

### ***Solemnity of the Most Holy Body and Blood of Christ***

This day may also be referred to as Corpus Christi Sunday, which means Body and Blood of Christ in Latin. Some parishes often have processions with the Eucharist or have extra time set aside for Adoration to celebrate this special Sunday.

Especially during this time of the pandemic, we are a people hungry for connection with others. Part of this hunger can be satisfied in sharing the Body and Blood of Christ as we gather for Mass. Though we cannot partake of the Blood of Christ right now, today we celebrate the Eucharist giving us life.

***The readings for today are:*** Deuteronomy 8:2-3, 14b-16a  
Psalm 147:12-13, 14-15, 19-20  
1 Corinthians 10:16-17  
John 6:51-58

### ***Family Chat:***

When we receive the Eucharist, it gives us life by uniting us with Christ, with Christ's Body, the Church, and all whom the Eucharist calls us to serve. The Eucharist is about sharing and inclusion, not competition or exclusion. In light of what is happening in our world today, talk with your family about how to be more inclusive and how to better serve those around you.

Perhaps your discussion will lead your family to make a donation to a food pantry or become of giving member of Catholic Relief Services.

With older children and adults you might spend some time talking about what receiving Communion means and what has it meant to not receive during these past weeks. Ask younger ones what they are looking forward to on their First Communion Day.

Have a great Sunday!

