

Before he gave his body and blood on the cross for the salvation of the whole world, Jesus gave his body and blood to his disciples in the form of bread and wine, instructing them to continue this practice in memory of him. Like the LORD providing water and manna in the desert, Jesus provides food and drink to sustain us, taking it one step further by transforming it to his own Body and Blood. As we receive the Eucharist today, let us realize the sustenance we are given. May the Eucharist we share today strengthen and enliven us as we bring Jesus with us to the world.

As we gather together let us begin our service by professing what we believe.

*Profession of Faith: Page 102*

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, (bow as we say) and by the Holy Spirit he 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.

*Introductory Rite:*

*Greeting:*

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace to you from God our Father and from the Lord Jesus Christ. Blessed be God for ever.

**Blessed be God for ever.**

*Penitential Rite:*

My brothers and sisters, to prepare ourselves for this celebration, let us call to mind our sins.

Lord Jesus, you are the living bread that came down from heaven: Lord, have mercy.

**Lord, have mercy.**

Lord Jesus, you are the source of nourishment for your holy people: Christ, have mercy.

**Christ, have mercy.**

Lord Jesus, yours is the way to everlasting life: Lord, have mercy.

**Lord, have mercy.**

May almighty God have mercy on us, forgive our sins, and bring us to everlasting life. **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. **Amen.**

*Liturgy of the Word:*

*First Reading Page 66*

A reading from the Book of Deuteronomy

*Deuteronomy 8:2-3, 14b-16a*

Moses said to the people: "Remember how for forty years now the Lord, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the Lord."

“Do not forget the Lord, your God, who brought you out of the land of Egypt, that place of slavery; who guided you through the vast and terrible desert with its seraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to you and your fathers.”

The word of the Lord.

**Thanks be to God**

Responsorial Psalm Page 66

*Psalm 147:12-13, 14-15, 19-20*

R/. Praise the Lord, Jerusalem.

**R/. Praise the Lord, Jerusalem.**

Glorify the LORD, O Jerusalem; praise your God, O Zion.  
For he has strengthened the bars of your gates; he has blessed your children within you. **R/**.

He has granted peace in your borders; with the best of wheat he fills you.  
He sends forth his command to the earth; swiftly runs his word! **R/**.

He has proclaimed his word to Jacob, his statutes and his ordinances to Israel.  
He has not done thus for any other nation; his ordinances he has not made known to them. Alleluia. **R/**.

Second Reading Page 66

A reading from the first Letter of Saint Paul to the Corinthians

*1 Corinthians 10:16-17*

Brothers and sisters: This 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 the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

The word of the Lord.

**Thanks be to God.**

Gospel Page 70

A reading from the holy Gospel according to Matthew

*John 6:51-58*

**Glory to you, O Lord**

Jesus said to the Jewish crowds: “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

The Jews quarreled among themselves, saying, “How can this man give us his flesh to eat? Jesus said to them, “Amen, amen, I say to you, unless you eat of the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

*Reflection on the Word:*

If we're fortunate, we spend some time each day eating together with our loved ones. It may be with just one other person; it might be with a large family. We may often eat together with coworkers or friends or even neighbors. But the Eucharist is probably the one occasion at which we regularly eat with everyone: family and friends, neighbors and strangers. No matter how large or how diverse the gathering is, one thing is true: we never eat alone. We eat as one of many, as the body of Christ.

We consume the Body of Christ as part of the Body of Christ. The Body of Christ is both the congregation who gathers to celebrate the Eucharist, the Church, as well as the Eucharist itself. As Saint Paul says in the second reading, the bread we break and the wine we bless are a participation in the body and blood of Christ. Nourished by the Body of Christ (the Eucharist), the Body of Christ (the Church) becomes the Body of Christ in the world, participating in the mission of Christ Jesus, witnessing to the gospel in our daily lives.

Today's passage from Deuteronomy refers to the water that came forth from the rock, which quenched the Chosen People's thirst in the desert. Rabbinic legend spoke of a miraculous spring that followed the Israelites, providing its life-giving water through the forty years they wandered. Earlier in his letter to the Corinthians, Paul combines these images when he writes, "they drank from a spiritual rock that followed them, and the rock was the Christ" (10:4). Jesus is that continual source of life who is always near, always available, always nourishing us. Jesus told the crowd that whoever eats his body and drinks his blood has life within them and indeed will live forever. With Jesus within us, we have the source and the destination of life within us and always will.

Question - How does this weekly celebration of the Eucharist make a difference in my life?

*Prayer of the Faithful:*

Gathered around the table of the Lord, we call to mind our needs and the needs of the world.

• For the Church, the body of Christ, that the loaf of bread and cup of blessing we share may nourish and strengthen Christians around the world as we proclaim the Good News, let us pray to the Lord. **Lord, hear our prayer.**

• That world leaders have the will to ensure that all their people, especially the very young and the very old, have enough to eat and drink so that no one suffers from chronic hunger or thirst, let us pray to the Lord.

**Lord, hear our prayer.**

• For those who grow our food—for farmers, farmworkers, migrant workers—and for all those who package and deliver it, enabling us to serve it on our tables, let us pray to the Lord. **Lord, hear our prayer.**

For those who cannot join us in celebrating the Eucharist, the hospitalized and the homebound, and for the Eucharistic ministers who go forth from here to bring them the Body of Christ, let us pray to the Lord.

**Lord, hear our prayer.**

• For our faith community, that the nourishment we receive from the Eucharist may energize us to reach out and assist those who are in need of nourishment, clothing, or shelter, let us pray to the Lord. **Lord, hear our prayer.**

For what else should we pray? \_\_\_\_\_ let us pray to the Lord. **Lord, hear our prayer.**

• For all the prayers that we hold in the silence of our hearts; for all our intentions spoken and unspoken, let us pray to the Lord. **Lord, hear our prayer.**

Generous God, you provided our ancestors manna in the desert and water from the rock. Instill in us generous hearts so that we can share our bounty with those in need. Grant this and all our prayers through Jesus Christ our Lord.

Communion RiteThe Lord's Prayer: Page 134

Let us pray with confidence to the Father in the words our Savior gave us.

**Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.**

Rite of Peace:

The sign of peace outwardly expresses a deep spiritual reality; through this sign we acknowledge Christ's presence in each other and share the peace we have received from Him. Let us offer each other the sign of peace.

Let us offer each other the sign of peace.

Communion:

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

The body of Christ. **Amen.**

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. **Amen.**

Concluding Rite:Final Blessing:

May the Lord bless us,  protect us from all evil and bring us to everlasting life. **Amen.**

Go in the peace of Christ! **Thanks be to God.**