

CELEBRATING THE GIFT OF JESUS IN EUCHARIST

Have you believed because you have seen Me?
Blessed are those who have not seen and believe.
John 20: 29

PRESENCE of GOD

Leader:

We pause and remember the words of our Lord:

"Where two or three are gathered together in my name, there am I in the midst of them." Matthew 18:20

All:

"God is love; and we who dwell in love dwell in God, and God in us."
1 John 4:16

Religion becomes real when God becomes Someone whereas up until then God, and all that relates to Him has been SomeThing: a ritual . . . a code . . . an ideology . . . a program, a cultural projection – SomeThing. It is in the Eucharist that the Lord is "at home." We come to speak to Him of all that is on our minds. We pour out our hearts in His Presence.

The come, tired children of the town,
In this hushed place to bow them down.
From student life a moment free,
A broker says his rosary
Next to the finger-crippled sire,
Unknown, who tends his office fire.
Prays a sad Magdalen beside
A woman in mourning and a bride.
A dancer quietly kneels; by her,
Comrade to God, a carpenter.
Bringing their burdens of distress
They come as to the wilderness.
Ah, Christ, with what tremendous food
Again You feed the multitude!
Phyllis McGinley

HYMN

Refrain: You satisfy the hungry heart with gift of finest wheat,
Come give to us o saving Lord, the bread of life to eat.

1. As when the shepherd calls his sheep,
They know and heed his voice;
So when You call Your family Lord,
We follow and rejoice.
2. With joyful lips we sing to You,
Our praise and gratitude,
That You should count us worthy Lord,
To share this heavenly food.
3. Is not the cup we bless and share
The blood of Christ outpoured?
Do not one cup, one loaf, declare
Our oneness in the Lord?

4. The mystery of Your presence Lord,
No mortal tongue can tell;
Whom all the world cannot contain
Comes in our hearts to dwell.

5. You give yourself to us o Lord,
Then selfless let us be,
To serve each other in Your name
In truth and charity.

SACRED SCRIPTURE

Jesus first repeated what He said,
then summarized:

"I am the living bread
which came down from heaven;
if anyone eats of this bread,
they will live for ever;
and the bread which I shall give
for the life of
the world is My flesh.'

The Jews then disputed among themselves, saying,
'How can this man give us His flesh to eat?'"

John 6:51-52

His listeners were stupefied because
now they understood Jesus literally—and correctly.
He again repeated His words, but with even greater
emphasis, and introduced the statement about
drinking His blood: "Truly, truly, I say to you,
unless you eat the flesh of the Son of man
and drink His blood, you have no life in you;
they who eat My flesh and drink My blood
have eternal life, and I will raise them up at the last day.
For My flesh is food indeed, and My blood is drink indeed.

They who eat My flesh and drink My blood abide in Me, and I in them."

John 6:53-56

The cup of blessing which we bless, is it not a participation in the blood of
Christ? The bread which we break, is it not a participation in the body of
Christ?" 1 Corinthians 10:16

Therefore whoever eats the bread and drinks the cup of the Lord unworthily
will have to answer for the body and blood of the Lord.

1 Corinthians 11:27, 29

While they were eating, Jesus took bread, said the blessing, broke it, and
giving it to His disciples said, "Take and eat; this is My body." Then he took a
cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for
this is My blood of the covenant, which will be shed on behalf of many
for the forgiveness of sins." Matthew 26:26-28; cf. Mark 14:22-24, Luke
22:17-20, 1 Corinthians 11:23-25





REFLECTION

In the reception of the Eucharist, the most blessed of sacraments, we receive nothing other than Jesus Himself. The Council of Trent teaches, "As sacrament, the Holy Eucharist is the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ Who is truly, really and substantially present." The Eucharist is not a symbol, but a reality: Christ really, truly, substantially among us. Because of this, the Mass itself is not something that we do for God, but something that God does for us. In the Mass, God allows us to truly be at, and receive the fruits of, Calvary where death was defeated and our salvation was won.

What happens to us in Holy Communion? We are transformed! He gives Himself to us in this way that we might be transformed and become more like Him. In becoming more like Him, we don't become less who we are, but more as we are meant to be. We become more fully human, and in becoming such, we grow in true joy and happiness. We are transformed so that what God the Father sees and loves in Jesus, He may see and love in us.

OUR PRAYER

O Living Bread, Who from Heaven descended, have mercy on us.

Hidden God and Savior, have mercy on us.

O Cup of blessing, have mercy on us.

O Mystery of faith, have mercy on us.

O Most holy and venerable Sacrament, have mercy on us.

O Most holy of all sacrifices, have mercy on us.

O True Sacrifice for the living and the dead, have mercy on us.

O stupendous miracle above all others, have mercy on us.

O most holy Commemoration of the Passion of Christ, have mercy on us.

O Gift transcending all abundance, have mercy on us.

O extraordinary memorial of Divine love, have mercy on us.

O most holy and august mystery, have mercy on us.

Awesome and life-giving Sacrament, have mercy on us.

Unbloody Sacrifice, have mercy on us.

Food and guest, have mercy on us.

Bond of love, have mercy on us.

Offering and oblation, have mercy on us.

Refreshment of holy souls, have mercy on us.

Viaticum of those dying in the Lord, have mercy on us.

Pledge of future glory, have mercy on us.

**O SACRAMENT MOST HOLY, O SACRAMENT DIVINE
ALL PRAISE AND ALL THANKSGIVING
BE EVERY MOMENT THINE.**

INTERCESSIONS

Leader: Let us proclaim who we are, all members of the body of Christ:

All: We come together to be who we are and to live our call to be the bread and wine Jesus was for the world.

Leader: Jesus, You had compassion for the crowd who were so hungry for the bread of Your word that they went three days without food.

All: Help us to realize our hunger for the Bread of Life. May we too be willing to make sacrifices in behalf of the Good News that brings life to the world.

Leader: The disciples did not know where they could find enough bread to feed the people, so they brought what little they had to Jesus.

All: Generous One, teach us to turn to You when we do not know where to find what we need.

Leader: Jesus welcomed and accepted the peoples' gifts of seven loaves and a few fish.

All: Welcoming One, help us to accept our gifts, give thanks and bless God for them.

Leader: Jesus You healed great crowds of the lame, the blind and the mute so that they were made whole.

All: Compassionate One, help us not be afraid of our woundedness as individuals and as a Church. Lead us along paths of healing, wholeness and right relationship.

Leader: The people praised you God, when they saw the mighty works of Jesus.

All: Holy One of Blessing we ask You to transform our experience of the sacrament of the Eucharist so that it makes us leap for joy, shout of God's liberating love and see with newly opened eyes the wonders of God's merciful power and love.

Leader: We have gathered together today to praise God for our unity in the midst of our diversity, to give thanks for the witness of each other and most especially for the gift of Jesus Christ. We go forth to be the body and blood of Christ, to be the sacrament that we celebrate. May we go in peace to love and serve our God.

All: Thanks be to God.

HYMN

God has chosen me,
God has chosen me
to bring Good News to the poor.
God has chosen me,
God has chosen me
to bring new sight to those searching for light.
God has chosen me, chosen me.
God has chosen me,
God has chosen me to set alight a new fire.

God has chosen me;
God has chosen me
to bring to birth a new Kingdom on earth.
God has chosen me, has chosen me.

God is calling me,
God is calling me
in all whose cry is unheard.
God is calling me,
God is calling me
to raise up the voice with no power or choice.
God is calling me, calling me
to tell the world that God's kingdom is near,
to remove oppression and break down fear,
Yes, God's time is near, God's time is near.
Bernadette Farrell, © OCP Publications



**"Lord Jesus, Who in the Eucharist make Your dwelling among us
and become our Traveling Companion,
sustain our Christian communities
so that we may be ever more open to listening and accepting Your Word.
May we draw from the Eucharist a renewed commitment
to spreading in society, by the proclamation of Your Gospel,
the signs and deeds of an attentive and active charity,"
Pope John Paul II**

**Live Jesus in our hearts.
Forever!**