

Reflections on the Eucharistic Body & Blood

The first time I heard the now-familiar phrase, *You are what you eat*, I was immediately struck with an awakening...an aha moment, if you will. It was so *simple*! It explained, in an instant, the absolutely most radical and inexplicable religious experience of my life-up-til-then...the experience of Jesus entering into me, bodily, as I tried to keep him out by screaming at him, *No, I'm NOT you!*

Logically, we all know in this day and age that, yes, we truly are what we eat. If we eat too much...of anything...it will show up somewhere and ruin our chances with Playboy or Esquire. Conversely, if we diet ourselves unto death, or are poverty-stricken, our cadaver becomes outwardly visible. People who are preparing for death stop eating, perhaps with a deep-down knowing that they no longer need earthly food for their sustenance. Ontologically, I think our individual diets bring us to a closer bond with the plants and the animals, an ever-deepening awareness of the oneness of every living thing. There is a respectful reverence for the pig...the chicken...the broccoli...the peach. We are co-existent and co-dependent.

And certainly ontologically, our prayerful intake of bread and wine that we have called upon the Spirit of God to transfigure into the real body and blood of the one whose life we seek to imitate, brings us into a closer bond with Jesus. Our goal *is* to become him for others, to bring his healing peace to a living reality in this world. People have lived and died for the sake of *this* Passover...*this* Eucharist...*this* comingling of bread and wine into our own flesh and blood.

It is in the sharing of our lives and the breaking of bread together that we come to be healed...to be forgiven and fed and sent. Jesus invited everybody to share at table with him. He fed the poor, the lepers, the Samaritans, and even Judas. *All* were welcome, especially those who are most in need of healing...of forgiveness and sustenance and ministry.

People continue to live and die for the sake of *this* Passover...*this* Eucharist...*this* comingling of bread and wine into our own flesh and blood. *All are* welcome at *this* table. **All must be welcome at every table.**

Every Eucharist is a clarion call to the churches of Jesus Christ, and to those who would call themselves shepherds but *refuse to feed* the very body of Christ that *is* the Church. We pray for them, and for those who are starving for this Eucharist. Amen.
