

Missionary Commentary

Solemnity of the Most Holy
Body and Blood of Christ

June 22, 2025

Becoming the Eucharist

Sunday Readings

Genesis 14:18-20

Psalm 110:1- 4

1 Corinthians 11:23-26

Luke 9:11b-17

[USCCB Link to the Readings](#)

Our beautiful Gospel today from Saint Luke narrates how Jesus fed the crowd of people; they were satiated with an abundance of food. It is noteworthy that accounts of Jesus feeding the multitudes are found in *all four Gospels* (Mt 14:13-21; 15:32-38; Mk 6:30-44; 8:1-10; Lk 9:13-17; Jn 6:1-13). In addition, Jesus' action clearly symbolizes the Eucharistic meal through which Jesus feeds our hungers with his own body and blood.

The Church's theology of the Eucharist is profound and rich. One example is our faith in Christ's real presence in the Eucharist; it is His true body and blood, not just a mere symbol. Though the appearances of bread and wine remain, we believe that in Communion we receive Christ's true body and blood.

For our reflection today, let us meditate on Jesus' Eucharistic action at the Last Supper as it is narrated in the Gospel: "During the meal Jesus took bread, blessed it, broke it, and gave it to his disciples" (Mt 26:26). Four key words capture Jesus' action. Yes, they refer to the bread; however, they can also refer to Jesus' action in our own lives. Like the bread, we are *taken, blessed, broken, and given*.

Mystery of Choosing. We have been called and chosen by Christ to be his friends and companions. We are just ordinary people; we have no special gifts. We come from average families and simple origins. Yet, in God's loving plan, he has chosen us to serve His Kingdom. We, even with our unworthiness, have been freely selected to be Jesus' disciples and to bear much fruit. We marvel at God's initiative!

Miracle of Blessing. When we reflect on our lives, we realize that we have received so many blessings from the Lord. We recall our families and friends, our health, our education, our countless opportunities in life. God is generous and loves us deeply; we never doubt our self-worth. His goodness and kindness follow us all the days of our lives; His love endures forever.

Paradox of Breaking. We all have known real sorrow in our lives; we have experienced suffering and pain. Our health may be diminished; we may have borne the death of a loved one. We may have been misunderstood, rejected, or the victim of gossip. We know our limitations and failures. Yet, we also know that being broken does *not* change the fact that we have been chosen and blessed. Our brokenness actually prepares us for God's next action in our lives.

Wonder of Giving. We recall that bread must be broken so that it can be shared and given as food for others. Taken, blessed, and broken, we are now shared and distributed. Thus, our lives can provide nourishment, strength, and consolation for others. We seek to surrender to God's loving plan for us. We know that God's love endures forever.

next page

continued from previous page

Jesus invites us and challenges us to *become Eucharistic persons*, whom he will use for his mission. Truly the four actions (take, bless, break, give) are present as Jesus feeds the multitudes. They are present in the Mass, the Eucharist. They are present in our own lives and persons. Friends, *become the Eucharist!*

Notes on the Readings

First Reading, Genesis 14:18-20

In the book of Genesis, Melchizedek, king and priest, offers bread and wine and blesses Abram. The New Testament priesthood of Christ, offering bread and wine, is described as being in the line or pattern of Melchizedek. Clearly, one sees a foreshadowing of Christ using bread and wine that are transformed into his true body and blood.

Responsorial, Psalm 110:1-4

This psalm prefigures the New Testament priesthood of Jesus as in the line of Melchizedek and not that of Aaron. Christ is “a priest forever in the line of Melchizedek.” This perspective is found in the ritual of ordination for Catholic priests.

Second Reading, 1 Corinthians 11:23-26

Paul’s letter to the Corinthians describes how he faithfully hands on to the community the Church’s precious eucharistic tradition. Recalling Jesus’ last supper action, Paul forcefully reminds us that every time that we “eat this bread and drink this cup,” we are proclaiming “the death of the Lord until he comes.”

Gospel, Luke 9:11-17

Today’s Gospel from Luke the Evangelist recalls Jesus’ action in providing for the needs of the crowd. This miracle of the loaves and fishes was seen by the evangelists and the early Church as symbolizing and prefiguring the Eucharist. This Gospel passage invites us to renew our faith in Christ’s real presence in the Eucharist—and to thank God for this most precious gift!

Notes and Commentary by Maryknoller James H. Kroeger, who has recently published [Walking with Pope Francis: The Official Documents in Everyday Language](#) (Orbis Books – 2023) and [Exploring Vatican II Treasures: Actors, Events, Insights](#), commemorating the sixtieth anniversary of the close of the Spirit-inspired Vatican II [1965-2025] (Faith Alive Books – 2024).

Please pray for the missions,
May God bless you in all the ways you Go Forth...
Support our work! [Donate online today.](#)



Go Forth ... is a service funded by the Catholic Communications Campaign and USCMA, a community of faith leaders engaged in networking, formation, and advocacy for God’s mission. All who serve God’s mission are welcome. Learn more at www.uscatholicmission.org or call 202-832-3112.

