

## Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. Jn 6:56



Dear Brothers and Sisters,

I hope you and your family had a wonderful Christmas and you feel blessed knowing that the Child Jesus is born in your heart. As we begin 2023, we are often tempted to make New Year resolutions: join a gym, loose a couple of pounds, or plan on a 'dry January.' All those resolutions are good in themselves for the physical body, but what about the spiritual body? What plans have we to work on our spiritual and faith fitness? We never realize how out of shape we are until we try to do something that we haven't done in a while or buy something new in the size we bought it in last time but now it feels tighter. Hmmm, must be because it's now made in China. Our faith and spiritual fitness are no different, maybe you were at Mass over the Christmas period and wondered, when did they change all the Mass parts? Or I never realized we got up and down so often. Coming out after Mass realizing that you have forgotten most of the responses.

Two years ago, we started bringing the Religious Education children to Mass before they went to class. We soon recognized how little they knew about the mass and how to respond or when to stand or kneel or sit. We all know the reason for this is because they were never shown or taught the Mass, the Eucharist was alien to them. Here's the kicker, if it's alien to our children, is it alien to us adults? Do we realize what it is that we are denying ourselves? As Christ clearly tells us in John 6:56, "Whoever eats my flesh and drinks my blood has eternal life." The Eucharist is the physical giving of Christ's self to us, we simply won't get that at home or anywhere else.

So, let's make a new year resolution that will change our lives forever and for the better.

- Buy a Catholic bible or contact the office for a copy of the parish Missalette
- Get the parish bulletin and find the readings for the upcoming Sunday
- Tuesday, gather your family or find a quiet place for yourself and read the First Reading. If with others, read it again and ask, what was it they and you heard?
- Wednesday, repeat as Tuesday and read the Second Reading
- Thursday, repeat as Tuesday and Wednesday and read the Gospel
- Someone different could read each time
- Come to Sunday mass and have a better faith filled experience.

Jesus broke the bread and gave it to his disciples, saying, **"Take and eat; this is my body."** Then he took the cup, and when he had given thanks, he gave it to his disciples, saying, **"Drink this, all of you. this is my blood which is poured out for many for the forgiveness of sins."**



God's grace and love for 2023

*Fr. Martin*

