



## Catholic Church and School

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Eating and Food are very significant for many events in our lives. Think of all the birthday parties, weddings, anniversaries, holidays and family reunions where there is always something to eat. Likewise food is very significant for our Christian lives. Jesus says, "Amen, amen, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you." (Jn 6:53) Any Catholic who regularly misses Mass and Communion for no good reason is a Catholic in danger of starvation!

There's a saying in our culture that gives a good insight as to what Jesus was teaching. It says, "You are what you eat." In a spiritual sense, that's exactly what Jesus wants for us, to become a part of him. Natural food is assimilated into our bodies. But the supernatural food of the Eucharist assimilates us into Jesus' body. Jesus doesn't become part of us, but we become part of Him. Our bonding with him, especially by sharing the Eucharist, will give us the strength and energy to grow into his goodness. That strength and energy is what we call "grace."

Just as Wheaties is the "Breakfast of Champions", Eucharist is the breakfast, lunch and dinner — the daily bread — of us Christians!

If, at Communion time, we gave out \$1000 bills to people as they came forward, would there be more people here? Would we have room in this church to hold them? Would you consider going to Mass twice a day as canon law allows you to? What we receive in Eucharist is infinitely more valuable than a \$1000 bill. Do you and I remember the value and the cost of what we receive at each Eucharist?

We receive something better than \$1000 at each communion. We receive something that money can't buy. We receive eternal life! What greater offer do we have than to be with Jesus forever in heaven? It is an offer we can't refuse. As you come forward for Communion, come with that appreciation and thankfulness that God is giving you something much more valuable than \$1000.

*Fr. David Ruppert at St. Anthony de Padua Church, South Bend, Indiana  
Solemnity of the Most Holy Body and Blood of Christ, 2011*