

LOOKING TO SUNDAY™

Sunday, June 14, 2009

This email, entitled *Looking to Sunday™*, focuses on the Gospel Reading for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. *Looking to Sunday* is written by Father Tom Iwanowski.

FOOD HAS CONSEQUENCES

In our day, we are more conscious than ever of what we eat and drink. We read nutrition labels on packaged food. We try to avoid processed foods that are loaded with salt. We steer away from foods high in cholesterol and saturated fat. We recognize that fish is better than red meat. We know that sugary drinks are filled with empty calories; water is better than soda. We are reminded by the warning labels on liquor that too much alcohol leads to problems.

We watch what we eat and drink because we recognize that what we put into our mouth has consequences. Good food can maintain and improve our health. Bad food can lead to obesity, high blood pressure, heart disease, and more. Good nutrition is important.

The Gospel for this Sunday, the Feast of the Body and Blood of Christ (*Mark 14:12-16, 22-28*), relates how Jesus fed his apostles at the Last Supper. He gave them his body and blood. He told them to take and eat, take and drink.

Today, the Lord continues to feed us as we approach his table during the celebration of Mass. There we receive consecrated bread and wine infused with the very presence of God. In sharing this holy food, we become one with Lord and one with our fellow Catholics in "one holy communion." In sharing this holy food over time, we also grow more and more like the one we receive. We become more and more the Body of Christ, the Blood of Christ, the presence of Christ in our world.

Just as good nutrition is important for our body, we might say "God nutrition" is essential for our soul!

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