

Abraham Maslow was an American psychologist whose 1943 paper, *A Theory of Human Motivation*, introduced the Hierarchy of Needs.

Maslow breaks these needs down as:

Physiological: such as food, water, air, and sleep

Safety: health, property, employment, and security

Belongingness and Love: friendship and family

Esteem: confidence, achievement, and respect

Self-Actualization: morality, creativity, and spontaneity

Self-Transcendence: wisdom, religion, and the meaning of life.

In the face of all of this psychological brilliance, we hear Our Lord in today's Gospel - the pericope on the Vine and the Branches - say:

*Without me you can do nothing.*

Which in the naval-gazing, self-absorbed, narcissistic 21st century ... is a radical proposition. I invite you to reflect on that one line and realize that Jesus doesn't say:

*Without me you can get food and water.*

Or:

*Without me you can get a job, a house, and a doctor.*

Rather, Jesus says:

*Without me you can do nothing.*

And so, we might also consider the inverse of this statement, which I would propose is:

*With Jesus, you can do everything.*

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray for a willingness to do all things with Jesus ... to live out our lives through Him, with Him, and in Him. May the Eucharist we participate in today draw us ever more deeply into the Holy Will of God ... so that we might go forth and with Christ accomplish all things.