

THE MOST HOLY BODY AND BLOOD OF CHRIST

ENTRANCE ANTIPHON

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

COLLECT

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 live and reign with God the Father in the unity of the Holy Spirit, One God, for ever and ever. **Amen.**

FIRST READING

Genesis 14:18-20

In those days: Melchizedek king of Salem brought out bread and wine. He was priest of God Most High. And he blessed Abram and said, 'Blessed be Abram by God Most High, Possessor of heaven and earth; and blessed be God Most High, who has delivered your enemies into your hand!' And Abram gave him a tenth of everything.

PSALM

Ps 110(109):1. 2. 3. 4. R 4bc

R You are a priest for ever, according to the order of Melchizedek.

The Lord's revelation to my lord: 'Sit at my right hand, until I make your foes your footstool.'

R You are a priest for ever, according to the order of Melchizedek.

The Lord will send from Sion your sceptre of power: rule in the midst of your foes.

R You are a priest for ever, according to the order of Melchizedek.

With you is princely rule on the day of your power. In holy splendour, from the womb before the dawn, I have begotten you.

R You are a priest for ever, according to the order of Melchizedek.

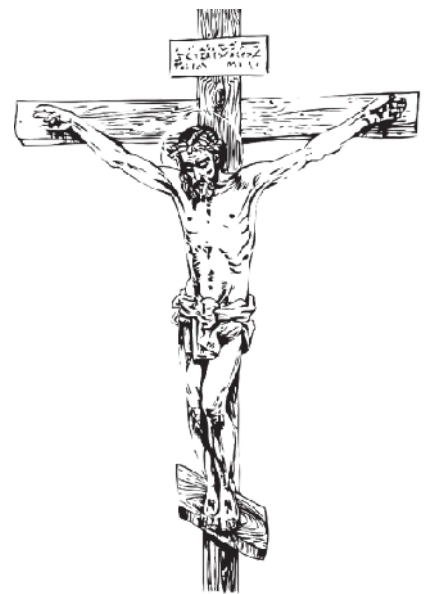
The Lord has sworn an oath he will not change: 'You are a priest for ever, according to the order of Melchizedek.'

R You are a priest for ever, according to the order of Melchizedek.

SECOND READING

1 Corinthians 11:23-26

Brothers and Sisters: I received from the Lord what I also delivered to you; that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, 'This is my body, which is for you. Do this in remembrance of me.' In the same way also he took 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 Lord's death until he comes.



GOSPEL ACCLAMATION

Alleluia, alleluia...

I am the living bread that came down from heaven, says the Lord.

If anyone eats of this bread, he will live for ever.

Alleluia...

GOSPEL

Luke 9:11b-17

At that time: Jesus spoke to the crowd of the kingdom of God and cured those who needed healing. Now the day began to wear away, and the Twelve came and said to him, ‘Send the crowd away to go into the surrounding villages and countryside to find lodging and get provisions, for we are here in a desolate place.’ But he said to them, ‘You give them something to eat.’ They said, ‘We have no more than five loaves and two fish — unless we are to go and buy food for all these people.’ For there were about five thousand men. And he said to his disciples, ‘Make them sit down in groups of about fifty each.’ And they did so, and made them all sit down. And taking the five loaves and the two fish, he looked up to heaven and said a blessing over them. Then he broke the loaves and gave them to the disciples to set before the crowd. And they all ate and

were satisfied. And what was left over was picked up, twelve baskets of broken pieces.

The word of the Lord.

Thanks be to God.

PRAYER OVER THE OFFERINGS

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**

COMMUNION ANTIPHON

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

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.**

REFLECTION

“The bread and the wine of the Eucharist before the holy invocation of the adorable Trinity were simple bread and wine, but the invocation having been

made, the bread becomes the body of Christ and the wine the blood of Christ”

CYRIL OF JERUSALEM
(*Catechetical Lectures* 19:7
[A.D. 350]).

“Do not, therefore, regard the bread and wine as simply that; for they are, according to the Master’s declaration, the body and blood of Christ. Even though the senses suggest to you the other, let faith make you firm. Do not judge in this matter by taste, but be fully assured by the faith, not doubting that you have been deemed worthy of the body and blood of Christ. . . . [Since you are] fully convinced that the apparent bread is not bread, even though it is sensible to the taste, but the body of Christ, and that the apparent wine is not wine, even though the taste would have it so, . . . partake of that bread as something spiritual, and put a cheerful face on your soul”

CYRIL OF JERUSALEM
(*ibid.*, 22:6, 9).

