

life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live for ever.'

THE GOSPEL OF THE LORD

Our gospel today is taken from John, chapter Six, the great Eucharistic Chapter, in which Jesus reveals Himself as the Bread of Life. It is a long chapter (70 verses) and begins with the feeding of the five thousand. We hear how the crowds flock to Jesus; some out of curiosity, others to hear his words or to receive healing; to find meaning & purpose to life, a journey we all make. And Jesus warns "*Do not work for food that cannot endure, work for food that leads to eternal life*". Naturally, the crowd ask for this food & it is then that Jesus reveals himself to them as the **Bread of Life**. And he promises, that all who come to Him will never be hungry and that all who believe in Him will never thirst. The chapter ends with Peter's profession of faith. After hearing his words, many reject Jesus (as they do today) but Peter exclaims: "*Lord, who shall we go to, you have the message of eternal life, and we believe; we know that you are the Holy One of God*".

Prayer over the Offerings

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present.

Communion Antiphon

*Whoever eats my flesh and drinks my blood
remains in me and I in him, says the Lord.*

Prayer after Communion

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever.

CORPUS CHRISTI

Year A

7th June 2026

Body and Blood of Christ for Eternal Life

'Don't chew the host'. That's all I remember from my Holy Communion preparation as a young child. What a shame! All the rich & beautiful imagery telling of this wondrous sacrament, in which we encounter God's redeeming love, only came to me later on in life.

Thomas Merton, that great spiritual writer, puts it succinctly: "In Communion" he says, "I become the Temple of God... Christ born in me - a new Bethlehem, and sacrificed in me - His new Calvary, and risen in me."

At the point of Communion, through the power of the Spirit, we are intimately united with the Lord, being offered to His Father & our Father. In Communion, Jesus leads us into the mystery, the life, the fullness of God's infinite love. May your faith in the Lord, present in Communion, grow ever stronger each day of your lives.

Entrance Antiphon

*He fed them with the finest wheat
and satisfied them with honey from the rock.*

Collect

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption.

DEUTERONOMY 8: 2-3, 14-16

Moses spoke to the people: You shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

Do not forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, who fed you in the wilderness with manna that your fathers did not know.

THE WORD OF THE LORD

The Book of Deuteronomy, though written in the seventh century BC., poses as being the words of Moses, who had lived several hundred years earlier. The writings place Moses & the Israelites in the area of Moab, where the Jordan river flows into the Dead Sea. Moses, who has grown old, is transferring leadership to Joshua & he delivers his farewell address to prepare the people for entrance into the Promised Land. In today's passage, Moses reminds and interprets for the people the meaning of their experience in the wilderness: *God humbled you, made you feel hunger and then fed you with manna. He did this in order to make you understand that man does not live on bread alone but on God's word.* The Exodus was not simply a physical journey into the promised land, it was a journey that was meant to transform them into God's faithful people. In the light of this, manna was not so much a magic food, but a gift from God that nourished and allowed them to grow as God's children.

PSALM: 147:12-15,19-20

Response: *O Jerusalem, glorify the LORD!*

O Jerusalem, glorify the LORD! O Sion, praise your God!
He has strengthened the bars of your gates;
he has blessed your children within you.

He established peace on your borders; he gives you your fill of finest wheat. He sends out his word to the earth, and swiftly runs his command.

He reveals his word to Jacob; to Israel, his decrees and judgements. He has not dealt thus with other nations; he has not taught them his judgements.

1 CORINTHIANS 10: 16-17

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

THE WORD OF THE LORD

Paul reiterates in today's short passage from Corinthians, that sharing in the one eucharistic loaf and the one eucharistic cup is more than a sign of belonging to Christ. Importantly, as we see in our First Reading, it is the means of becoming more deeply involved, participating more wholly in the Body of Christ. It is truly food from heaven, to assist us on our journey to the Father.

Alleluia, alleluia! I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever. Alleluia!

JOHN 6: 51-58

Jesus said to the Jews, 'I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?'

So Jesus said to them, 'Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal