

Reflection Monday Week 5 – 2022

One of the most unfortunate consequences of the pandemic has been the restrictions on shaking hands at the sign of peace and not being able to hug loved ones. It has been shown that touch is so vital that *babies who are not held, nuzzled, and hugged enough can stop growing, and if the situation lasts long enough, even die*. This reveals the divine wisdom behind holy communion when we receive the consecrated host that we believe is the Body and Blood of Christ. As Jesus healed those who touched him, the eucharist heals us of our sins and of our brokenness as it touches us. The scriptures can give the sense that all these healings took place in the presence of the community or in the family. Healing and being fed is a shared experience in which all benefit. Jesus understood this so well. Eating on your own is not a meal. In the first reading from Kings, the building of the temple, that houses the Arc of the Covenant, houses a Covenant of Love for the whole people: a love of God and a Love of neighbour.

St Augustine of Hippo reinforces this:

Late have I loved you,
beauty so ancient and so new, late have I loved you!

Lo, you were within,
but I outside, seeking there for you,
and upon the shapely things you have made
I rushed headlong – I, misshapen.

You were with me, but I was not with you.

They held me back far from you,
those things which would have no being,
were they not in you.

You called, shouted, broke through my deafness;
you flared, blazed, banished my blindness;
you lavished your fragrance, I gasped; and now I pant for you;
I tasted you, and now I hunger and thirst;
you touched me, and I burned for your peace!