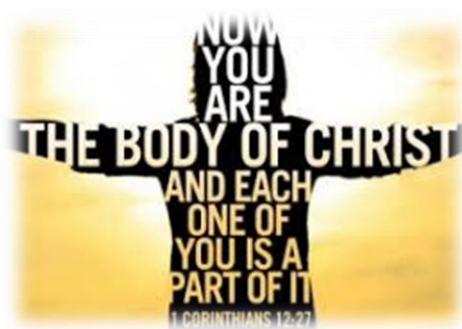


WE ARE THE BODY OF CHRIST:

**IN HIM WE LIVE,
WE EXIST,
WE MOVE**



IN THE BODY WE LIVE

All of us, we are the Body of Christ. But what would happen to body if it had no flesh, no blood? It would become only dry bones. The prophet Ezekiel saw in his vision how God, through the breath of the spirit, gave life to the dry bones, how he covered them with flesh and blood so it might live (Ez 37,1-14). When the breath of the Holy Spirit, of unconditional self-sacrificing love, breathes freely among us, we can be clothed with the flesh of Christ, we can become his Body united in love: The Church of God.

"Eating the flesh of Christ, the Head, you will become with Her flesh of the flesh, bone of her bones; there you will be united with her and she with you in spiritual marriage, and you will enjoy her and she with you that spiritual joy that the world and the flesh do not know"" (MR 1,31)

Imagine the scene that prophet Ezekiel had seen. Can you see all those dry bones all over the place? Can you see yourself among them? Many times in our live, we can feel that our bones are dry, that we have already given it all, that there is nothing more left... We don't want to feel nor love anymore because our suffering, and the suffering of others, really hurts. Do you discover this kind of feelings in you? Look at them, without judgement.

Listen how God today directs his words of life also to you: "Listen to the Words of Yahweh, o dry bones: I will breathe into you a spirit that will make you live. I will cover you with nerves, I will make your flesh grow, I will give you a skin, I will breathe my spirit and you will live. And you will know that I am God" (Ez 37,4-6).

Allow him to cover you with nerves, flesh, skin... allow yourself to feel again, love again, even if it hurts...



*"Me dijo entonces: PROFETIZA
sobre estos huesos"*

We listen: "Huesos secos" Inés de Viaud

<https://www.youtube.com/watch?v=Q9byV5okHec>

IN THE BODY WE EXIST

The Church invites us today to celebrate the Mystery of the Body and Blood of Jesus Christ. We remember and make life the salvific event of Father offering his Son to the world so that, through Him and the Holy Spirit, the world will have life. But for palautian family, this Mystery is at the same time the Mystery of the Church. The Church in the altar is united to Christ as the Body is united to its Head.

"Where Christ is, there is the Church, and where one goes, there is the other, because we cannot imagine a living body separated from its head, or a head separated from its body. Christ is present in the Sacrament not only as an individual person, but as Head of his moral Body: and just as he is there, he gives himself through the hands of the priest to the one who receives communion" (MR 3,12)

Let us contemplate in silence the Body of Christ. Try to see not only the Head, but the whole Body united in this piece of bread. Can you see the concrete faces of persons who you encounter daily? Try to see there the faces of the members of your family, community, workmates, neighbors, children from school, elders from the Center... Also, the faces of the famous people of our days: politics, presidents, victims of injustices... They are also members of the same Body. And you are in the middle of them, united to them with the bond of love stronger than death...

*We can write in some pieces of paper the names of the concrete persons
whom we remember in this moment.
We put them in the altar, close to the Blessed Sacrament. We can listen
some instrumental music in the ambience of prayer.*



IN THE BODY WE MOVE

If we are able to feel and love, if we are able to see our brothers and sisters united to us, it's time now to do what is at our hand to take care of this Body that is also ours. When something hurts us, immediately we run to a doctor. When we cry, we look for consolation of people close to us. When life is getting hard, we look for someone who could share our burdens. Today the Church is asking us to be doctors, to console and to share in other's hardships. She is asking us to take care of the members of our own body.

"Your Beloved Spouse, your daughter, is and will be in God's temple day and night, her Head – Christ in the Blessed Sacrament – resting upon the altar. Take care of her – the militant – wipe away her tears, console her in her afflictions, lighten her sorrows; all that you do for her on earth, she will return and do for you in heaven" (MR 1,31).

Do you remember all the faces that you have seen earlier while contemplating Christ? Now is the time to become their doctor, to console and support them... Do it through a simple spontaneous prayer and concrete commitment of taking care of those who are close to you.

After expressing our prayers, we can approach persons present in this moment of prayer and, looking to their eyes, say: "Sister/brother, I will take care of you".



To finalize this moment, let us proclaim by two choirs these words in which we express our palautian experience of the Eucharist.

ADORO TE DEVOTE (palautian adaptation)

I adore you devoutly, Church unseen,
who truly lies hidden
under these sacramental forms.
My soul surrenders itself to you without reserve,
for in contemplating you
it is completely overwhelmed.

Sight, touch, and taste are no guide
in finding you,
and only hearing is a sure guide for our faith.
I believe everything
that the Son of God has said,
and nothing can be truer
than this Word of the truth.

Only the Body was hidden on the Cross,
but here the Head is hidden as well.
Yet I believe and acknowledge them both
and make the request to be one body with you.

I see the marks of the wounds,
of tears and burdens,
and I own you as "My Beloved"
for whom I care.
Grant that I believe in you more and more,
that I put my hope in you and that I love you.

Oh Church in Christ and Christ in the Church,
Flesh that becomes my flesh!
grant to my soul to live by you
and always to rejoice in your company.

Holy Church, my beloved Spouse,
cleanse me, a sinner, through union with you;
for a single gaze on you can save
the whole world from all its sin.

Oh Church, as I look on your veiled presence,
I pray that what I long for so ardently may
come about,
and that I may see your face unveiled
and be happy in the vision of your glory.

Adapted from the hymn "Adoro te devote" attributed to Saint Thomas Aquinas (1225-1274)

