

Rev. Mark J. Vyverman
First Communion Masses-6th Sunday Easter B
May 5/6, 2018

Cookies, candy, ice cream. How many of you would like to have some of these after every meal that you ate? Would you consider these to be foods from the major food groups? Perhaps your mom or your grandmother wouldn't agree with that. Yet for those of us who have a big sweet tooth, sometimes we wish that we could just survive on desserts like this every day. As much fun as all this sounds, we all know that this wouldn't be too healthy for us. We would get stomach aches, we would be visiting the dentist on a regular basis to have our teeth worked on. Our bodies would just be filled with sugar all the time. We would probably get tired of eating like this very quickly.

Now that I have everyone thinking of desserts, it's time to think of a food that we really need and what our bodies really want: The Body and Blood of Christ. Jesus gave us His Body and Blood as a special reminder of what He came to do: Jesus was meant to show us the love of the Father. This is what we just heard in the Gospel from St. John: "As the Father loves me, so I also love you. Remain in my love." Yes, every time that the disciples saw Jesus after Easter, after the Resurrection, this was the special way that they always knew it was Jesus. Jesus had taught them on the night of the Last Supper that they should always do this to remember Him and then He continued to show them how important this was every time He saw them. Jesus knew that this was always the special way that we could find Him and that we would want to find Him in this way very often.

We know that this is one way that Jesus wanted us to experience His love and the love of the Father. But as our students come here today at Mass to receive their 1st Communion, they will discover that receiving Communion is one of the ways that they can also show their love for God. Just like you might say that you really love cake or ice cream or candy, this is one of the ways that you can say that you really love God. Because when you come here to Mass and receive Communion, this is how you truly take Jesus into your heart!

When we take Jesus into our heart in this way, this is also a way that we can learn to be more like Jesus. For when we love Jesus this much, to receive His Body and His Blood, we want to be closer to Him. This can certainly help us to be kinder, nicer, more loving to the people around us. Jesus helps us be more like Him

when we take Him into our heart in this way. This is why Jesus gave us this commandment from the Gospel: “Love one another as I love you.”

We wouldn't be able to survive life if we just ate desserts all the time. But we can survive life, we can live better, if we invite Jesus into our lives through His Body and His Blood. This is a special food that He gives us to have over and over again. May all who receive their 1st Communion today always remember this special love that Christ has for you.