



## Food for the Journey

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**A**s the story is told, two men were talking about why they go or do not go to church every weekend. One argued why he no longer comes to Mass: "I went every Sunday for almost thirty years and I can't remember a single sermon from all those years that I sat in a pew." The other thought about that and then replied, "You know, my wife and I have been married for more than twenty-five years. Just about every day during those years my wife and I sat down and shared a meal at least twice a day. Now I can't say that I remember more than one or two of those meals, but if we hadn't sat down to share those meals every day, I don't think we would still be married today."

Surely there are many reasons why Catholics come

to the Eucharist each weekend. Some come for the homily, some for receiving holy Communion, others for the singing, and still others to be part of a faith community. For most, it is probably some of each. Yet behind all of it, though most might not think of saying so, is a commitment to be people of faith, to believe in the Lord Jesus, and to live as his disciples. It is the same commitment the Hebrews made in the desert in Exodus 24:3: "We will do everything that the LORD has told us." Indeed, how long would we be believers and disciples of Jesus without being fed at his table? ●

### Reflect

***Why do you come to Mass each week?***

[Jesus said,] "This is my  
blood of the covenant, which  
will be shed for many."

MARK 14:24

