



**June 18, 2017 Solemnity of the Body and Blood of Christ Lectionary: 167 Gospel JN 6:51-58**

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

**Spiritual Reflection:** A reflection on the Eucharist by Fr. Ronald Rolheiser: "We sometimes forget that Jesus was born in a barn not a church and that the God of the Incarnation is as much about kitchen tables as ecclesial altars. God is as much domestic as monastic. This important to keep in mind as we try to understand the Eucharist. The Eucharist is the body of Christ, a continuation of the Incarnation, and, like Jesus' birth, is meant to bring the divine into concrete everyday life."

**Spiritual Questions:**

1. What can you do in your home to make you appreciate the Eucharist more?
2. What does it mean to live a Eucharistic life?
3. Does the Mass change you? If so how?
4. How can you make Christ present in the lives of others?
5. How do you prepare to receive the Eucharist?