



OFFICE OF BISHOP MYRON J. COTTA, D.D.

Bishop's Monthly Reflection

June 2022

*Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.*

Dear brothers and sisters in Christ,

The month of June is traditionally known as the month dedicated to the Sacred Heart of Jesus. Within this month, we also acknowledge two important Solemnities of the Church: The Solemnity of the Most Holy Trinity and the Solemnity of the Most Holy Body and Blood of Christ.

This time of year invites us to reflect upon the intimate relationship we have with God the Father, the Son, and the Holy Spirit. We encounter this intimacy every time we receive the Risen Christ in the Eucharist. The Catechism of the Catholic Church reminds us of this relationship with Jesus, when it states that the Eucharist:

“...identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.” (CCC 1419).

Realizing and treasuring this unique relationship with the Lord is the purpose and focus of the Solemnity of the Body and Blood of Jesus Christ.

This intentional return to a deeper eucharistic relationship with Jesus is at the heart of the three-year journey known as the National *Eucharistic* Revival which will be taking place in dioceses throughout our country. The Revival will begin on June 19, Corpus Christi, and will offer an opportunity to introduce, or reintroduce, the Eucharist to those who have wandered away from the Church and for those who are not familiar with the Blessed Sacrament. More than ever, it is urgent that we deepen our devotion of the Eucharist and so strengthen and revive our relationship with Christ Jesus.

To know the transforming power of the Eucharist, the teaching of the Church states that there are two requirements to receive the Eucharist worthily.



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First, an individual must be in the state of grace. “Anyone aware of having sinned mortally must not receive communion without having received absolution in the sacrament of penance” (CCC 1415). The Code of Canon Law of the Catholic Church states: “A person who is conscious of a grave sin is not to...receive the body of the Lord without prior sacramental confession unless a grave reason is present and there is no opportunity of confessing; in this case the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible” (CIC 916).

The second requirement regarding receiving Holy Communion is to observe the Eucharistic fast. The Code of Canon Law reminds us: “One who is to receive the most Holy Eucharist is to abstain from any food or drink, with the exception only of water and medicine, for at least the period of one hour before Holy Communion” (CIC 919).

As we prepare to receive the Lord in the Eucharist, let us repent and confess our sins, especially, any grave sin. As the faithful, let us stand in awe of the True Presence of the Lord as we humbly approach and receive him - *Body, Blood, Soul, and Divinity* - in the Sacrament of the Holy Eucharist.

As we renew our relationship with our Eucharistic Lord, and anticipate receiving Holy Communion, let us, as a *Eucharistic People*, approach the Blessed Sacrament with grateful hearts and pray:

“Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”

Our Lady of the Blessed Sacrament, increase our love of your Son, Jesus, present in the Holy Eucharist. Amen.

In the Peace of Christ,

Bishop Myron J. Cotta