

**Hands**  
**The Most Holy Body and Blood of Christ**  
**June 3, 1018**

As I paused to reflect on the scriptures for this coming weekend, the solemnity of the Most Holy Body and Blood of Christ, I am struck by the genuine reverence and holiness that people display as they come forward for Holy Communion. I am one of many Extra-ordinary Ministers of Holy Communion. As I distribute the Most Holy Body and Blood of Christ I notice the hands that come forward.

Some hands are smooth and manicured. Others are rough, callused with the scars of manual labor and a life that has been lived a long time. Others are small and still contain the innocence of childhood. But all these hands reach out for the same thing...The Most Holy Body and Blood of Christ.

Our hands do so many things each day. From doing dishes to changing dirty diapers to cleaning our homes, cars and children, our hands are part of the most holy body and blood of our humanity. So how is it that as we gather to receive Jesus in the sacred elements we can hold Christ in our hands?

The profundity of this experience is that God does dwell among us. God is present in every experience of our lives. God is present in each one of us. Our hands are made for God's work within the Kingdom. So it is not surprising that Holy Mother Church allows us to receive Jesus in the reverent and sacred action of coming forward, hands out stretched to receive the very God who created us and calls us to his mission and work each day.

Let us remember this week as we celebrate the Most Holy Body and Blood of Christ in Holy Communion that this is a communal experience and celebration. We don't receive Jesus by ourselves. We do it together, as one, with the priest who offers the bread and wine that represents the work of our hands. This work of bread and wine is then changed by God into the precious gift of Jesus for us to take, eat and live according to what Christ has taught us.

Blessings!

  
Sue Schettler