

The Living Word

The Most Holy Body and Blood of Christ, Year A

7 June 2026

First Reading Dt 8:2-3, 14-16

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. R. v. 12

(R.) Praise the Lord, Jerusalem.

or

(R.) Alleluia!

1. 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.)
2. He has 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.)
3. 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 Cor 10:16-17

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 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 Jn 6:51-58

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.'

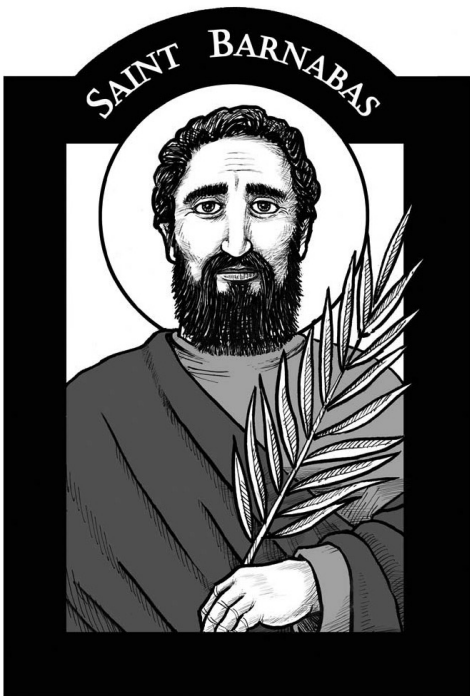


Reflection by Dianne Bergant CSA

This feast harkens back to the celebration of Holy Thursday. By way of the metaphors of food and drink, its readings provide us with a look at the mystery of divine presence. They first provide a picture of a God who feeds us. In the past God set a table in freedom, and then provided food that enabled our ancestors to survive. God fed those who were needy, not those who were worthy. Jesus offered sustenance to the crowds that gathered around him. It was not manna from heaven that he offered but his own flesh and blood as food and drink. This food and drink are the pledge of eternal life.

Those who eat this bread and drink this cup are caught up in a profound unity with God, a unity not envisioned in the wilderness experience. There is a new overlay of significance. Jesus' claim to give his flesh and blood was a bold one, Paul's seems even bolder. He states that partaking of the bread and the cup not only joins us with Christ, but actually makes us participants in the body and blood of Christ. Humanity and divinity are joined as one. The Eucharist is a sign of unity in another way. Joined to the body and blood of Christ, we are joined to each other. We are one body and that body is Christ. The Eucharist is truly a celebration of thanksgiving: thanksgiving for our transformation and thanksgiving for our unity.

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Can you work out which two of these pictures are the same?



St Barnabas was a Jew from the island of Cyprus. He was an apostle, although not one of the Twelve. It was Barnabas who introduced St Paul to the other apostles. Paul later joined Barnabas who had been sent to Antioch to lead the growing Christian community there. Together, Barnabas and Paul set out on the first missionary journey which began in Cyprus, but later they split up after an argument over their companion Mark (the author of the Gospel) who had returned to Jerusalem. Barnabas returned to Cyprus where he established the church and where he was also later martyred around the year 61AD.

Wordsearch

Try to find these words:



- arguing
- blood
- bread
- drink
- eat
- eternal
- flesh
- heaven
- live
- one
- son
- true

A	U	U	G	Q	Z	V	U	O	A	P	N	U	M	K	C	D
I	E	K	G	P	S	X	Q	G	Q	L	E	X	Z	C	A	V
V	V	Q	T	L	K	A	X	G	Z	K	V	A	M	E	B	S
H	S	R	N	N	L	X	Q	U	D	E	A	Y	R	H	F	C
E	U	R	T	H	S	E	L	F	L	Y	E	B	E	N	O	Z
X	L	U	G	V	V	X	X	A	U	Z	H	Q	P	A	F	E
V	S	R	R	S	B	V	S	I	Z	U	C	A	C	V	Q	D
I	X	A	E	T	E	R	N	A	L	G	S	P	E	N	Z	E
D	Q	R	X	Q	V	O	K	G	S	S	Y	F	R	F	U	T
P	G	G	S	R	B	N	P	B	W	K	L	E	E	L	P	F
S	W	U	E	N	O	J	S	A	R	M	R	V	P	E	K	G
U	P	I	D	J	E	X	I	B	D	M	I	P	Q	U	N	K
I	M	N	O	W	B	G	A	O	P	L	N	O	S	L	I	W
Q	U	G	W	S	C	V	O	U	Y	B	L	U	C	T	R	G
I	K	X	T	A	E	L	G	H	R	G	E	X	D	T	D	B
K	F	O	E	S	B	U	Y	W	V	P	G	M	R	I	Z	N
B	N	Y	T	J	F	A	Y	H	Y	E	F	J	P	H	P	A