

## Cycle A – Solemnity of the Body and Blood of Christ (Corpus Christi) – June 7, 2026

*“I am the living bread ...”*

### OPENING PRAYER (Psalm 147)

Leader: Praise the Lord, O Jerusalem!  
Praise your God, O Zion!

All: **For God strengthens the bars of your gates;  
God blesses your children within you.**

Leader: God grants peace within your borders;  
The Lord fills you with the finest of wheat.

All: **God sends out his command to the earth;  
God’s word runs swiftly. Amen.**



### Readings

As Christians, we believe that the Word of God we hear proclaimed each Sunday is and empowering Word, and God is present in the Word proclaimed.

This is the Word that God wants us to hear today.

The dynamic of the Small Christian Community, namely reflecting on our life story within the context of this Word, and sharing the insights of these reflections, is such that God’s Spirit becomes present, and the gifts of the Spirit are experienced as empowering and life giving.

### Reflection

Read and reflect on the Sharing for June 7, 2026 - Solemnity of the Body and Blood of Christ [Corpus Christi], as noted on P.397 of the Sunday Missal

### **First Reading – Deuteronomy 8:2-3, 14-16**

Even though we tend to focus on external threats to our commitment to God, the people of Israel remind us that most of the threat to our faithfulness can come from within. Moses is addressing his people’s straying from the covenant with God. He contrasts forgetting and remembering, the desert and the fertile land, the illusion of human self-reliance and the truth of dependency on God. Remembering God’s great acts allows people in every time and place to reconnect with God’s faithfulness and mercy.

1. How do Moses’ words about forgetting and remembering connect to the Eucharist?
2. Recall a time you “forgot” about God’s covenant. What helped you re-member again?

### **Second Reading – 1 Corinthians 10:16-17**

Among the many problems in Corinth were the divisions in the community and the lack of comprehension about what it really means to be a Christian community. Here Paul stresses that meals are not a trivial matter, especially holy meals like the Eucharist. Sacred meals are sources and expressions of who we are, whose we are, and what/who we are committed to. Sharing in the bread and the cup of Christ makes us into one body.

1. Recall a time when you experienced the Eucharist as a deep reminder of the bonds of community in Christ.
2. How does our parish resemble the Corinthian community – is it plagued by divisions, can it grasp its unity as one body despite diversity and difference?

### **Gospel Reading – John 6:51-59**

Even though John's Gospel does not contain what we commonly refer to as the "words of institution" of the Eucharist, his words in Chapter 6 form the basis for our understanding of Christ's real presence in the bread and wine. "Flesh" and "blood" are sacrificial terms. Jesus' deliberate use of these terms transforms the earthly nourishment of manna (referred to in the first reading) and the ancient practice of animal sacrifice. How does Christ's gift of self in the Eucharist and the gift of your life to God compare/contrast?

1. In what ways can we deepen your understanding of Christ's presence in the Eucharist?
2. How does our parish live as a Eucharistic community?

### **LIVING THE WORD**

God's challenge – As an extension of Eucharist, and as a way of becoming what we eat, make a donation to the local Food Bank.

### **PRAYING THE WORD**

**Intercession:** For those who suffer hunger – physically, emotionally, spiritually – and for those who work in soup kitchens, food banks, outreach programs, and homeless shelters. We pray to the Lord.

*(Invite personal intentions from all present, for us to pray over together)*

### **Concluding Prayer:**

Leader: Lord Jesus, Bread of Life and Cup of Salvation,  
we worship you and give you thanks.

All: **We offer to you our total lives  
in undivided love and surrender.**

Leader: We offer the world our lives  
in unreserved service of love and justice.

All: **It is in offering our lives to you and to the world,  
that your reign of peace, love and justice  
will express your divine will  
on earth as it is in heaven.  
Amen.**

Leader: Let us share with one another a sign of Christ's peace.

### *Acknowledgement*

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