Body and Blood of the Lord, the disciples sang a hymn together and this offers us a beautiful image of the Church. Each disciple had a different personality, different strengths, different weaknesses, and yet together they formed **one song of praise to God**.

That is what the Eucharist does.

It transforms individuals, but it also creates communion/ unity/ togetherness. It forms us into one Body.

That is why the Church is called the Body of Christ.

St. Paul reminds us, "You're the Body of Christ, and individually members of it." Every one of us has a role and part to play – everyone has a voice to contribute to the song of praise.

By the power of the Holy Spirit – bread & wine is transformed into Christ.

By the same Holy Spirit – Christ transforms us and together, He transforms His Church.

Perhaps that is the one word that best summarizes what we celebrate today is transformation.

The transformation of the bread and wine.

The transformation of our hearts.

The transformation of the Church into Christ's living presence in the world.

Today, as we celebrate Corpus Christi and as we process with the Blessed Sacrament, let us renew our faith in the real presence of Jesus in the Eucharist.

And let us ask Him for the grace not only to receive Him, but to become more like Him.

May the Lord whom we receive at this altar transform us into His Body, His hands, His voice, and His love for the life of the world.