

**The Reflection from Pastor Fr. John  
Carlos, Holy Cross Church, Harrison, NJ,  
June 6, 2021**

**LIFE SAVER**



In the Gospel reading, we hear the account of the Last Supper. There Jesus shares a cup of wine with his disciples and declares, "This is the blood of the covenant which will be shed for many." He establishes a relationship between God and his people far greater than the one ratified by Moses with the blood of animals.

Each time we receive Holy Communion, we share in the blood of that New Covenant, that new relationship with God.

Even when we receive only the host, we receive the blood of Christ. For as the Church tells us, "Since Christ is sacramentally present under each of the species, communion under the species of bread alone makes it possible to receive all the fruit of Eucharistic grace." (Catechism of the Catholic Church #1390)

Today's Feast focuses our attention on the great gift of the Eucharist by which we are united with Christ and with all those who share with us at the altar of the Lord. We truly are blood brothers and sisters in Christ.

Today's feast also reminds us that Jesus Christ is the one blood donor who can truly be called a life saver. His donation saves us from everlasting death and brings us to eternal life.

May the eternal Love of the Most Holy Trinity dwell in your heart.

Father John Carlos