

A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and said, "Amy, would you like to say the blessing?" "I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the woman answered. Amy bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

Today is the Feast of the Most Holy Body and Blood of Christ. We need ordinary food for our bodies. We need spiritual food, the Body and Blood of Christ, for our souls, spirits and bodies. We are not only human. We are also spiritual beings in need of daily sustenance.

At every Eucharist we are fed in many ways: we hear the Word of God, we sing songs, we pray, we listen. In our environment we often have beautiful plants and flowers. Last weekend we had a beautiful arrangement from the funeral of Caroline Ford. Beauty is food for our eyes and spirits and souls.

At every Eucharist we exchange the sign of peace, we take and receive the Body and Blood of Christ. We also are nourished by the presence of one another. When someone is missing, we note their absence. We truly may ache in not being able to greet them, to connect with them, to inquire how they are and how their week has been.

We have greeters who welcome us when we enter the Church building. This is a way of being acknowledged and nourished.

A mother was preparing pancakes for her sons, Henry 5, and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake. I can wait.'" Henry turned to his younger brother and said, "Ryan, you be Jesus!"

Laughter and humor feeds us and transforms us.

At this Mass we express our thanksgiving and gratitude to God. We are humbled by the abundance of nourishment we receive. We are appreciative of God's generosity to us. As we receive the Body and Blood of Christ today, we have food for our daily living. May our week be overflowing with praise and thanksgiving.