

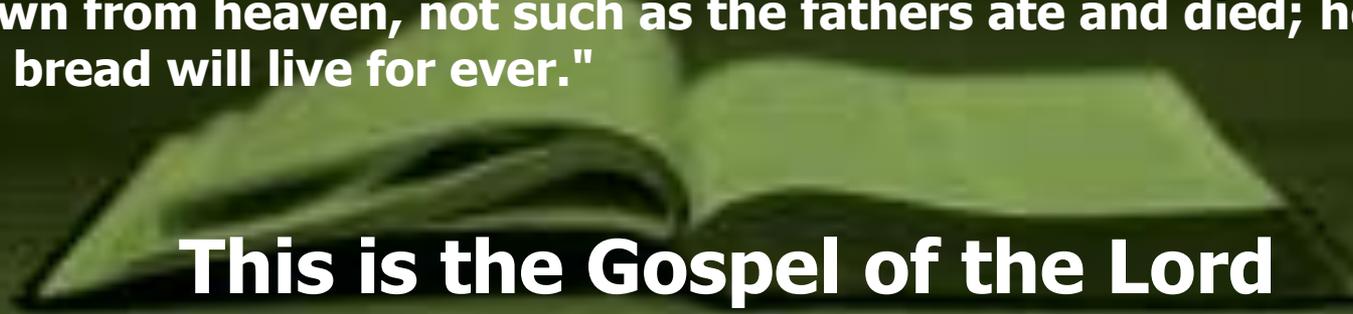
Eucharist



This Sunday's Gospel
The Body and Blood of Christ Year A
(John 6: 51-58)

I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall 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; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats 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 he who eats me will live because of me. This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever."



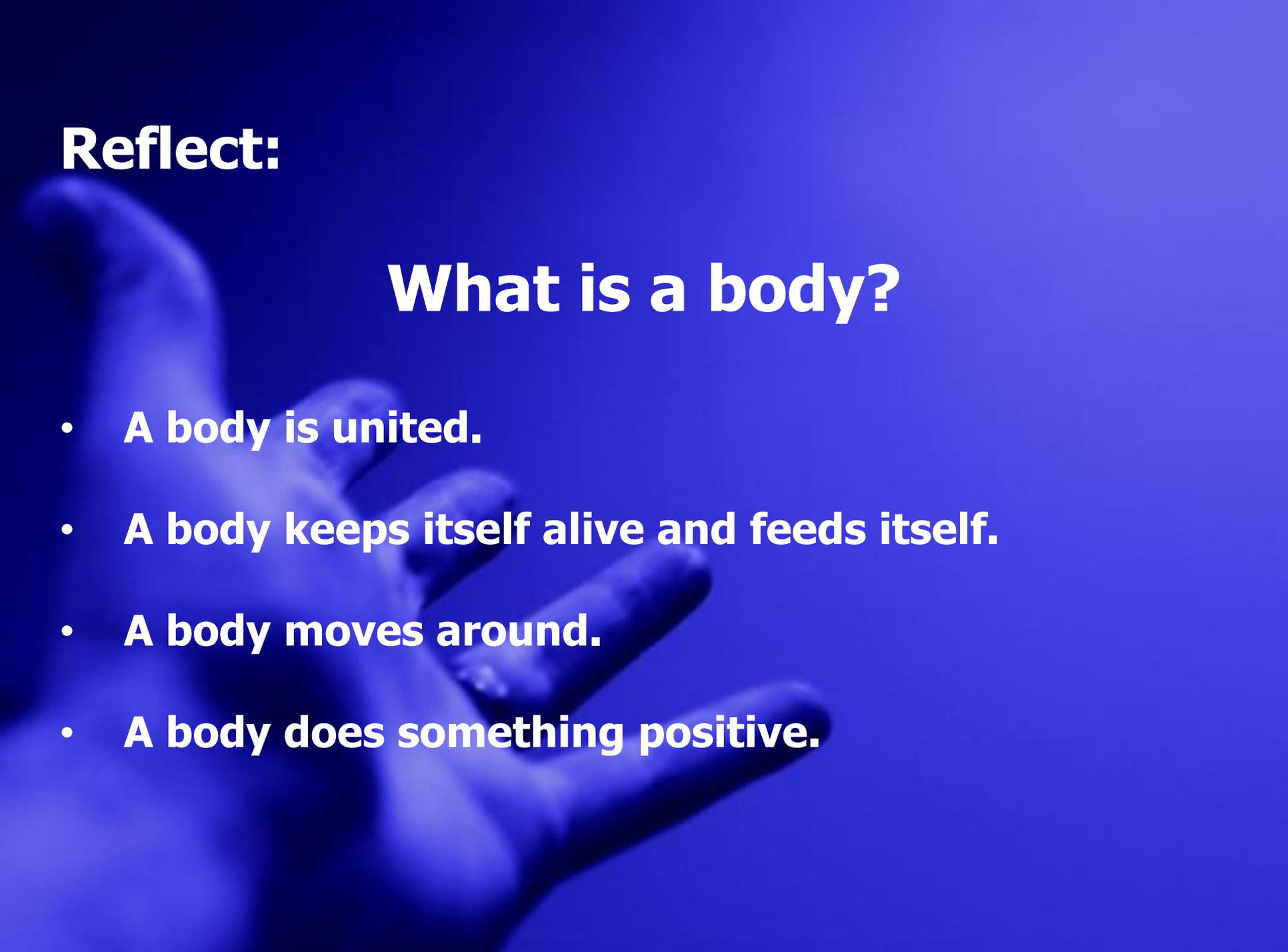
This is the Gospel of the Lord

Prayer One

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen

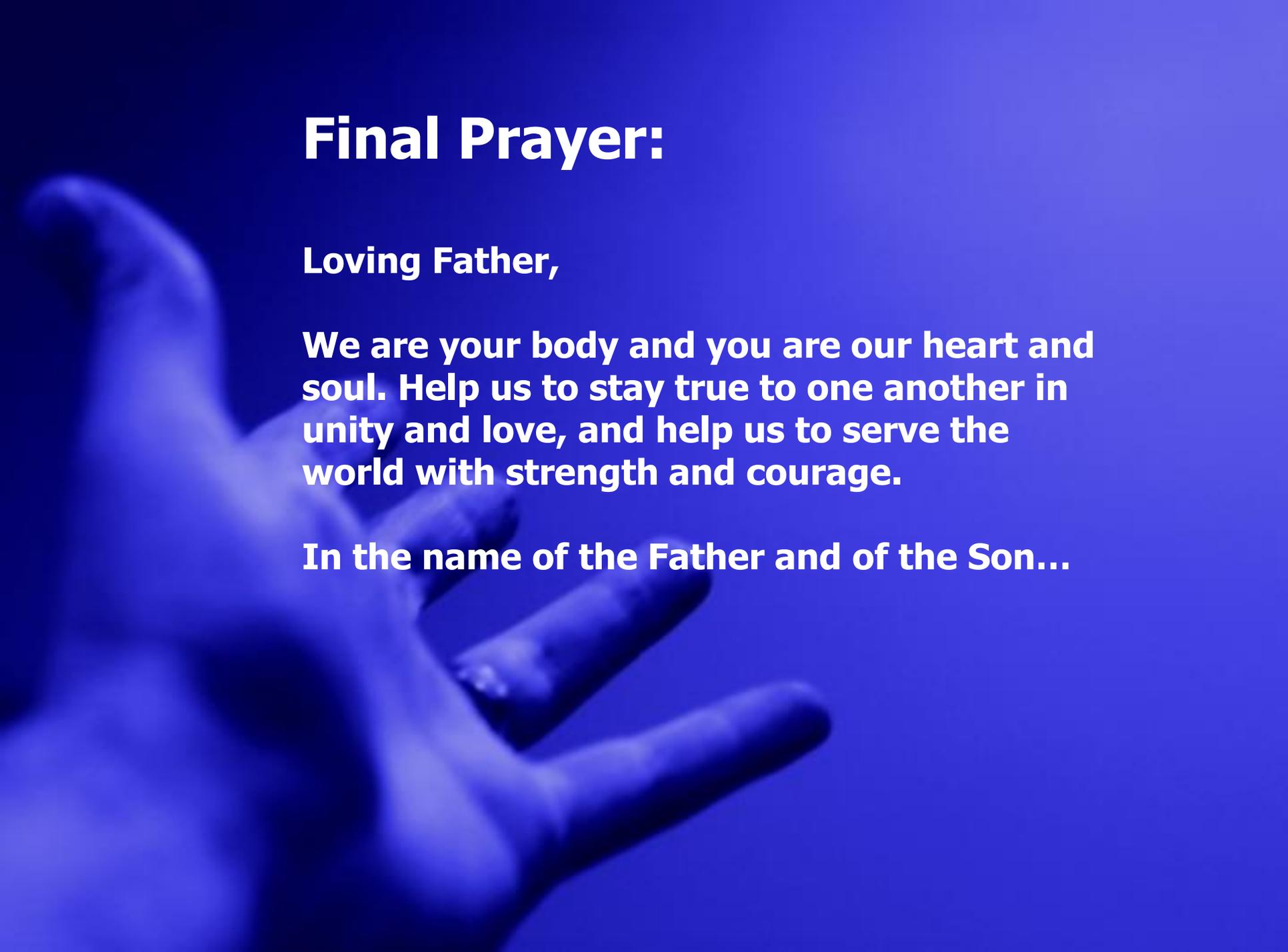
Reflection: This Sunday we celebrated the feast of Corpus Christi (Body of Christ)
When we think about the Body of Christ, we probably think about the Eucharist first of all. In a way though, we are all part of the Body of Christ.

A blue-tinted image of a hand reaching out from the left side of the frame, with fingers slightly spread. The background is a solid blue color.

Reflect:

What is a body?

- **A body is united.**
- **A body keeps itself alive and feeds itself.**
- **A body moves around.**
- **A body does something positive.**



Final Prayer:

Loving Father,

We are your body and you are our heart and soul. Help us to stay true to one another in unity and love, and help us to serve the world with strength and courage.

In the name of the Father and of the Son...



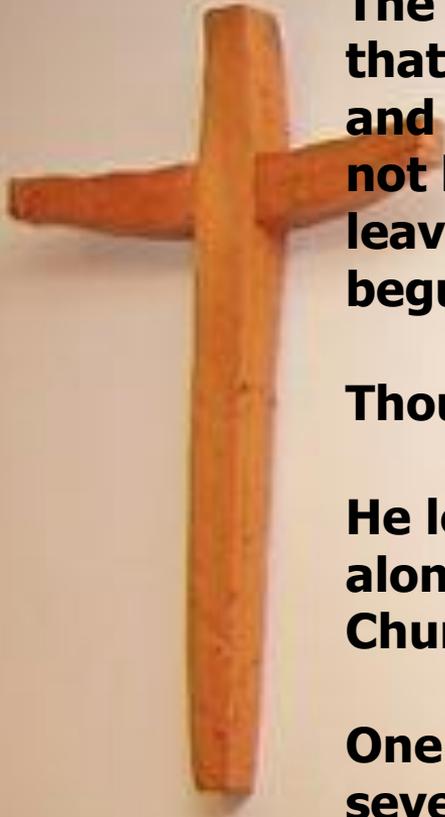
Prayer Two

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

Reflection:

***The Eucharist is a sacrament that commemorates
the Last Supper. Our Lord wanted to give us a
source of strength, but also a reason to come
together and celebrate all he had done for us.***



The Last Supper was a crucial time for Jesus. He knew that fairly soon he would be arrested, tried, crucified, and that he would rise from the dead. He also knew that not long after that he would ascend up to heaven and leave Christians to carry on for themselves what he had begun.

Though Jesus left us, he didn't leave us alone.

He left us a great many things to help and sustain us along the way: The Holy Spirit, the scriptures, the Church, the gift of prayer and the support of others.

One of the main things Jesus left us though, was the seven Sacraments; the different ways in which the Church ministers to us in Jesus' name to strengthen and sustain us through life

The Eucharist is chief among the sacraments.

At the Last Supper Jesus said do this in memory of me, and Christians have done ever since.

Final Prayer



Loving Father,

You have never abandoned your people. You feed us with your body and blood, with your teaching and with your love.

Help us to enter into your sacraments and the life of your Church more fully and completely with love and generosity.

In the name of the Father and of the Son...

Prayer Three

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

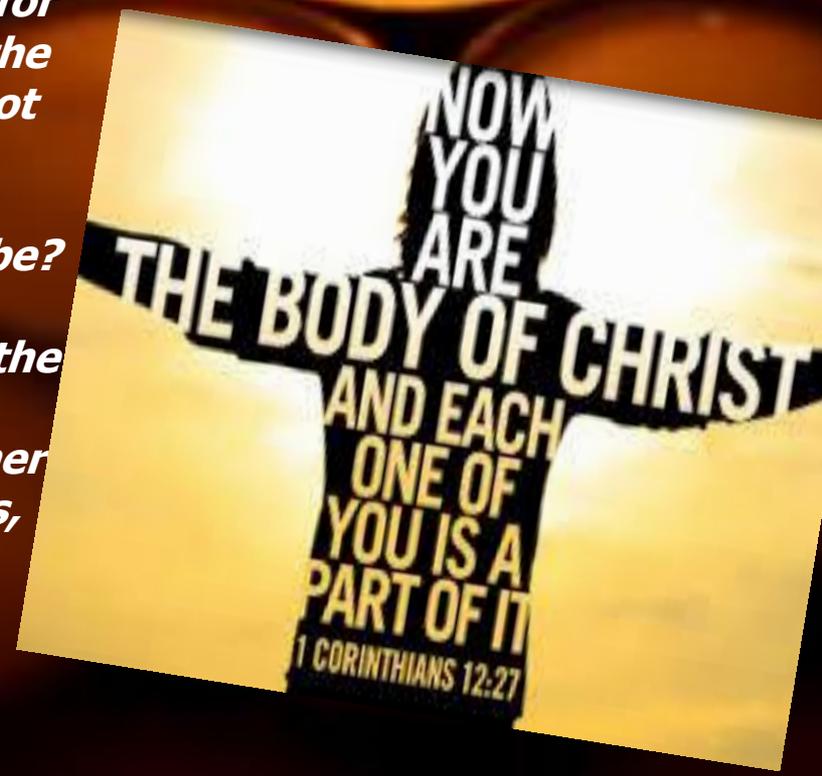
Reflection: St. Paul often talked about Christians as being a body. When he did he made the point that not all the parts of the body are the same, but that they have different roles to play.

Have a listen to some of St. Paul's words from his first letter to the Corinthians:

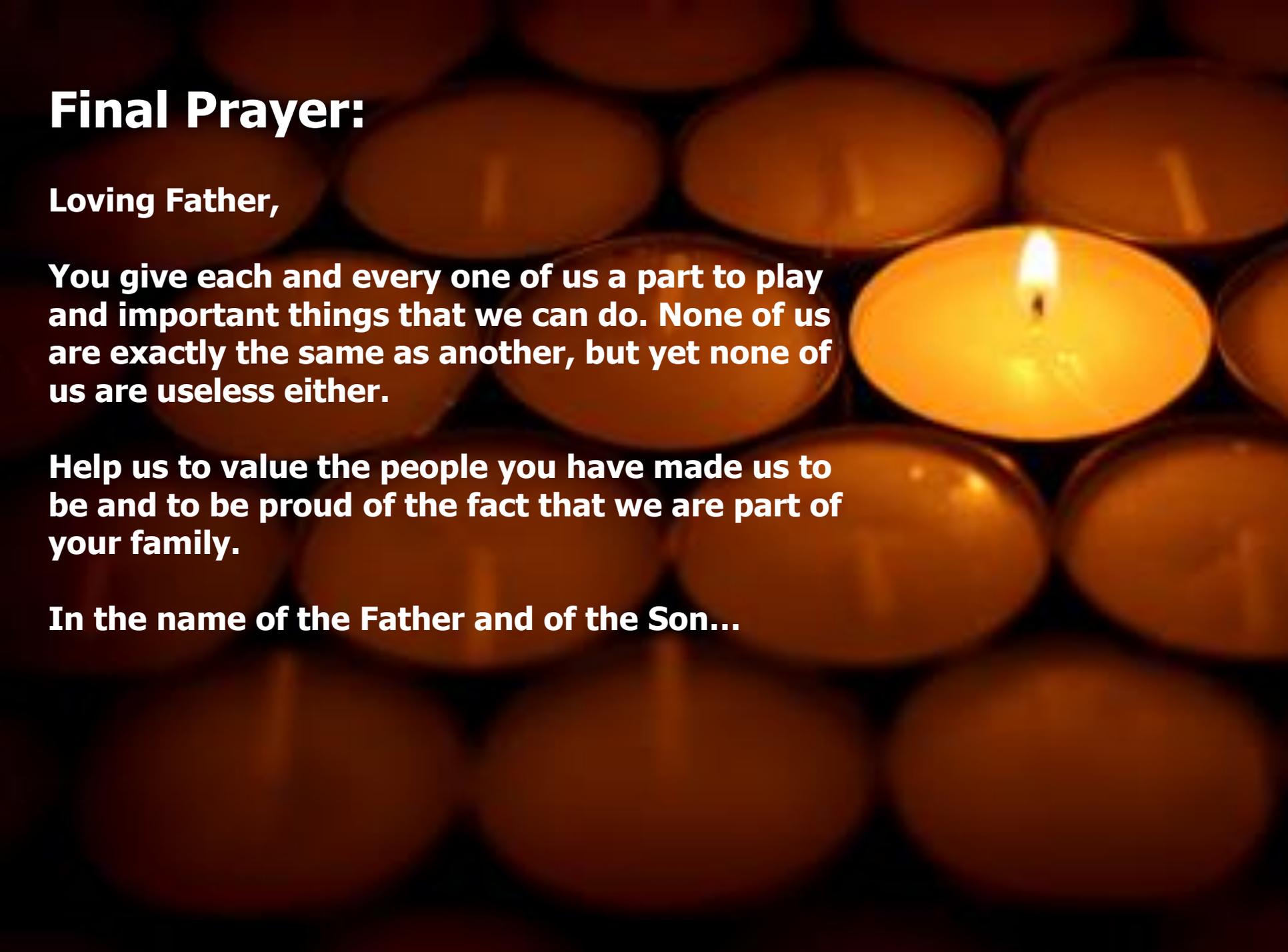
The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. For we were all baptized by one Spirit into one body - whether Jews or Greeks, slave or free - and we were all given the one Spirit to drink.

Now the body is not made up of one part but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

[1 Cor 12:12-20]



Final Prayer:



Loving Father,

You give each and every one of us a part to play and important things that we can do. None of us are exactly the same as another, but yet none of us are useless either.

Help us to value the people you have made us to be and to be proud of the fact that we are part of your family.

In the name of the Father and of the Son...

Final Thought...



"Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power." -Mother Teresa

Next weeks theme: Do Not Be Afraid