

and was the first to offer himself as the saving Victim, commanding us to make this offering as his memorial. As we eat his flesh that was sacrificed for us, we are made strong, and, as we drink his Blood that was poured out for us, we are washed clean. And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, and, without end we acclaim:

**Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

The mystery of faith: **Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.**

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

REFLECTION

'Blessed are the hungry; they shall get their fill.' It is in our emptiness that we are filled. It is in our confusions that we are guided. It is in our weakness that we are strengthened. It is in our sins that we are forgiven. It is in our hunger that we are fed. We believe that God has a homeland prepared for us where all our hungers will be satisfied and all our hopes will be fulfilled. This conviction makes it possible for us to travel onwards with an ache in our hearts and an unquenchable longing in our souls.

*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.**

*Final Blessing:*

The Lord be with you.	<b>And with your spirit.</b>
May the Lord bless you and keep you in his embrace.	<b>Amen.</b>
May he let his face shine upon you and show you his mercy.	<b>Amen.</b>
And may the blessing of Almighty God, the Father, and the Son, and Holy Spirit, come down upon you and remain with you for ever.	<b>Amen.</b>
Go and announce the Gospel of the Lord.	<b>Thanks be to God.</b>

**Prayer:** Jesus my friend and companion, you have given us your very being as food for our journey. How often we fail to realize its worth! Nurture my spirit, enkindle in me a deep appreciation of the nourishment you offer. Help me embody your presence to all who hunger and thirst. Lead me to them as you lead me home to you. Gratefully I ask, faithfully I believe, that you are in me and I in you. Amen.

## Corpus Christi A



**Antiphon: He fed them with the finest wheat and satisfied them with honey from the rock. Ps 80:17**

In talking about our unity in Christ, St Paul says that we are like grains of wheat that have been brought together to form one loaf. The Eucharist strengthens our unity in Christ.

Let us start this celebration by asking God's forgiveness  
 For our lack of faith and trust in God. Lord, have mercy.  
 For our divisions and hardness of heart. Christ, have mercy.  
 For our ingratitude to the God who gives himself to us. Lord, have mercy.

**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.**

Let us pray:

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 lives and reigns with God the Father, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING

A reading from the Book of Deuteronomy Deuteronomy 8: 2-3. 14-16  
 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

Psalm 147: 12-15. 19-20

The response is: **O praise the Lord, Jerusalem!**

O praise the Lord, Jerusalem!

Zion, praise your God!

He has strengthened the bars of your gates,  
he has blessed the children within you.

**Response**

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.

**Response**

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.

**Response**

SECOND READING:

A reading from St Paul's first letter to the Corinthians 1 Corinthians 10:16-17

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.**

SEQUENCE:

**Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.**

**Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality.**

**O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.**

**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

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to John.

**Glory to you, Lord.**

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.**

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

*Offertory:*

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.**

*Prayer over the Offering*

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. **Amen.**

*Preface:*

The Lord be with you.

**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God,  
through Christ our Lord.

For he is the true and eternal Priest,  
who instituted the pattern of an everlasting sacrifice