

# THE MOST HOLY BODY AND BLOOD OF CHRIST

Sunday 14 Jun 2020

## ENTRANCE ANTIPHON

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

## FIRST READING

*Deuteronomy 8:2-3, 14-16 (JB)*

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.'

## RESPONSORIAL PSALM

*Ps 147:12-15, 19-20 (JB)*

**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 (JB)*

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.

## GOSPEL ACCLAMATION

*John 6:51-52 (JB)*

### 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 (JB)*

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.'

## COMMUNION ANTIPHON

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