

What a great assurance, that the He who is greater than the greatest and bigger than the biggest, lives in me and I in Him. This means that my life is hidden in him and therefore I don't need to be afraid of anything. He has given us His spirit and definitely it is not a spirit of fear. 2Timothy 1:7 says it all, ***"For God has not given us a spirit of fear and timidity, but of power, love and self-discipline"***.

God's desire is that we continually progress, that we reach higher heights and go to new levels. Oftentimes, as soon as we make the decision to step out in faith and obey God, the enemy brings in fear to try to stop us. Our enemy of course is the devil. He does not want us to be of any good to ourselves. He doesn't want us to walk towards God's plans for us. For God's plan for us to be accomplished, we will need have faith in Him and put all our trust in Him. Faith connects us to God but fear disconnects us from Him. This exactly is the target of the enemy in using fear against us. He uses fear against us whenever we want to make a progress. At such moments, he will bring thoughts like, "What if you fail? What are other people going to think? You don't have what it takes. You are not very good enough to do that, etc. He will do his best to use fear to try to convince us to shrink back and stay where we are. If we allow him, he will feed us with his lies and then we will be filled with fear and that is when faith in God disappears. Once fear sets in, faith gradually disappears.

The scripture makes it clear that fear is a spirit. It plays on our emotions and holds us back. But the good news is that we have power over fear. The scripture says that perfect love casts out all our fears. When we receive God's perfect love, we will have confidence about the future because we know that His plans are for our good. When we are fully aware of the fact that He is always in charge of whatever goes on in our lives, then we don't need to fear but to trust and obey. When we are aware that He is the unchangeable changer who changes every situation but remains unchanged, then we don't need to listen to the lies of the devil.

Most often, what we are afraid of, does not actually exist. That is why fear is simply False Evidences Appearing Real. Just know that fear is nothing but a lie. Let us therefore choose to believe God's word and receive His love so that we overcome fear and live of faith.

Pray with me, 'Father, I thank you for taking me to new levels. I know you have equipped me with a spirit power, love and sound mind. Thank you for your confidence as I renounce fear and press forward in the victory in Jesus' name, Amen.

Till next week, remain under the protective care of our divine master. Jesus Christ and have a fantastic week ahead

Fr Alvan (fralvanibe@yahoo.com)

# St Edmund's Extra

21 Westgate Street, Bury St Edmunds, Suffolk,  
IP33 1QG

Tel: 01284 754358/07511 852161

email: [st.edmunds@btinternet.com](mailto:st.edmunds@btinternet.com)

Registered Charity No. 278742

[www.stedmundkm.org.uk](http://www.stedmundkm.org.uk)



## Sunday 11th June 2017 - Most Holy Body & Blood of Christ

At heart of the Eucharist, the particular gift of God that we celebrate on this Solemnity of Corpus Christi, is the mystery of change and transformation. Anyone who has had even a little catechism knows that Catholics believe that here on the altar bread and wine are really changed into the body and blood of Christ. This is why we fast and genuflect and keep reverent silence in the presence of the Sacrament.



But I'd like to propose that we think of this Eucharistic transformation as just the middle in a series of three related transformations. The Eucharistic change that

takes place again and again on every altar throughout the world also hearkens back to a change that took place once for all; and it points forward to another change, the change we hope for in ourselves.

The once-for-all change that the Eucharistic recalls is none other than the central event of Christianity: Jesus' passion and resurrection. The Evangelists present Jesus' institution of the Eucharist as a supreme moment of decision. At that Passover meal, Jesus foresaw his death, he accepted it into his heart, and he transformed it into love. All the forces of sin and death conspired against him, but He accepted and endured it all because he knew that the love of His Father was stronger still. And by rising again, he broke the power of sin and death forever.

This once-for-all transformation touched off, in turn, a whole series of transformations. In his address on the Eucharist to the crowds assembled at World Youth Day in Cologne, Pope Benedict compared the events of that first Holy Week to the beginning of a nuclear chain reaction. He said that for Jesus, the Son of God, to go out to meet death with love was *like inducing nuclear fission in the very heart of being – the victory of love over hatred, the victory of love over death. Only this intimate explosion of good conquering evil can then trigger off the series of transformations that little by little will change the world.*

In other words, it was Christ's act of love that unleashed the power by which bread and wine are transformed into the body and blood of Christ. In Benedict's words, "Jesus can distribute his Body, because he truly gives himself."

Compared with this one redemptive transformation, all other transformations remain shallow. Though science has split the atom, it has not been able to fill the hunger of our souls, our hunger to love and to be loved, our hunger for everlasting life. The words of Deuteronomy are no less true for us today than they were for the Israelites wandering in the desert: *God ... let you be afflicted with hunger, and then fed you with manna ... in order to show you that not by bread alone does one live ...*

But the Eucharist, wonderful as it is, is not the end of the chain. The reaction is meant to continue into a third transformation—the transformation of our lives. Through worthily receiving His body and blood, we also are given the power to become like Christ. And in moments of struggle and discouragement, I find this last change is the hardest for us to believe in.

And so we might do well reflect on this last change on the Solemnity of Corpus Christi. Do we really believe that the Eucharist can change us? Do we believe that Jesus can heal the brokenness in our families? Do we believe that by His power we can overcome addictions and habitual sins—anger, lust, unforgiveness? Do we believe that his embrace awaits His faithful ones on the other side of death? Or that Jesus already dwells within us now, suffering in our pain and rejoicing in our joy?

If you're at all like me, then the honest answer to these questions is always yes and no: *I believe, Lord, help my unbelief.* Alongside all the places where I believe, there are also places where—even though I would never consciously say it—I don't believe that God can enter in power. Places where I am simply resigned. Layer after layer of unbelief must be discovered, removed, and exposed to the Lord for healing. Perhaps this is why Christ has given the Eucharist to be received again and again rather than once-for-all.

As we approach to receive communion today, then, we might simply call to mind that we are saying "Amen" to all three changes. That Christ suffered and rose—yes. That the bread and wine are substantially changed—yes. But also that the same power that raised Christ from the dead and that changed bread and wine *can* change us—is changing us. The chain reaction has begun. The transforming power that began in Christ's heart, does overflow into the Eucharist, and touches our lives even now.

This is why we have reason to give thanks and to celebrate on this Solemnity of Corpus Christi.  
*A homily for Corpus Christi from 'Whoever Desires'*

## THE WORD OF GOD

John 6:51-58

51 Jesus said to the Jews: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.' 52 Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?'

they said. 53 Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. 54 Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. 55 For my flesh is real food and my blood is real drink. 56 He who eats my flesh and drinks my blood lives in me and I live in him. 57 As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life



**from me. 58 This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'**

## REFLECTION.

The Solemnity of the Body and Blood of the Lord, which we know also as Corpus Christi, provides a special occasion to consider the gift of the Holy Eucharist, the gift given by Christ to the Church on the night before he died. The gospel is taken from chapter 6 of the Fourth Gospel, a lengthy chapter which presents the multiplication of the loaves and the walking on the water, followed by the words of Jesus and interventions of the Jews concerning the meaning of the first of these two signs. The verses in today's reading come towards the end of the chapter, when the words of Jesus clearly focus on the Eucharist. In the Eucharist we receive repeatedly the once-and-for-all gift of the Bread of Life. As Jesus implies, it is unlike anything which preceded it, unlike 'the bread our ancestors ate'. This bread is the pledge of God's gift of life, and is best understood in the context of the paschal mystery, the death of Christ and his self-giving to lead us to life. Perhaps this feast may also be an occasion for us to question ourselves about the reverence we show to the Eucharist. The Church encourages us to prepare by prayer to receive both Word and Sacrament, to observe a one-hour fast before Communion (except for those who are infirm), to approach the table of the Lord reverently, to spend time in giving thanks for this extraordinary sacrament, and to show a particular respect and devotion to the Blessed Sacrament reserved in our churches.

*How can you avoid receiving the Lord in a routine manner?*

*What can you do to increase your reverence for the Blessed Sacrament?*

*Pray that we will allow the reception of the Eucharist to transform our lives.*

*Pray for fidelity to our Sunday Mass obligation, that all may be strengthened in communion.*

**Reflections on the Sunday Gospels, written by Fr. Adrian Graffy**

## St Edmund's Youth Ministry get together

**Saturday 24th June 16.00—18.30**

**In the Crypt. Ages 14+ are all welcome. Bring a friend**

Getting to know each other, shared food, music, games and film show

## WEEKLY FOOD FOR THOUGHT FOR THE YOUTH

**THEME: Don't let fear stop you.**

With great joy I welcome you dear friends to the eleventh Sunday in the ordinary time of the church's calendar. Today, the church celebrates the solemnity of the body and blood of Jesus otherwise known as Corpus Christ. Jesus Christ gave us His entire self in His body and blood. This is the greatest gift we can ask for from our Lord and Saviour. He has promised that whenever we eat His body and drink His blood, He lives in us and us in Him.