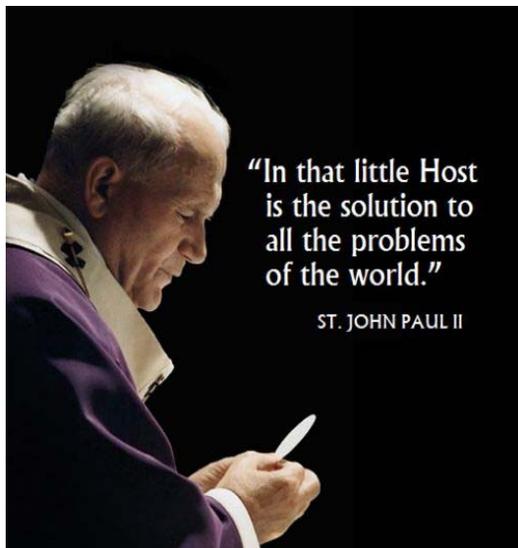


Dear Brothers and Sisters



Today we celebrate the Solemnity of the Most Holy Body and Blood of Christ.

Pope Saint John Paul II said “In that little host is the solution to all the problems of the world.”

Do we believe that?

The problem of Covid 19.

The problem of race relations.

The problem of a filtered media narrative.

The solution to all problems is found in the REAL PRESENCE of the BODY and BLOOD of CHRIST.

We have been starved of the Body and Blood of Christ these past three months, unable to celebrate the Eucharist together. Zoom or Facebook is not a substitute for actually receiving the Body and Blood of Christ, and we all know it

That is because in the celebration of the Eucharist we become what we eat – the Body, Blood, Soul and Divinity of Jesus

Christ. In the celebration of the Eucharist the very life of Christ lives in us, we become the Body of Christ.... “This is my body; this is my blood”.

Jesus did not say “This is kind of like my Body” or “This is a symbol of my Body” No. He said “THIS IS MY BODY.”

The Body conceived by the Holy Spirit. The Body born of the Virgin Mary. The Body that was in agony in Gethsemane. The Body that was crucified on the Cross. The Body that was laid in the tomb. The Body that rose from death. The Body that ascended to the right hand of the Father. The Body that will return on the Last Day.

Adoration before the Blessed Sacrament allows an internal dialogue with God to take place within our soul. When St. Ignatius of Loyola was once asked what he would do if his order, the Jesuits, were suppressed by the Church, he answered that 15 minutes in front of the Blessed Sacrament would suffice for him to be completely at peace. The answer to Ignatius’ deepest anguish, the solution to his deepest problem, could be found in the Real Presence of Christ.

The same is true for us.

The solution to all our problems is found in the Sacred Species of the Body and Blood of Christ.

Let us prepare ourselves for so great a gift – the reception of the Body of Christ. This Monday June 15th all Churches in the Archdiocese of Newark will begin to celebrate Daily Mass. Finally!!!

The following weekend, June 20/21 Sunday Mass will also begin again. Thanks be to God.

Let us take advantage of the remaining days of our Eucharistic abstinence to renew our devotion to, and longing for, the Body of Christ.

In Him, and only in Him, can we find the solutions we are looking for.

Fr. Sean