

Fred punished his 3-year-old daughter, Sarah, for wasting a roll of gold wrapping paper. Money was tight, and he became infuriated when Sarah tried to decorate a box to put under the Christmas tree. Nevertheless, little Sarah brought the gift to her father the next morning and said, "This is for you, Daddy." Fred was embarrassed by his earlier over-reaction, but his anger flared again when he found that the box was empty.

Fred yelled at Sarah, "Don't you know when you give someone a present, there's supposed to be something inside of it?"

Little Sarah looked up at Fred with tears in her eyes and said, "Daddy, it's not empty. I blew kisses in the box. I filled it with my love. All for you, Daddy."

Fred was heart-sick. He put his arms around little Sarah, and begged for forgiveness.

Fred kept that gold box by his bed for years. Whenever he was discouraged, he would take out an imaginary kiss and remember the love of Sarah who had put it there.

Think of it.....an empty box to anyone who might see it. To Fred: the box was a source of energy, nourishment and love.

Today we celebrate the Feast of the Body and Blood of Christ. The readings speak of the food, nourishment and support we receive. These are sources of everlasting life for us.

Simple items: bread and wine. Divine gifts for those of faith. They become the Body and Blood of Christ. Food, nourishment and support from the God who loves us....from the God who created us....from the God who sustains us.

Ours for the receiving. Ours for satisfaction. Ours for healing.

Take and eat the Body and Blood of Christ as often as we can. It IS the food of life. It IS nourishment for us.

My sisters and brothers: Just as Fred can daily receive kisses of love from Sarah's box....so can we regularly receive God's greatest gift to us: the Sacrament of Love--the Body and Blood of Christ.