The Solemnity of the Most Holy Body and Blood of Christ (B)

Gospel text (*Mk* 14:12-16.22-26): On the first day of the Feast of Unleavened Bread (...), while they were eating, he took bread, said the blessing, broke it, gave it to them, and said, "Take it; this is my body." Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." (...).

The Sunday's Holy Mass ("Sine dominico non possumus")

EDITORIAL TEAM evangeli.net (based on texts by Benedict XVI)
(Città del Vaticano, Vatican)

Today we must rediscover the joy of "Christian Sundays", the privilege of sharing in the Eucharist, which is the sacrament of the renewed world. Christ's Resurrection happened on the first day of the week, which in the Scriptures is the day of the world's creation. For this very reason Sunday was considered by the early Christian community as the day on, with Christ's victory over death, the new creation began.

The experience of the martyrs of Abitene (s. IV) is also one on which we 21st-century Christians should reflect: 49 Christians were taken by surprise one Sunday while they were celebrating the Eucharist. Significant is the answer a certain Emeritus gave to the Proconsul: "Sine dominico non possumus"; that is, we cannot live without joining together on Sunday to celebrate the Eucharist.

—We need this "Bread" to face the fatigue and weariness of our journey. Sunday, the Lord's Day, is a favourable opportunity to draw strength from him, the Lord of life.