

## 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.

## FIRST READING

24:3-8

*A reading from the book of Exodus*

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, 'We will observe all the commands that the Lord has decreed'. Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, 'We will observe all that the Lord has decreed; we will obey.' Then Moses took the blood and cast it towards the people. 'This' he said 'is the blood of the Covenant that the Lord has made with you, containing all these rules.'

*The word of the Lord.*

## RESPONSORIAL PSALM Ps 115

**Response:**

**The cup of salvation I will raise;  
I will call on the Lord's name**

1. How can I repay the Lord for his goodness to me?

The cup of salvation I will raise;

I will call on the Lord's name. (R.)

2. O precious in the eyes of the Lord is the death of his faithful.

Your servant, Lord, your servant am I; you have loosened my bonds. (R.)

3. A thanksgiving sacrifice I make:

I will call on the Lord's name.

My vows to the Lord I will fulfill before all his people. (R)

## SECOND READING

9:11-15

*A reading from the letter to the Hebrews*

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men's hands because it is not of this created order; and he has entered the

sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

*The word of the Lord.*

## GOSPEL ACCLAMATION

**Alleluia, alleluia!**

**I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever.**

**Alleluia!**

## GOSPEL

14:12-16.22-26

*A reading from the holy Gospel according to Mark*

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?"' He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there,' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.'

After psalms had been sung they left for the Mount of Olives.

*The Gospel of the Lord.*

## 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

## 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.

## GOSPEL REFLECTION:



What is Eucharist? How can you live a life that reflects the awesome sacrifice Jesus made for you?

*How do you ready yourself to receive Jesus in communion? How does your life reflect this readiness? How are you Eucharist to others in your daily life?*

Had you been at the Last Supper, how might you have felt when Judas left the table and went out to betray Jesus? Do you ever betray Jesus in your daily life?

How?

*Jesus forgives our acts of betrayal. How can you go about learning to forgive yourself as Jesus has forgiven you? How can you forgive others as Jesus forgives you?*

Are there other ways to receive Eucharist besides the consecrated bread and wine at Mass? Can you really be Eucharist to others if you have not resolved to change your heart and follow Jesus?

*Do you leave the community celebration of the Eucharist with your heart singing songs of praise? How can you continue the sense of well-being that comes from the celebration of Eucharist?*

Do you have an 'upstairs room' where you can get away and pray? How do you pray? How can you be more receptive to the changes that Eucharist can bring about in your life?

## GOSPEL ACTION

**Consider how you will be Eucharist to another person this week. Resolve to go to daily Mass at least once this week, and be conscious of being Eucharist to family, friends, and co-workers.**

**Readings—10<sup>th</sup> Sunday Ord. Time YRB**

**First Reading:** Genesis 3: 9-15

**Second Reading:** 2Corinthians 4:13-5:1

**Gospel:** Mark 3: 20-35

## Homily

### 6<sup>th</sup> June 2021 – The Most Holy Body and Blood of Christ

Dear friends, this weekend we celebrate the Feast of the Most Holy Body and Blood of Christ and we are asked to focus on the Eucharist given to us as food and drink to nourish and feed us spiritually.

The Catechism, repeating Vatican II, tells us that the Eucharist is 'the source and summit of the Christian life.' The Eucharist is right at the heart and centre of our faith and the Church and from the Eucharist all else flows, so the Feast this weekend is an important one for us to reflect upon.

This time last year we were just starting to re-open our Churches initially for private prayer before we were able to start the public celebration of Mass once again at the beginning of July. I remember the joy that I felt being able to open the doors once again and welcome people (who were able to) back into Church. Some were reduced to tears simply to be able to come back into Church again and be in the presence of the Lord. It has been wonderful over these last weeks to see more and more people feel able to come back to Church as the infection rate has gone down and the restrictions begin to be lifted.

One of the things that I have really missed and enjoyed to do be able to do again recently is to meet up with family and have a meal with them. Meals are so important as we come together and catch up with each other in the most natural and normal of ways. Meals have always been an important part of our family life.

At the Last Supper Jesus shared the final and most important meal that he ever had with his disciples and friends. The meal was different and was one that they would remember forever. Jesus gave himself to them in a way that he had never done before and in a way that anticipated his death the following day.

It was because of that meal that we are here today, Jesus gives himself to us in the form of bread and wine which at the consecration becomes His Body and Blood, the real presence of Jesus with us and freely given to us.

The Eucharist celebrates a wonderful event – the sacrifice and gift with which Jesus made of his life on our behalf out of love for us. As Jesus said to his disciples at the Last Supper and says to us every time we gather for Mass **'take and eat, This is my Body, take and drink, This is my Blood and do this in memory of me'**. At Mass the priest says those words in the person of Christ, Jesus Himself instructed us to repeat what he did at the Last Supper.

## **Homily**

### **6<sup>th</sup> June 2021 – The Most Holy Body and Blood of Christ**

The Eucharist is not merely a recalling but the making present of Christ's Body and Blood, a proclamation and memorial of his life-giving and loving sacrifice on the Cross.

Every time we gather for Mass Jesus gives Himself to us, so that we in turn may give ourselves to others; as we receive Jesus who is the Bread of Life we become bread for others. Eucharist means thanksgiving and we give thanks today for the great gift of the Eucharist, the gift of Jesus Himself in Holy Communion that is freely given to each and every one of us.

I hope you are all well, sending my love and prayers, **Fr Phil x.**

## **Bidding Prayers and Spiritual Communion**

### **6<sup>th</sup> June 2021 – The Most Holy Body & Blood of Christ Year B**

We bring all our needs before the Lord in faith and trust as we celebrate the Most Holy Body & Blood of Christ.

For the Body of Christ, the Church and for Christians everywhere: may they bear witness to the presence of God in their lives.

Lord, in your mercy, hear our prayer.

For ourselves: nourished by the Body & Blood of Christ may we reach out to all, especially those who are most in need. Lord, in your mercy, hear our prayer.

For Fr Peter Walton as he celebrates his Diamond Jubilee of ordination to the priesthood; as he gives thanks to God may the Lord continue to bless him in his ministry of love and service. Lord, in your mercy, hear our prayer.

For all peoples that they may be drawn together in the unity and peace of the Trinity, we especially pray for continued peace in the Holy Land.

Lord, in your mercy, hear our prayer.

For all those in our parish who are sick, housebound or finding life difficult that they may experience the healing love and grace of Christ.

Lord, in your mercy, hear our prayer.

For our parish and our local community: that through the grace of God we may hear the urgent cry of the earth and of the poor and be inspired to respond at this crucial time. Lord, in your mercy, hear our prayer.

For all the faithful departed especially **Steve Heaney** and all those who have died recently: **“Eternal rest grant unto them...”**

For all those who mourn the loss of loved ones; may Christ’s message of hope in eternal life bring them comfort and consolation.

Lord, in your mercy, hear our prayer.

We ask Our Lady and all the Saints to join their prayers with ours as we say: **“Hail Mary...”**

Loving Father,  
We offer these and all our prayers to you,  
through Jesus your Son,  
who is Christ Our Lord, Amen.

## **Bidding Prayers and Spiritual Communion**

**6<sup>th</sup> June 2021 – The Most Holy Body & Blood of Christ Year B**

### **Spiritual Communion**

*Prayer of St Alphonsus*

My Jesus,  
I believe that you are present in this Holy Sacrament of the altar.  
I love you above all things and  
I passionately desire to receive you into my soul.  
Since I cannot now receive you sacramentally,  
come spiritually into my soul  
so that I may unite myself wholly to you now and forever.  
Amen.

### **CAFOD Prayer for Glasgow**

Creator God,  
We cry out to you  
The earth is damaged and in chaos  
People in poverty are suffering the most  
Greed and consumerism are a disease  
And your Church is too often asleep

Merciful Lord,  
Protect your people and restore your earth,  
Embolden governments to take action,  
Awaken Church leaders  
Give the youth influence  
And guide businesses to change

In the name of Jesus Christ, our Lord  
May we unite and be bold  
Take heart and find hope in you,  
Worship you with our lifestyles  
Walk in your truth  
and see justice and renewal in the earth

**Amen**