

FIRST FRIDAY HOLY HALF HOUR - JUNE 1, 2018

“This is my body... this is my blood” - Mark 14: 22-24

Opening Hymn No: 100 - Come to the table... / Hymn No. 96 - Come O Lord, our hunger to relieve...

Introduction:

On this second Sunday after Pentecost, we celebrate the Solemnity of the Most Holy Body and Blood of Christ also known as Corpus Christi. This feast draws our attention towards two manifestations of the Body of Christ - the Holy Eucharist and the Church. It highlights the central place of the Eucharist in Christian lives. And, by our faithful reception of the Eucharist, God incorporates us fully into the Body of Christ, which is the Church.

The Gospel of Mark describes Jesus' Last Supper with his disciples as a celebration of the Jewish feast of Passover. It celebrated God's deliverance of his people from slavery in Egypt. Sunday's Solemnity reminds us that the Eucharist is a memorial of Christ's sacrifice on the Cross. Each time we celebrate the Eucharist, we believe in the miracle of Transubstantiation - the Real Presence of Christ in the elements of bread and wine.

Exposition of the Blessed Sacrament:

(Silence 2 min)

As we spend these moments in the presence of our Lord in the Blessed Sacrament, let us contemplate on the words of Jesus **“This is my Body... This is my blood”**. These words are repeated every time the Eucharistic Sacrifice is renewed. Pope Benedict XVI gives us a modern day understanding of the substantial conversion of bread and wine into the Body and Blood of Christ by calling it a “nuclear fission” - where we experience a miracle beyond all miracles. It penetrates our hearts and explodes into a new energy which sets off a process of transformation.

(Silence 2 min)

When we share Christ's Body and Blood at the table of the Lord, we recommit ourselves to the ministry of Christ. Even though we may falter and fail, we are renewed, refreshed and nourished each time we partake of the Eucharistic meal.

(Silence 1 min)

Hymn: No. 298 - O Lord, I'm not worthy...

Scripture Reading: Mark 14 : 12-16, 22-26

(Silence 5 min)

REFLECTION:

Why did Jesus arrange for this transformation of bread and wine? Because he intended another kind of transformation – Our transformation. The Lord desires us to be transformed from a diverse assortment of people into one Body of Christ. Are we ready to be a part of this transformation? **(Silence 1 min)**

When we receive the Body and Blood of Jesus, we become one with him and with one another and we can enjoy an intimate, personal relationship with him. What an awesome gift it is that he offers us. Do I acknowledge this precious gift and accept it graciously? **(Silence 1 min)**

As the Body of Christ, we are sent out into the world to carry Jesus to others and to reveal his presence to the world. However, don't we sometimes find it much easier to believe the presence of Christ in the tabernacle than to see his presence in the people around us, especially those whom we don't get along with? **(Silence 1 min)**

Hymn No: 295 - O let the Son of God enfold you...

INTERCESSORY PRAYERS:

God our Father, you nourish us with the Body and Blood of Christ each time we partake of the Eucharistic meal. With humble hearts, we place before you our petitions:

Response: Loving Father, hear our prayer.

1. For our Holy Father, bishops, priests, and religious, that their faith may be strengthened by the Eucharist to make them faithful witnesses to God's living presence among us; for this we pray to the Lord...
2. For world leaders, that during these times of political upheaval and uncertainty, they may uphold the values of righteousness, equality and justice and govern their citizens with honesty and integrity; for this we pray to the Lord...
3. For the government and political leaders of our country, that they may not use their powers to divide our countrymen on the basis of religion, caste, language etc.; for this we pray to the Lord...
4. For those who voluntarily offer their time and services for the Lord, that they may radiate God's love and compassion to those stricken by hardships, poverty, starvation etc.; for this we pray to the Lord...
5. For victims of war, terrorism, crime and natural disasters, that they may be strengthened and comforted by the loving presence of Jesus in their lives; for this we pray to the Lord...

6. For survivors of violence, physical, mental and sexual abuse, that they may receive timely intervention, support, justice and aid in their moments of need; for this we pray to the Lord...
7. For the sick, the aged, the homebound and the lonely, that they may find joy, comfort and healing through Christ's presence in their lives; for this we pray to the Lord...
8. For all Christians who share in the celebration of the Eucharist, that they may appreciate the Real Presence of Christ and radiate it to others; for this we pray to the Lord....

God our Father, you who provide for all our needs with the sublime gift of your Son in the sacrament of the Eucharist, receive our prayers and grant our petitions; we make this prayer through Christ our Lord. Amen.

As we prepare for Benediction, let us remember the invitation of St. John Mary Vianney to his parishioners: *"Come to Communion... It is true that you are not worthy of it, but you need it".*

With the knowledge of being unworthy because we are sinners, but needful of nourishing ourselves with the grace that the Lord offers us at the Eucharistic meal, let us renew our faith in the Real Presence of Christ in the Eucharist. As we leave for our homes, our schools and colleges, our places of work etc, let this explosion of grace and energy radiate from us to all those we meet and come in contact with because we leave here today as the Body of Christ. Amen.

Benediction Hymn:

Divine Praises:

Concluding Hymn No: 190 - I now no longer live...

*Written by
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for the
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