



DIOCESE OF SACRAMENTO  
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## The Solemnity of the Most Holy Body and Blood of Christ

with Fr. Michael Vaughan, Pastor  
Good Shepherd Parish, Elk Grove

### Gospel, Mark 14:12-16, 22-26

On the first day of the Feast of Unleavened Bread, when they sacrificed the Passover lamb, Jesus' disciples said to him, "Where do you want us to go and prepare for you to eat the Passover?"

He sent two of his disciples and said to them, "Go into the city and a man will meet you, carrying a jar of water. Follow him. Wherever he enters, say to the master of the house, 'The Teacher says, "Where is my guest room where I may eat the Passover with my disciples?"'" Then he will show you a large upper room furnished and ready. Make the preparations for us there." The disciples then went off, entered the city, and found it just as he had told them; and they prepared the Passover. While they were eating, he took bread, said the blessing, broke it, gave it to them, and said, "Take it; this is my body." Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." Then, after singing a hymn, they went out to the Mount of Olives.

### Reflection

***"Take it; this is my body."***

This Sunday is the Solemnity of Corpus Christi. No one except God could come up with such an extraordinary way to stay with us. He abides in Cathedrals as well as the smallest mission Churches. Anywhere we see the tabernacle lamp burning we are assured by faith that he is there. He remains to console, strengthen, enlighten and bring peace. By spending time with Him, he sends us grace for the building up of his Mystical Body.

We have lived a Eucharistic fast over the past year. For many it has sparked a new appreciation for his living presence that feeds our deepest spiritual needs. Let us never take his presence for granted.



<https://www.catholic.com/photo/2118-vital-procesion-corporus-christi>

### Questions for Reflection:

*Have I come to appreciate the Eucharist in a new way this year?*

*After not receiving communion for a period of time what was my experience upon receiving Him?*

*Has my hunger for the Eucharist increased?*

*Do I add to my schedule Eucharistic Adoration?*

## Psalm

116:12-13, 15-16, 17-18

How shall I make a return to the LORD for all the good he has done for me?

The cup of salvation I will take up, and I will call upon the name of the LORD.

Precious in the eyes of the LORD is the death of his faithful ones.

I am your servant, the son of your handmaid; you have loosed my bonds.

To you will I offer sacrifice of thanksgiving, and I will call upon the name of the LORD.

My vows to the LORD I will pay in the presence of all his people.



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