We gather today at the table of the Lord, invited to share in this sacred meal in which Christ himself provides the food and drink for us to consume, the bread of life and the cup of eternal salvation. Saint Paul tells us that Jesus told his disciples to remember him each time they celebrated the Eucharist. So today, nearly two thousand years after the first time his followers did, we celebrate the Eucharist, remembering that Jesus Christ offered his body and blood to redeem us from sin, giving his earthly life to give us heavenly life.

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

*Profession of Faith p. 104*

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 forever. Blessed be God forever.

*Penitential Rite: p.6*

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

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

May almighty God have mercy on us, forgive us 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.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

*Liturgy of the Word:*

*First Reading p. 70*

A reading from the Book of Genesis

In those days, Melchizedek, king of Salem, brought out bread and wine, and being a priest of God Most High, he blessed Abram with these words: "Blessed be Abram by God Most High, the creator of heaven and earth; and blessed
be God Most High, who delivered your foes into your hand." Then Abram gave him a tenth of everything.

The word of the Lord.

Thanks be to God

Responsorial Psalm:  
Psalm 110:1, 2, 3, 4

R/. You are a priest forever, in the line of Melchizedek.  
R/. You are a priest forever, in the line of Melchizedek.

The LORD said to my Lord: "Sit at my right hand till I make your enemies your footstool." R/.  

The scepter of your power the LORD will stretch forth from Zion: "Rule in the midst of your enemies." R/.  

"Yours is princely power in the day of your birth, in holy splendor; before the daystar, like the dew, I have begotten you." R/.  

The LORD has sworn, and he will not repent: "You are a priest forever, according to the order of Melchizedek." R/.  

Second Reading:  
A reading from the first Letter of Saint Paul to the Corinthians  
1 Corinthians 11:23 - 26

Brothers and sisters: I received from the Lord what I also handed on to you, the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

The word of the Lord.

Thanks be to God.

Gospel:  
Luke 9:11B - 17  
Glory to you, O Lord

Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured. As the day was drawing to a close, the Twelve approached him and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here." He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people." Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of about fifty." They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Reflection on the Word:  
• Have you ever invited friends for dinner and had more show up than you expected? A lot more? Thousands more? Imagine the disciple who got five loaves of bread and two fish for Jesus and the Twelve and now was told to feed a crowd of more than five thousand. No wonder he asked Jesus to dismiss the crowd and let them find their own food. Surely the food for a small group couldn’t feed a crowd of thousands. But Jesus directs the disciples to ask the crowd to sit down in groups of fifty. It’s like a math problem now: five thousand men divided by fifty would make one hundred groups. Dividing up the crowd doesn’t sound any more promising! But Jesus divides the loaves and fish as
well and gives them to the disciples to feed each group. And each man, woman, and child went home satisfied. Jesus, the Bread of Life, is able to feed everyone in need, whether it’s just the twelve apostles or a crowd of thousands.

- What was a scarce resource—these meager provisions—was transformed into a resource so abundant that the leftovers far exceeded the original amount. In the same way, the bread and wine we offer is not only transformed into Jesus’s body and blood, it is transformed to a resource so abundant that we can receive it again and again, day after day, week after week. So it is with God’s mercy and love. They do not follow the ordinary rules of supply and demand because despite their infinite value, they are as abundant as the leftover fragments at the end of this day. And despite their infinite value, they are offered to us without cost.

- “Do this in remembrance of me,” Jesus says twice at the Last Supper (1 Corinthians 11:24–25). He offers his precious Body and Blood for us all and asks that we do the same in his memory. We, the Church, are the body of Christ. Therefore, we are called to offer ourselves to others in his name. When we do so, we can feed thousands. What may seem impossible to provide on a huge scale—food for the hungry, shelter for the homeless, welcome for the stranger, comfort for the sorrowing, justice for the oppressed, mercy for the sinful—can become a reality through the body of Christ. It is up to us, having received Christ’s body in this holy sacrament, to share this gift in abundance to those in need.

**Question of the Week**
This week, how will I share the abundance I know in the body of Christ with those in need?

**Prayer of the Faithful:**
Jesus transformed five loaves and two fish into enough food to satisfy thousands, a sign of the abundant generosity of God. Let us call to mind our needs and the needs of our sisters and brothers and call upon God’s endless generosity.

- For the Church, the body of Christ, that we may share the abundance of blessings we have received from the Lord so that the entirety of humanity may be satisfied by the Lord’s generosity, let us pray to the Lord. **Lord, hear our prayer.**

- For all who suffer from hunger or malnutrition, that their need for nourishment may be satisfied by those who have the power to provide them sustenance and life, let us pray to the Lord. **Lord, hear our prayer.**

- For farmers and migrant workers, bakers and cooks, food plant workers and grocery clerks, and all who work to enable us to put food on our tables, let us pray to the Lord. **Lord, hear our prayer.**

- For an end to racism, so that all those who have been victimized by racism in any way may be treated with love and respect, let us pray to the Lord. **Lord, hear our prayer.**

- For fathers everywhere, that they may be blessed with the grace that enables them to nourish and cherish their families, let us pray to the Lord. **Lord, hear our prayer.**

- For what else should we pray? **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.**

God of plenty, for millennia you have provided for your children. May the abundance we have experienced through your Son inspire us to share with our neighbor, nourishing and sustaining each other as we look to you, the ultimate source of all that sustains us. Grant this and all our prayers through your Son, our Risen Lord and Savior.
Communion Rite

The Lord’s Prayer: p. 136

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.

Through Christ our Lord. 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.