



**June 7, 2015**

## **Becoming the Body of Christ**

The Eucharist is a celebration of the covenant between God and us. In *Broken Bread and Broken Bodies: The Lord's Supper and World Hunger*, author Joseph A. Grassi explores the relationship between the Eucharist and hunger.

The Eucharist is more than a channel of grace flowing from God, to us. When we receive the Jesus in the Eucharist we commit ourselves to making sure that others are also fed. We receive the gift of Jesus, and we give Him the gift of ourselves.

The feast of Corpus Christi invites us to ask, "Do I belong to the living Body of Christ in the world by feeding the hungry?"

We might consider how we can increase our efforts to make sure every child of God is fed.

- Volunteer and donate food to local food pantries
- Sponsor a sustainable development project so others can feed themselves
- Cook and deliver a meal to someone who's homebound or elderly.

May we live our commitment to God through the Eucharist and sharing our bread.

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**June 14, 2015**

## **Navigating Life's Storms**

Life can feel overwhelming. St. Paul urges us to be courageous, walking by faith and not by sight. Rather than feeling discouraged by our inability to change things, the Scriptures remind us that God is still in charge and earth is just our temporary home.

We can make a difference in our world and in the lives of people who are suffering because God's spirit empowers us. He blesses us with the courage to face problems, ask questions, engage in the issues of our time, and speak up for what is right.

This week, think of someone you know who may be going through a stormy period.

- How can you give them hope? Rather than waiting for them to tell you their needs, show up with a home-cooked meal, an offer to babysit, or run errands. People often feel uncomfortable asking for help, but when you show up, they are eternally grateful.
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## June 21, 2015

### A Faithful Captain

Today's Scriptures remind us that God's love and power are most visible in the storms of life. At times we, like Job and the disciples, need to be reminded that God is a faithful captain and He has everything under control! With one word he can calm the rough seas and pluck us from the terrors of the storm.

Today more than half the world's population is being ravaged by hunger, war, persecution, violence, natural disasters, and suffering. Perhaps you, or someone you know, is going through a crisis. Jesus reminds us not to focus on the terror but fix our eyes on the One who calms the seas and have faith in Him.

This week, reach out to someone who is suffering – perhaps a chronic illness, death of a loved one, or a difficult diagnosis. Walk alongside them. Offer encouragement, listen to their fears, remind them that God is with them, and pray for and with them.

And may you receive the blessing of having someone to help you when you face your storms.

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## June 28, 2015

### Life and Healing

Today's Scriptures remind us that God desires life for all people. The gospel stories show God's compassion and his healing power through Jesus. The stories are about more than healing. Jesus was not afraid to draw near those who are sick and dying. He embraced them in their suffering and was moved to compassion.

God still wants life for all people! Like Jesus we are called to draw near to those who are suffering and comfort them. At times it may be unpleasant, scary, or sad. Yet, we are called to put aside our own desires, fears, and priorities and fully embrace people who are suffering – even if it makes us uncomfortable.

This week, think about someone who is suffering from grief or sickness. Choose to spend time with them. Embrace their suffering and offer comfort. Though their physical wounds may not be healed immediately, their emotional and spiritual wounds will be healed by our God through the gift of your presence.

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