

Solemnity of the Body and Blood of Christ {**Corpus et Sanguis Christi**} explains our membership in the Trinitarian family. **'Body and Blood of Christ'** is the most theological title of the Church. Our union with God from creation was lost in the context of food - what to eat and not to eat in the garden. This solemnity establishes the profound and intrinsic relationship between the Word of God and the Body and Blood of Christ - the Word made flesh. This is clear as the Bible describes what Eve saw about the tree **"So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise..."** (Gen. 3:6). This is an exact description of the Word of God which we refused to accept. Also, this teaching of Christ is the most that was openly and clearly rejected by some people (Viz some disciples, followers, scribes, pharisees). The question is **"How can this man give us his flesh to eat?"** Most of us might think that this question started in today's Gospel, but it is just the literal meaning of the name Manna – **"What is it?"** Many still ask the same questions in different ways: **what is the nutritional value? Why so small bread? How is Christ in this piece of bread? And why do we reverence it?**

In the 1st Reading, Moses twice communicated our total ignorance of this food: who gave it to us, the intention behind it and what must be our response to it. **"He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted..."** God gave us manna, to humble, test, **"...to make us understand that man does not live by bread alone, but by every word that comes from the mouth of the Lord. ...and in the end to do you good."** Our response is the strong warning,

"Remember... Do not exalt yourself, forgetting the Lord your God..."

To help us remember, St. Paul in our 2nd Reading asks two remarkable questions to indicate the essence of the Eucharist. We must look beyond the nutritional value (protein, vitamins, carbohydrate) and what kind of recipe it is (Italian, French, Canadian, Indian, Nigerian, from the Philippines). What it reveals is the one food that every race, tribe, people and country in the world **'desire to make them wise.'** Bringing and achieving the unity that ordinary food cannot give - unity of Christ (the head) and we (the body).

"Because there is one bread, we who are many are one body, for we all partake of one bread."

In the Gospel, Christ bluntly and literally gave us the recipe to become members of the Blessed Trinity Family. The Genesis account of why God remove Adam and Even in the garden states how we derailed and lost this course;

"Then the Lord God said, 'Behold, the man has become like one of us, knowing good and evil; and now, lest he put forth his hand and take also of the tree of life, and eat and live for ever' therefore the Lord God sent him forth from the garden of Eden, to till the ground from which he was taken." Gen 3:22-23

Christ assures us of eternal life only if we eat the true food. **"I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."** The purpose is to bond with Christ (we become his body). We abide in Christ by eating and drinking his Body and Blood. Through this we are members of the Trinitarian family, in the 2nd Person, **"Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me."** Our need for the Eucharist is why Christ was not ambiguous. **With the Eucharist we transcend from being dust to be divine.** We must be in the state of grace to eat the body and blood of Christ otherwise we might see it as **dessert** after committing sin like Adam and Eve. No, it is the **MAIN COURSE** as Christ said,

"...for my flesh is true (real) food and my blood is true (real) drink."