

## **Commentary on the Gospel for Sun, Jun 26th 2011**

### **Body and Blood of Christ**

We are what we eat and drink. Those who feed on junk food, end up being junk themselves, they lose their dignity. Those who feed on the body and blood of Jesus have eternal life. What you feed on yourself? On the other hand: What is the food of breaking the Eucharistic bread everyday if you do not live in communion with the whole body of Christ.

### **The Forge**