



Liturgy Cycle A

The Body And Blood Of Christ

Jesus: The Bread Of Life

Introduction

An early Christian writing says this: 'On the Lord's day, gather in community to break bread and give thanks. No one who has a quarrel with another person may join your gathering, not until they are reconciled. Your sacrifice must not make me unholy'.

First Reading (Deuteronomy 8:2-3,14-16)

The author exhorts the Jews not to forget the God who cared for them in the wilderness by giving them Manna. They are to remember, too, that they need another kind of bread, namely, God's word.

Second Reading (1 Cor 10:16-17)

In the Eucharist we all share the same bread. This means that, however many of us are there are, we form one Body in Christ.

Gospel (John 6:51-58)

As food and drink nourish the body, so all those who enter into communion with Christ get the nourishment of eternal life.

Prayer Of The Faithful

Let us pray that Jesus, the bread of life, may nourish all the hungers of the people of God.

R: Give us this day our daily bread.

For all Christians: that the celebration of this Eucharist banquet may mould them together in a community of love. Let us pray to the Lord.

R: Give us this day our daily bread.

For all government Leaders: that they may spare no effort to see that all of God's children have enough to eat. Let us pray to the Lord.

R: Give us this day our daily bread.

For the lonely who are hungering for the bread of companionship; and the sick who are hungering for the bread of health. Let us pray to the Lord.

R: Give us this day our daily bread.



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That through the reception of this bread from heaven we may hunger after a life of goodness and holiness. Let us pray to the Lord.

R: Give us this day our daily bread.

Communion Reflection

**People today are crying out for recognition.
They want to be persons among persons.
They want to be noticed,
Not in a showy way,
Or because they have money and status,
But just because they are human beings.
Each of us is on a pilgrimage.
We are seeking to encounter others
who have the same needs as ourselves.
The greatest need of all is the need to be loved.
But we pass one another by without noticing,
without a slightest sign of recognition.**

**As Christians we are united by a bond so close
that St Paul called the Christian community
'the body of Christ'.
It is the time we begin to notice one another.
Each person is a brother or a sister in Christ.
Each person then must be recognized.
Each person must be given some sign of friendship,
be it a smile or a nod of the head.**