

John 6:51-58

This coming Sunday we celebrate the feast of Corpus Christi, where our minds are focussed on our Lord giving Himself to us through the gift of communion. As we read this Gospel, we can reflect on this gift that God has given to us, especially at this time when many of us are unable to make sacramental communion. We read the negative response of people at the time to Jesus' words. How do we respond to that gift today? How do we see that communion with God in our lives at the moment? Do we accept that Gift that God gives freely to us? We can be encouraged by God's promise of eternal life.

In a world that can often be divided, we remember that we are one Body in Christ. Open your hearts to God's love so that we can grow closer to Him and share that gift of Love with the world around us. As Saint Thomas Aquinas said 'The Eucharist is the Sacrament of Love; It signifies Love, It produces love. The Eucharist is the consummation of the whole spiritual life.' Let the Gospel today fill you with hope and joy of the promise of eternal life and the relationship we have with God.