

## **A Message from Fr. Leandro "Lines" Dela Cruz**



**Most of us are very conscious of what we eat, now more so than a few years ago. We want our food to be natural, fresh, filled with vitamins and nutrients, and enjoyable to eat. Health food stores are everywhere, and health food professionals offer advice on how to eat nutritiously. We now take seriously the old proverb that one is what one eats.**

**Good food has three basic benefits. It keeps our bodies well-tuned and functioning properly. A well-prepared meal pleases us by its aroma and tasting delicious. Eating is also an important social event – a meal creates community, whether at home or with friends.**

**THE EUCHARIST – The body of Christ is the bread of life for the spirit. As fresh and natural food vitalizes the body, the Eucharist nourishes the spirit and gives strength to faith. Faith is a gift from God but without our participation, God's grace cannot break through. In the spiritual life, prayer supplements us on our journey and the body of Christ sustains us. Without its reception, our spiritual diet is woefully incomplete.**

**Well-prepared food tastes good and contributes to our enjoyment of life. Good food provides a certain amount of joy, contentment and happiness. The same idea applies to our reception of the Eucharist. It creates a joyful faith. The Eucharist brings joy to life. Since Eucharist means “thanksgiving” in Greek, we begin to understand that in its reception we learn to give thanks to the Father for the countless blessings shown God’s children. In the Eucharist we realize that there are many things to be joyful about; in the Eucharist we can see God smile.**

**Finally, and most importantly, the body of Christ of the Eucharist brings together Christ’s body, His people. In the body and blood of Christ, community is created, nurtured and sustained. We come together, a family at the thanksgiving table, and realize that we are not alone, that there are people who care, that the world can be changed through the effort of the community working together.**

**The body of Christ brings growth, joy and hope, and for these gifts we give thanks. Please join us this Sunday at the 9:00am Mass, we will have a Eucharistic procession within the church immediately thereafter. Let us show our love and reverence to the Real Presence of Christ in the Eucharist. By processing with the Holy Eucharist in a reverent, prayerful and joyful manner, we honor Christ in the Eucharist and serve as witness to the intimate presence of God and a reminder to us of our common pilgrimage to Heaven.**

**This celebration marks the start of our parochial participation into the Diocesan Eucharistic Revival. More diocesan and parochial activities in the next two years will be held to promote and re-catechize the faithful toward the Catholic teaching on the Real Presence. Let us support this wonderful endeavor.**

**We bless and thank all fathers in our parish for the wonderful gift that they are to the children and their families. May God the Father of us all be always your inspiration and guide as you take good care of your family.**

**God Loves You.**