

My Dear Co-Pilgrims on the Eucharistic Journey,

Today, the theme of our pilgrimage is "This Is My Body".

"This is My Body given up for you; this is My Blood poured out for you" is a declaration of sacrifice, a testament to the boundless love of our Savior. In these words, Jesus reveals the depth of His commitment to our salvation; it is also His important commandment, that whenever we do (the Holy Sacrifice), we do in memory of Him. He willingly offered His physical body as an atoning sacrifice for our sins, taking upon Himself the burden of our transgressions and iniquities. We are called to do the same.

The breaking of bread, which we commemorate in the Eucharist, symbolizes the unity of the Church and our participation in the life of Christ. As we partake of the bread and wine, we are reminded of the sacrifice made on our behalf and the covenant we share with God and with one another.

"When the Lord comes, things change!" (Drew Mariani)

The apostle Paul exhorts us to "continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard" (Colossians 1:23). Let us embrace this exhortation and hold fast to the truth of Christ's sacrifice, allowing it to transform our lives and inspire us to live in accordance with His commands.





