

# The Living Word

**The Most Holy Body and Blood of Christ, Year C**

**22 June 2025**

## **First Reading Gn 14:18-20**

*Melchizedek brought bread and wine.*

Melchizedek king of Salem brought bread and wine; he was a priest of God Most High. He pronounced this blessing:

'Blessed be Abraham by God Most High,  
creator of heaven and earth,  
and blessed be God Most High for  
handing over your enemies to you.'

And Abraham gave him a tithe of everything.

## **Responsorial Psalm**

**Ps 109:1-4. R. v.4**

**R. You are a priest for ever,  
in the line of Melchizedek.**

1. The Lord's revelation to my Master:  
'Sit on my right;  
I will put your foes beneath your feet.' (R).
2. The Lord will send from Zion  
your sceptre of power:  
rule in the midst of all your foes. (R).
3. A prince from the day of your birth  
on the holy mountains;  
from the womb before the daybreak I  
begot you. (R).
4. The Lord has sworn an oath he will not  
change.  
'You are a priest for ever,  
a priest like Melchizedek of old.' (R).

## **Second Reading 1 Cor 11:23-26**

*Every time you eat this bread and drink this cup, you are proclaiming the death of the Lord.*

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming to his death.

## **Sequence (shorter form)**

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 foreshadowed;  
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.

## **Gospel Acclamation Jn 6:51-52**

**Alleluia, alleluia!**

**I am the living bread from heaven,  
says the Lord;**

**whoever eats this bread will live  
for ever.**

**Alleluia!**

## **Gospel Lk 9:11-17**

*They all ate and were filled.*

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.



## **Reflection by Fr Michael Tate**

The feeding of the five thousand in today's Gospel is one of those anticipatory sharings in the heavenly banquet of the age to come.

We say this feeding is miraculous, and it was. A major part of the miracle is in the transformation of the Twelve. Our Lord did not personally feed the five thousand. He required his followers to get involved in alleviating hunger: 'You give them something to eat,' rather than leaving the crowd to fend for themselves, or resort to market economics. When they shared the food he had blessed, the miracle of the hospitality of God was multiplied throughout the crowd – extravagantly.

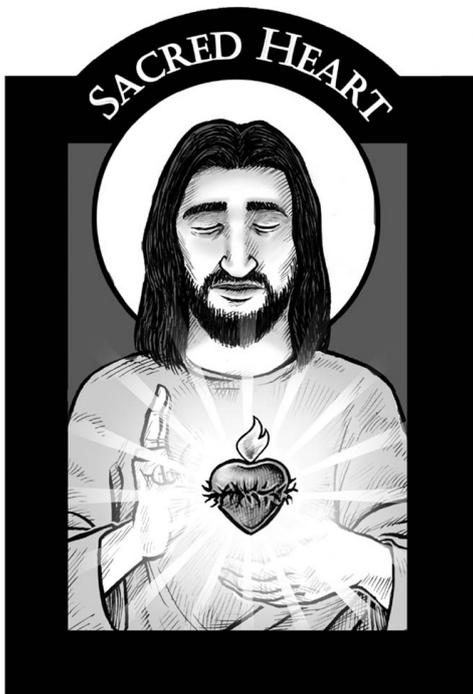
And so Our Lord gave his followers and the crowd a real taste of the future generosity of God in the heavenly banquet. But, it would not have happened had the inner groups of disciples not shared Jesus' vision and got involved in what seemed to be an impossible task.

The Last Supper was the greatest anticipatory meal which Our Lord shared with his disciples. And, at Mass, we are eating and drinking the glorified humanity of our Risen Lord Jesus Christ: the life of the future.

We could pause for a moment to identify the myriad of hungers in this world and resolve to fulfil Our Lord's Command: 'You give them something to eat!' so that Divine Generosity might transform human history.

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**D**evotion to the Sacred Heart of Jesus is a tradition that has developed over the centuries. Particular groups such as the Society of Jesus – Jesuits – have made devotion to the Sacred Heart of Jesus an important part of their community life. Devotion to the Sacred Heart of Jesus reminds us of the love Jesus has for all of us. The love of Jesus is not just an abstract concept but a real love which led to his suffering and death on the cross.

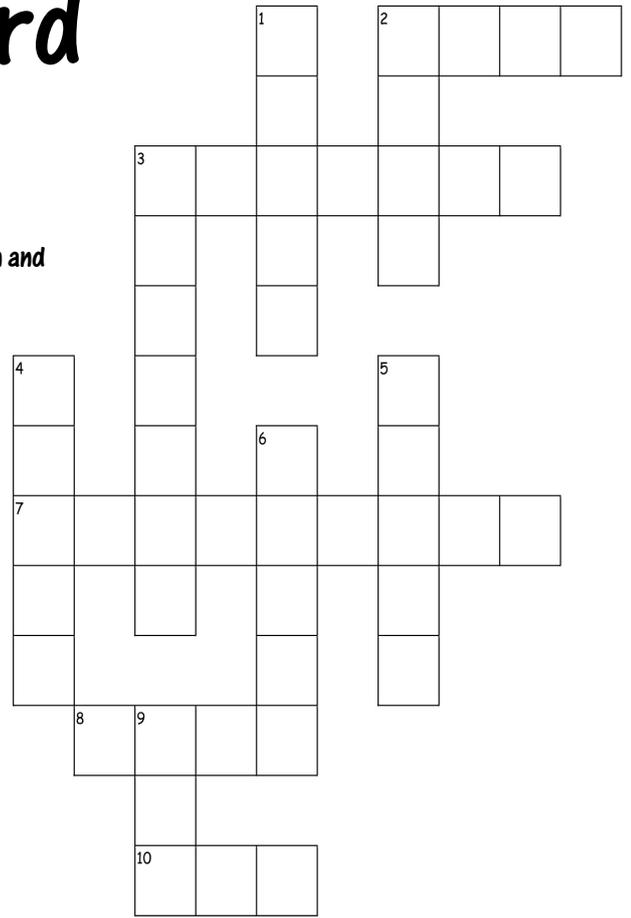
# Crossword

## Across

- 2: Jesus had this many loaves to feed the people
- 3: Jesus looked toward heaven and \_\_\_\_\_ the food
- 7: the time of day between morning and evening
- 8: to give food to people
- 10: Jesus had this many fish to feed the people

## Down

- 1: food made from wheat
- 2: animals that live in the sea
- 3 the left over food filled twelve of these
- 4: little
- 5: tore apart, ripped
- 6: a large group of people
- 9: to consume food



## We celebrate this sacred Meal

Draw some of the things we do at mass.

