

**14 JUNE 2020**  
**THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS  
CHRISTI)**

**OPENING HYMN**

**I am the bread of life;**

Those who come to me shall not hunger,

Those who believe in me shall not thirst.

No one shall come to me, unless the Father draw him.

**And I will raise him up – 3**

**On the last day!**

*(or choose an appropriate alternate hymn)*

**OPENING PRAYER**

O God, 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.

**FIRST READING:** Deut 8:2-3, 14-16

**RESPONSORIAL PSALM:** Ps 147:12-15, 19-20

**Our 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 them. **R/**

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. **R/**

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. **R/**

**SECOND READING:** 1 Cor 10:16-17

**GOSPEL:** Jn 6:51-58

## REFLECTION:

In the first reading taken from the Book of Deuteronomy, Moses reminds the people about the manna that the Lord had miraculously provided while they were in the desert. He tells them “Remember” and “Do not forget.” The Psalm (Ps 147) of the day also takes up the theme of God’s providential care of his people. Our Gospel reading is part of Jesus’ Bread of Life Discourse (Jn 6:22-58). Here Jesus identifies Himself as the living bread that came down from Heaven and thus links Himself with the manna that God had provided for his people. While the people in the desert survived by eating the manna, they eventually died. Jesus however, promises us that by partaking of His Body and Blood, we will enjoy eternal life. The second reading stresses the fact that by sharing the Body and Blood of Christ, we enter into communion with Christ and with one another.

St. John Chrysostom says: “What is the Bread actually? The Body of Christ. What do those who receive it become? The Body of Christ. Not many bodies, but one body. Just as numerous grains of wheat are pounded together to make the host, and many grapes are crushed together to make the wine, so, we too become unified by partaking of this sacrifice. Our incorporation into Christ, which is brought about by Baptism, is constantly renewed and consolidated by sharing in the Eucharistic sacrifice. Like Jesus, who breaks Himself for us, we too are strengthened by the Eucharist and are called to break ourselves for the world.

As we celebrate this feast, we are called to remember that God gives us life, God cares for us and provides for us. It is crucial for us to realize that we need the Eucharist and it is the Eucharist that helps us to live in love and mutual union with one another.

## PRAYER OF THE FAITHFUL

**Leader:** God calls us to hear his word, be nourished and to share our life with others. He invites us to open our hearts and minds to His call and be bread that is broken and shared for others.

**Our response is: Lord, hear our prayer.**

We pray for our Holy Father, Pope Francis, our Bishops, our priests and all who proclaim God’s word with their lives. May they find faith, courage and strength to hear and answer God’s call and lead others to be one bread, one body, one people; **(pause)**; let us pray to the Lord...

We pray for our civic leaders; may they always have regard for the poor and vulnerable in society in the decisions they make; **(pause)**; let us pray to the Lord...

As the rainy season begins, we pray for a good monsoon and we pray specially for our farmers who make it possible for us to have food to eat; **(pause)**; let us pray to the Lord...

We pray for an end to all forms of discrimination be it racism, casteism, regionalism and for other forms of inequalities perpetrated in society. We pray that we see God’s creative design in all people; **(pause)**; let us pray to the Lord...

We continue to pray for an end to this pandemic and especially for those who are sick, pained or weak. We also pray for those who care for the sick, the migrants and the needy; **(pause)**; let us pray to the Lord...

**Leader:** Lord, through Jesus our Saviour, you invite us to your kingdom, You welcome us to your table, and provide us with nourishment in abundance. Teach us to imitate your unfailing kindness and help us to build up Christ's body, the Church, by generously sharing with others the gifts we have received from your bounty. Through Christ our Lord. Amen

Let us together at the Saviour's command and formed by Divine teaching, dare to say:  
*(All say the Lord's Prayer together)* Our Father, ...

### **CLOSING PRAYER**

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 forever and ever. Amen

### **PRAYER FOR RELIEF FROM THE CORONAVIRUS**

Almighty and merciful God, who show Your love to all creation everywhere, hear graciously the prayers we make for all those affected by the Coronavirus in various parts of the world.

We come before You asking for a quick control of the outbreak, for a healing of those affected, for the victims and their families.

We pray for the doctors doing research that an effective vaccine to combat the sickness is speedily found.

We pray for the Government and health authorities that they take appropriate steps for the good of the people. We make this prayer through Christ our Lord. Amen.

### **CLOSING HYMN**

**You have everything when you have Christ,  
You have everything when you have Christ,  
You are filled with God through your union,  
Through your union with Christ.**

*(or choose an appropriate alternate hymn)*