

Gospel of John #18 (14 June)

The Most Holy Body and Blood of Christ Sunday

Good morning, today is the Most Holy Body and Blood of Christ.

I will read the gospel of John:

Jesus said to the crowd:

'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. They said,

'How can this man give us his flesh to eat?'

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.'

The Gospel of the Lord.

Gospel Reflection #18 (14 June)

The Most Holy Body and Blood of Christ

Hello again, I will sign Fr. Wayne's reflection of today's gospel about the body and blood of Jesus.

Eucharist: this word means the bread and wine becomes Jesus' body and blood. We see a priest at our Sunday Mass lifting up the bread and wine. Eucharist is the life-giving power from God and Jesus, it does not come simply from the fact we eat and drink.

It comes from the challenging presence of a loving God made available in a Body broken and Blood spilt. As Jesus shows His love for us in His Body broken and His Blood spilt, so we are called in the midst of our blessings and anxieties and sufferings. After having heard the Word (sacred scripture) the priest gives us a holy communion and wine - fed and nourished

with Jesus' Body and Blood. The priest at the end of Mass sends us out to love and serve the Lord by loving and serving one another. Eucharist is not just an act of worship; it is a way of life.

May God bless you from Fr. Wayne.