

ENTRANCE ANTIPHON

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

PENITENTIAL ACT

Lord Jesus, you are mighty God and prince of peace: Lord, have mercy. **Lord, have mercy.**

Lord Jesus, you are Son of God and Son of Mary: Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you are Word made flesh and splendour of the Father:

Lord, have mercy. **Lord, have mercy.**

May almighty God **Amen.**

THE GLORIA

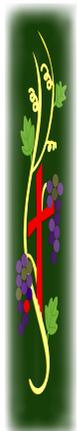
Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father you take away the sins of the world:

have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father

have mercy on us; For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.



OPENING PRAYER

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. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

LITURGY OF THE WORD

FIRST READING Deuteronomy 8:2- 3.14-16

A reading from the book of Deuteronomy Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart - whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with

manna that your fathers had not known.'

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps. 147:12-15, 19-20

R. O praise the Lord, Jerusalem! or Alleluia!

1. O praise the Lord, Jerusalem! Zion, praise your God! He has strengthened the bars of your gates, he has blessed the children within you. **[R]**

2. He established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. **[R]**

3. He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. **[R]**

SECOND READING 1 Corinthians 10:16-17

A reading from the first letter of St Paul to the Corinthians

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

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!

GOSPEL John 6:51-58

A reading from the holy Gospel according to John.

Jesus said to the Jews: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world'.

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him.

As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever'.

The Gospel of the Lord. Praise to you Lord Jesus Christ.



Today is our celebration that Jesus is present always with us, in signs we can recognise but not understand. It is a feast of the mystery of his presence, always close to his people.



"Anyone who eats this bread will live for ever"



Always a favourite feast day in Ireland and throughout the world, Corpus Christi, the Feast of the Body and Blood of Christ, is a chance to appreciate the Eucharist. It's about Jesus giving his whole self to us – that's the symbolism of 'body and blood'. As we receive communion, we take into our lives, very deeply, the love of Jesus, shown in his death and resurrection.

This is his gift – to nourish us and deepen our friendship with him and our faith in God. He also shares with us why he gives his body and blood – it is for the saving and betterment of the world.

So, each time we receive communion we are joyfully receiving not only his love for us, but also the call to share that love. Receiving communion helps us to live our lives in love but also challenges us to live the message of that love. This can be with family, among friends and also in the wider world.

Receiving communion means I want to do something for justice, peace and tolerance in my locality and the wider world.

To receive is to do this 'in memory of him'. To live in memory of Jesus is to live in actively sharing the life and love he shares with each of us.

It is receiving the human and divine life of Jesus, so that through each of us the world may be a better place.

Donal Neary SJ, Editor Sacred Heart Messenger

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

All I believe for following three lines: and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

LITURGY OF THE EUCHARIST

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. Through Christ our Lord.

AFTER THE CONSECRATION

The mystery of faith. When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

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.