

In the summer of 2010, British scientists at the Sheffield University's Department of Engineering Scientists answered the age-old question of "Which came first: the chicken or the egg?" They discovered that chickens produce a particular protein that makes chicken eggs unique. And so, in order to have a chicken egg, there needs to be a chicken.

Their answer, based on this chemical analysis is ... that the chicken came first.

In today's Gospel, we hear Jesus speaking on particular external spiritual practices. Jesus points out that without the internal disposition, the external practice is an empty show.

In the Old Testament reading, we hear how Elisha asks to receive a double portion of the spirit of Elijah. This interior spiritual criteria results in Elisha being able to reproduce the same miracles as his predecessor Elijah.

Thus, similar to the chicken and the egg ... spiritual practices without an interior conversion of the heart are out of place ... stemming from human motivations rather than divine.

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray for an inner conversion of heart ... so that we might be filled with the Holy Spirit ... and that this internal spiritual disposition might motivate us to act out the corporal works of charity, mercy, and love.