

20th Sunday in Ordinary Time of the Year

(Prov.9.1-6, Eph.5.15-20, Jn.6.51.58)

THEME: BEGIN TODAY TO LIVE A LIFE OF THANKSGIVING

In our readings of this Sunday, there are two things I would like us to reflect on. One is the issue of, life of thanksgiving that came out from our second reading. The second one is on the importance of Holy Communion or the Body and Blood of Christ in our lives.

From our second reading today, taken from Paul's letter to the Ephesians, St. Paul calls us to "give thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ." Do you see your life as a gift from God? When you wake up every morning do you have the time, even if it is a minute to say "thank you Lord for making it possible for me and my family to witness a new day." Before you go to bed after the days work, do you realize the need to thank God for His help and blessings for the day?

In all these St. Paul wants us to remember, the need to thank God in all that we do and have. For whatever we are today, whatever we have today, are all gifts from God. We have to be appreciative of all these gifts and blessings from God by living a life of thanksgiving.

I once told you a story of a child who asked his mother, "Mom, why should I receive Holy Communion anytime I go to Mass." And the Mother replied to him, "When you receive Holy Communion, it is the Body and Blood of Jesus that you eat. Anytime you receive Holy Communion, Jesus comes to live with you. Holy Communion unites one with Jesus, and you become a friend of Jesus." When you receive the Eucharist, Jesus washes away your sin, and gives you new life. He nourishes your life with His graces. When you die, Jesus will raise you up again to everlasting life. Holy Communion brings us close to Christ our Lord and blesses us with his presence.

Beloved in Christ Jesus, this is why we receive the Body and Blood of Christ (the Holy Communion).