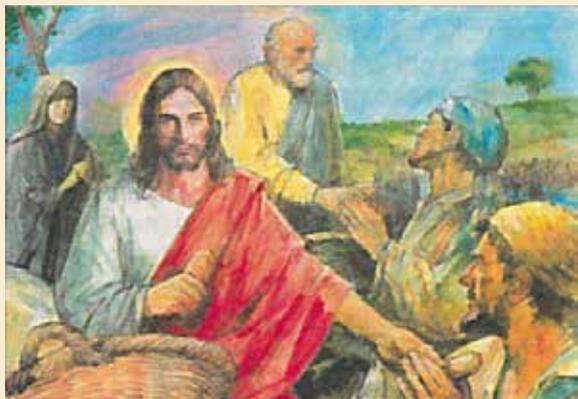


# The Eucharist

19 June 2022 ♦ THE MOST HOLY BODY AND BLOOD OF CHRIST / C



At every Mass the Body and Blood of the Lord are recalled and celebrated in connection with his actions at the Last Supper and Calvary. However, the Church has thought it important to reserve a specific day for celebrating this foundational mystery each year. In 1264, Jacques Pantaléon, Pope Urban IV directed that it would be celebrated at this point in the universal Church.



*Jesus said to his disciples:  
'Give them something to eat yourselves.'*

## FIRST READING *(Genesis 14:18-20)*

In this short scene, Melchizedek king of Salem, most likely Jerusalem, is not a part of Abraham's clan. In Genesis, it is not so unusual that a foreigner would recognise and worship the God of Israel. This incident may have helped in the millennium before Christ to establish the credentials of Jerusalem and of the priestly and royal dynasties associated with it.

## SECOND READING *(1 Corinthians 11:23-26)*

The section of Paul's first letter to the Corinthians from which today's reading is taken (11:2-14:40) deals with questions related to liturgy and worship. The precise issue here is the unity that should exist among those assembled to celebrate the Eucharist. At this point, Paul resembles the Synoptic Gospel by including an account of the institution of the Eucharist, as they do.

## GOSPEL *(Luke 9:11-17)*

It is likely that this Gospel reading was selected for today's feast because of its connection with giving food to those who are hungry. The actions performed by Jesus here are the same as those performed by him at the Last Supper: Jesus took the loaves and fish, said the blessing, broke and gave them to those who were hungry. Luke, with typical interest in portraying Jesus at prayer, adds the phrase 'raised his eyes to heaven.'

## THE INTRODUCTORY RITES

### Entrance Antiphon

*(Cf. Ps 80:17)*

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

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

**And with your spirit.**

### Penitential Act

Brethren (brothers and sisters),  
let us acknowledge our sins,  
and so prepare ourselves  
to celebrate the sacred mysteries.

*A brief pause for silence follows.*

**I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,**

*And, striking their breast, they say:*

**through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.

**Amen.**

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**

### Gloria

**Glory to God in the highest, / and on earth peace to  
people of good will. / We praise you, / we bless you, /  
we adore you, / we glorify you, / we give you thanks for  
your great glory, / Lord God, heavenly King, / O God,  
almighty Father. / Lord Jesus Christ, Only Begotten  
Son, / Lord God, Lamb of God, Son of the Father, /  
you take away the sins of the world, / have mercy on  
us; / you take away the sins of the world, / receive our  
prayer; / you are seated at the right hand of the Father, /  
have mercy on us. / For you alone are the Holy One, /  
you alone are the Lord, / you alone are the Most High,  
Jesus Christ, / with the Holy Spirit, / in the glory of God  
the Father. Amen.**

### 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.

Amen.

## THE LITURGY OF THE WORD

### FIRST READING

(Gn 14:18-20)

A reading from the book of Genesis.

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.

The word of the Lord.

Thanks be to God.

### RESPONSORIAL PSALM

(Ps 109:1-4)

**R You are a priest for ever,  
a priest like Melchizedek of old.**

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)

A reading from the first letter of St Paul to the Corinthians.

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 his death.

The word of the Lord.

Thanks be to God.

### SEQUENCE

(Shorter Form)

*The Sequence may be said or sung.*

**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 which has come down from  
heaven, says the Lord.**

**Anyone who eats this bread will live for ever.**

Alleluia!

### GOSPEL

(Lk 9:11-17)



The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel  
according to Luke.

**Glory to you, O Lord.**

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.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### Profession of Faith

(Nicene Creed)

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,**

*At the words that follow, up to and including  
and became man, all bow.*

**and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.**

**For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,**

and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

*The priest introduces the* Prayer of the Faithful.

## THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters), ...  
**May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.**

### 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.

Amen.

### Eucharistic Prayer III (Preface II of the Most Holy Eucharist)

The Lord be with you. **And with your spirit.**  
Lift up your hearts. **We lift them up to the Lord.**  
Let us give thanks to the Lord our God.

**It is right and just.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God,  
through Christ our Lord.

For at the Last Supper with his Apostles,  
establishing for the ages to come the saving memorial  
of the Cross,  
he offered himself to you as the unblemished Lamb,  
the acceptable gift of perfect praise.

Nourishing your faithful by this sacred mystery,  
you make them holy, so that the human race,  
bounded by one world,  
may be enlightened by one faith  
and united by one bond of charity.

And so, we approach the table of this  
wondrous Sacrament,  
so that, bathed in the sweetness of your grace,  
we may pass over to the heavenly realities  
here foreshadowed.

Therefore, all creatures of heaven and earth  
sing a new song in adoration,  
and we, with all the host of Angels,  
cry out, and without end we acclaim:

**Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

You are indeed Holy, O Lord,  
and all you have created  
rightly gives you praise,  
for through your Son our Lord Jesus Christ,  
by the power and working of the Holy Spirit,  
you give life to all things and make them holy,  
and you never cease to gather a people to yourself,  
so that from the rising of the sun to its setting  
a pure sacrifice may be offered to your name.  
Therefore, O Lord, we humbly implore you:  
by the same Spirit graciously make holy  
these gifts we have brought to you for consecration,  
that they may become the Body and  $\times$  Blood  
of your Son our Lord Jesus Christ,  
at whose command we celebrate these mysteries.

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread and gave it to his disciples, saying:  
TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
he took the chalice,  
and, giving you thanks, he said the blessing,  
and gave the chalice to his disciples, saying:  
TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.  
DO THIS IN MEMORY OF ME.

The mystery of faith.

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

Therefore, O Lord, as we celebrate the memorial  
of the saving Passion of your Son,  
his wondrous Resurrection  
and Ascension into heaven,  
and as we look forward to his second coming,  
we offer you in thanksgiving  
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church  
and, recognising the sacrificial Victim by whose death  
you willed to reconcile us to yourself,  
grant that we, who are nourished  
by the Body and Blood of your Son  
and filled with his Holy Spirit,  
may become one body, one spirit in Christ.

May he make of us  
an eternal offering to you,  
so that we may obtain an inheritance with your elect,

especially with the most Blessed Virgin Mary,  
Mother of God,  
with blessed Joseph, her Spouse,  
with your blessed Apostles and glorious Martyrs  
(with Saint N.: the Saint of the day or Patron Saint)  
and with all the Saints,  
on whose constant intercession in your presence  
we rely for unfailing help.

May this Sacrifice of our reconciliation,  
we pray, O Lord,  
advance the peace and salvation of all the world.  
Be pleased to confirm in faith and charity  
your pilgrim Church on earth,  
with your servant N. our Pope and N. our Bishop,  
the Order of Bishops, all the clergy,  
and the entire people you have gained for your own.

Listen graciously to the prayers of this family,  
whom you have summoned before you:  
in your compassion, O merciful Father,  
gather to yourself all your children  
scattered throughout the world.

To our departed brothers and sisters  
and to all who were pleasing to you  
at their passing from this life,  
give kind admittance to your kingdom.  
There we hope to enjoy for ever the fullness of your glory  
through Christ our Lord,  
through whom you bestow on the world all that is good.

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.

Amen.

### THE COMMUNION RITE

At the Saviour's command  
and formed by divine teaching,  
we dare to say:

**Our Father, who art in heaven, ...**

Deliver us, Lord, we pray, from every evil, ...

**For the kingdom,  
the power and the glory are yours  
now and for ever.**

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.

Who live and reign for ever and ever.

Amen.

The peace of the Lord be with you always.

**And with your spirit.**

*The priest may invite the people to exchange a sign of peace and Christian fellowship. As the priest breaks the consecrated Host the following is sung or said:*

**Lamb of God, you take away the sins of the world, ...**

*Showing the Host to the people, the priest says:*

Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

**Communion Antiphon**

(Jn 6:57)

**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.

Amen.

### THE CONCLUDING RITES

The Lord be with you.

**And with your spirit.**

May almighty God bless you in his kindness  
and pour out saving wisdom upon you.

Amen.

May he nourish you always with the teachings of the faith  
and make you persevere in holy deeds.

Amen.

May he turn your steps towards himself  
and show you the path of charity and peace.

Amen.

And may the blessing of almighty God,  
the Father, and the Son, ✠ and the Holy Spirit,  
come down on you and remain with you for ever.

Amen.

Go forth, the Mass is ended.

**Thanks be to God.**

### Personal Prayer

My soul, praise the Lord for all his kindness, especially  
for having left his Body and Blood as my spiritual food.  
It is you, Lord, who give bread to the hungry and set  
prisoners free, who raise up the fallen and protect the  
weak and the weary. Yes, you have been my comfort in  
times past. Stay with me now when I need you.

Christ, you come to me as my spiritual food, so I ask you:

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me.

Lord, when the people of Israel were hungry in the  
desert, you gave them bread to eat and water to drink.  
As I wander through the desert of life, where all seems  
dry and tasteless, I need your spiritual food to give me  
energy to keep going. With you to help and restore me,  
who can stand against me?

O Sacrament most holy, O Sacrament divine, all praise  
and all thanksgiving be every moment thine. Amen.