

What though it baffles nature's powers
Of sense and sight? This faith of ours
Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,
Meet symbols of the gifts divine, There lie
the mysteries adored: The living body is our
food; Our drink the ever-precious blood;
In each, one undivided Lord.

Not he that eateth it divides. The sacred
food, which whole abides Unbroken still, nor
knows decay; Be one, or be a thousand fed,
They eat alike that living bread Which, still
received, ne'er wastes away.

The good, the guilty share therein, With sure
increase of grace or sin, The ghostly life, or
ghostly death: Death to the guilty; to the
good Immortal life. See how one food
Man's joy or woe accomplisheth.

We break the Sacrament; but bold
And firm thy faith shall keep its hold;
Deem not the whole doth more enfold
Than in the fractured part resides:
Deem not that Christ doth broken lie;
'Tis but the sign that meets the eye;
The hidden deep reality
In all its fullness still abides.

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 foreshadowed;
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.

GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the living bread from heaven, says the
Lord; whoever eats this bread will live for
ever.

Alleluia!

GOSPEL

A reading from the holy
Gospel according to John
Jn 6: 51-52

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

MEMORIAL ACCLAMATION

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

Jesus tells us that he is the living bread of life, and
that those of us who eat his flesh and drink his blood
will live forever. We call that meal the Eucharist; this
name means 'giving thanks'.

Are you thankful for the abundance of food in your
life? Or do you take it for granted?

How often have you got ready for an evening meal
(after eating once or twice already that day) and
said, 'I'm starving!'

In Jesus' time every item of food had to be prepared,
and the ingredients needed to be gathered and used
before they spoiled. Preparing and cooking food for
a meal was a major job.



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THE MOST HOLY BODY AND BLOOD OF CHRIST - YEAR A		14TH JUNE 2020

ENTRANCE ANTIPHON

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

FIRST READING

A reading from the book of Deuteronomy
Dt 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 water-
less place brought you water from the hardest
rock; who in this wilderness fed you with man-
na that your fathers had not known.'

The word of the Lord

RESPONSORIAL PSALM

Response: Praise the Lord, Jerusalem

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 has 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 Is-
rael his laws and decrees. He has not
dealt thus with other nations; he has not
taught them his decrees. (R.)

SECOND READING

A reading from the first letter of St Paul to the
Corinthians 1 Cor 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.

SEQUENCE

Sing forth, O Zion, sweetly sing The praises of
thy Shepherd-King, In hymns and canticles
divine; Dare all thou canst, thou hast no song
Worthy his praises to prolong, So far
surpassing powers like thine.

Today no theme of common praise
Forms the sweet burden of thy lays –
The living, life-dispensing food –
That food which at the sacred board
Unto the brethren twelve our Lord His parting
legacy bestowed.

Then be the anthem clear and strong,
Thy fullest note, thy sweetest song,
The very music of the breast:
For now shines forth the day sublime
That brings remembrance of the time
When Jesus first his table blessed.

Within our new King's banquet-hall They meet
to keep the festival That closed the ancient
paschal rite: The old is by the new replaced;
The substance hath the shadow chased;
And rising day dispels the night.

Christ willed what he himself had done
Should be renewed while time should run,
In memory of his parting hour:
Thus, tutored in his school divine,
We consecrate the bread and wine;
And lo – a Host of saving power.

This faith to Christian men is given –
Bread is made flesh by words from heaven:
Into his blood the wine is turned: