The way we eat today has changed dramatically over the years hasn’t it?
There are restaurants or food outlets for almost every niche occasion we want.
From modern fine dining restaurants that are part theater, part art gallery and/or part farm, to food trucks, to places that exclusively serve very specialized items like various grilled cheese or even exclusively Peanut Butter and Jelly, there is no shortage of dining options outside the home these days. Want to dine-out, in? You can do that now too, just call Uber and have dinner delivered or order meals ready to prepare from any of the many mail order meal places such as, Blue Apron, Purple Carrot, Green Chef, Home Chef, Chef D, Send-a-Meal, Plated, Peach Dish, Hello Fresh or Terra’s Kitchen (not affiliated with my wife and spelled differently).

The way we eat also reflects the way we live: time-starved, with ever changing schedules that are constantly stuffed with things to do and always on-the-go. How many dine in cars or pick up a meal through the drive-thru at least 2 or 3 or more times a week? I do! The family dinner at a set time every night seems to
be more of the exception than the rule these days, at least with most people I’ve talked to.

This shift in eating habits and customs is also evident in other aspects of life, including our lives of faith. Prioritizing faith in our modern lives has become more and more challenging. Setting aside regular time for prayer for ourselves, let alone our family, is a challenge; we have to squeeze it in when we can, don’t we? Rosaries and other devotionals are a challenge for us to participate in because of the pace that life is moving. We come to the Mass that fits our schedule best instead of our schedules revolving around Mass like it was for many of us growing up. I get it; I understand it and although I don’t like it any more than the next person, I am glad that we haven’t let our busyness prevent us from giving up on our faith or fitting it into our lives. Just like eating, the necessity of satiating our faith life is important and just as most would agree that dinner at home with family is better than eating in a car, taking time to attend, participate in and engage in an encounter with God in the Mass is the best way to experience the meal that is the Eucharist.

It is in this reality and context that we experience the Solemnity of the Most Holy Body and Blood of Christ today. Today is a day to slow the train down, so to speak, in order to contemplate the extreme mystery and gift that the Body and Blood of Christ, the “true food” and “true drink” are, so that we might gather the
family of the Church together around the table in fellowship and community like Christ intended. The Mass is meant to be THE opportunity to come and encounter this Heavenly revelation of God fully made manifest in the form of simple, broken bread and wine: The Body and Blood of Christ. When we participate in the Eucharist that Jesus instituted at the Last Supper then sanctified on the Cross, we enter into a real and intimate encounter with God: Father, Son and Holy Spirit. Like any meaningful or substantive meal, this meal is meant to nourish us, strengthen us and heal us in mind, body and spirit but unlike any other meal this one leads us to eternal life. Therefore we have an obligation, like any dinner guest or family member to slow down, set aside distractions as best we can and prepare ourselves for this event in whatever way necessary. This is the great challenge to us these days. As we tend to our busyness we often have a hard time entering into, engaging and being present fully the way we should sometimes and we have a tendency to overlook all that God has done for us. We struggle in this world, and trust in God and perseverance is crucial these days as we heard in the reading from Deuteronomy.

Partaking in the Body and Blood of Christ, however, is more than just preparing ourselves to receive the gift of eternal life through the “living bread come down from Heaven”, it is an acceptance of and sharing in the sacrifice of Christ as
well. By receiving the Body and Blood of Christ we are accepting the offer to be
one with Him in His mission of salvation here on earth. In other words, we come
here to commune with God through the Mass and in particular the Eucharist in
order to not only become one with Him but also to become one with His mission
and purpose in the world. WE ARE WHAT WE EAT! Are we prepared and
willing to accept what the Body and Blood of Christ is calling us to do? How we
answer this question will inform us of what we need to do in our lives to be fully
prepared for the meal we are about to encounter just like how our eating habits tell
us something about the status of our lives. Like I said earlier, the way we eat often
reflects the way we live.

On this Solemnity of the Most Holy Body and Blood of Christ let us take a
moment to pause and set aside everything that might prevent us from fully
experiencing what is about to take place in just a few moments. Likewise, I invite
you to join us after “dinner”, if you will, in the Activity Center after [this] [the
10:30] Mass where you can have an opportunity to continue the encounter, one-on-
one, through adoration before the Blessed Sacrament. Nourished and energized by
this Bread of Life received, not through a drive-thru or prepared for our
convenience but rather for our redemption, may we be satiated in our faith so that
we will be willing, able and energized to leave this meal and go out into our
community and our world in peace, glorifying the LORD with our lives and showing the world with confidence that we truly are what we eat.
You are the Bread of Life
    come down from Heaven.
   Lord, Have Mercy

You gave your broken body and
  blood to heal us.
Christ, Have Mercy

Through your body and blood
    We have eternal life.
   Lord, Have Mercy