

Prayer at Home



Feast of the Most Holy Body and Blood of Christ (Yr A)

Gather with family or on your own. Place an opened Bible on a table with a strip of white cloth. Light a candle, white if possible, and place a crucifix and some flowers beside it and a bowl of water.

Begin with:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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

Let us open our hearts to hear God's Word:

Paschal Lamb, you are the food and drink of the kingdom.
LORD, HAVE MERCY.

Gracious wisdom, you satisfy our hunger and thirst.
CHRIST, HAVE MERCY.

Eternal life, you transform us into your body.
LORD, HAVE MERCY.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

Gloria

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.

Opening Prayer

The bread you give, O God,
Is Christ's flesh for the life of the world;
The cup of his blood is your covenant for our salvation.

Grant that we who worship Christ Jesus
may reverence him in the need of this world
by lives poured out for the sake of that kingdom where he lives reigns with
you in the unity of the Holy Spirit, God for ever and ever. **Amen**

First Reading

Deuteronomy 8:2-3, 14-16

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

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

Ps 147:12-15, 19-20

R. 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. 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 Corinthians 10:16-17

A reading from the first letter of St Paul to the Corinthians

Though we are many, we form a single body because we share this one loaf.

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.

Gospel Acclamation

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

Alleluia!

Gospel

John 6:51-58

A reading from the holy Gospel according to John
My flesh is real food and my blood is real drink.

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.

Homily

Excerpt from *Our Communion, Our Peace, Our Promise: Pastoral Letter on the Liturgy* by Joseph Cardinal Bernardine, Archbishop of Chicago, 1984.

At this table we put aside every worldly separation based on culture, class, or other differences. Baptised, we no longer admit to distinctions based on age or sex or race or wealth. This communion is why all prejudice, all racism, all sexism, all deference to wealth and power must be banished from our parishes, our homes, and our lives. This communion is why we will not call enemies those who are human beings like ourselves. This communion is why we will not commit the world's resources to an escalating arms race while the poor die. We cannot. Not when we have feasted here on the "body broken" and "blood poured out" for the life of the world.

Let that be clear in the reverent way we walk forward to take the holy bread and cup. Let it be clear in the way ministers of communion announce: "The body of Christ," "The blood of Christ". Let it be clear in our "Amen". Let it be clear in the songs and psalms we sing and the way we sing them. Let it be clear in the holy silence that fills this church when all have partaken.

Before coming forward we say, "Lord, I am not worthy". We are never worthy of this table, for it is God's grace and gift. Yet we do come forward. This is "food for the journey" that we began at baptism. We may eat of it when we are tired, when we are discouraged, even when we have failed. But not when we have forgotten the church, forgotten the way we began at the font; not when we have abandoned our struggle against evil and remain unrepentant for having done so. Let us examine our lives honestly each time before approaching the eucharist. "Worthy" none of us ever is, but properly prepared each one of us must be. Christ, present in the eucharist and in us, calls us to be a holy communion, to grow in love and holiness for one another's sake.

Apostles' Creed:

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
At the words that follow, up to and including 'the Virgin Mary', all bow.
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.

Bless yourself making a cross with some water from the bowl.

Prayers of Intercession

INTRODUCTION: My sisters and brothers, gathered around the table of the Word, let us pray for the needs of the world and of this community.

We pray for all who serve in our Archdiocese, that with hearts centred on selfless giving, they will be filled with pastoral love for the people. **LORD, HEAR US.**

We pray for those who have not been able to physically share in the Eucharist for many months and for adults whose initiation into the Church has been delayed, that their Christian hope may be firm. **LORD, HEAR US.**

We pray for those in Australia and around the world, who during this Covid 19 pandemic are experiencing a new level of poverty and who hunger for their daily food and for shelter, that governments and the community will not neglect them. **LORD, HEAR US.**

We pray for those who feel separated from the Church through their life circumstances, a sense shame or sin, or feel rejected, that the power of Eucharistic love may transform their live. **LORD, HEAR US.**

For those suffering in mind or body, particularly those affected in any way by this pandemic; that the Resurrected Christ, who bore the wounds of all humanity, may touch their lives with renewed courage and hope. **LORD, HEAR US.**

We pray for those, who having shared the Bread of Life, have passed through death, that Jesus will take them into the Father's heavenly home. **LORD, HEAR US.**

CONCLUDING PRAYER:

God ever-faithful, you satisfy the hunger and thirst of the human heart through the blessed and broken body and blood poured out of Christ Jesus. Hear these prayers and strengthen us to live your Gospel in fidelity to the One who gave his life for the world. Through Christ our Lord.

Placing our faith in the power of the cross and trusting that we are united to all Christians, in all times and in all places, on this sacred day we dare to pray:

Our Father who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation
but deliver us from evil.

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

For the kingdom,
the power and the glory are yours
now and for ever.

Let us pray.

Let us pray.

Grant, O Lord, we pray,
that we may hunger always to receive your mercy,
live your Gospel,
and to serve your justice
so that we come to delight for all eternity
in your divine life.
Who live and reign for ever and ever.
Amen.

Lord God,

Strength of the weary, medicine of the weak,
Be near to us as we call on you.
May you be our nourishment during this time
and renew us daily in your love.

May God bless us, keep us from all evil and bring us to everlasting life. Amen.