

# All about the Feast of Corpus Christi



## What we celebrate:

Corpus Christi is a feast day with the sole purpose of focusing on the Holy Eucharist.

## Date:

Officially the Thursday after Trinity Sunday, but typically celebrated on the Sunday after Trinity Sunday.

## Established by:

Pope Urban IV on September 8, 1264

## Ways we celebrate:

- There may be a procession of the Eucharist around your church.
- Eucharistic Adoration may be held after Mass -- stick around and see what it's all about.
- You might hear a traditional Catholic prayer called "Benediction of the Blessed Sacrament" at the end of Mass. Songs about the Eucharist may be sung, and there will be lots of incense.
- If you live in one of the countries where this day is a public holiday, you may see a Eucharistic procession (sometimes by candlelight) happening in the streets.

## History:

*St. Juliana of Liege (1193-1258), who from her youth had a great reverence for the Blessed Sacrament, began the cause for the feast day of Corpus Christi. She thought that the Eucharist deserved its own exclusive day of reverence and recognition. This day would be apart from Holy Thursday, when the Church focuses on not only the Eucharist but the washing of the feet, ordained priesthood, and Jesus in agony in the Garden of Gethsemane. Juliana was motivated by a recurring vision of the Church as a full moon with one dark spot, which she interpreted as the absence of a specific reverence to the Holy Eucharist. She worked more than 40 years for the cause until her death. In the later years of her work, she gained the support of Jacques Pantaléon, at the time Archdeacon of Liège, and other church leaders. Pantaléon was later elected as Pope Urban IV and would go on to establish the feast of Corpus Christi.*