SCRIPTURE QUOTE TO MEMORISE:

I am the living bread which has come down from heaven.

Anyone who eats this bread, will live forever.

(John 6:51)

This great mystery of the bread and wine which are transformed into Christ's body and blood (transubstantiation) continue to challenge the faith of some in Him. When Jesus took bread and said, 'This is my body', and then wine saying 'This is my blood', do they not take Jesus at His word? Yet, they believe in everything else He said.

The focus is on the priesthood of Jesus. His singular sacrifice in the institution of the Holy Eucharist expresses His love for us, sharing His grace and divinity in order that we may attain the Heavenly Kingdom. He continues to offer Himself for our salvation at the celebration of every mass. The Eucharist, which is God's greatest gift to us, is the source and summit of our life together as Church.

At Bethsaida, he healed the sick that came to Him. He then fed the hungry, all five thousands of them with just five loaves and two fish. Today, His Flesh and Blood heal, nourish and strengthen millions of us, not only in our body but in our soul as well. We meet Jesus in this communion with Him and as Church, in communion with each other. We 'become what we receive' (St. Augustine). Thus, we become one body in the body of Christ. Christ's sacrifice becomes our sacrifice. We die to ourselves. We go the extra mile for others. The Eucharist affirms a union of love among the community. We are inspired to imitate Christ's compassion and love for the people.

SCRIPTURE of the DAY

Genesis 14: 18-20; Psalms 109: 1-4;

1 Corinthians 11: 23-26; Luke 9: 11-17.

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Jesus, our High Priest, instituted the Eucharistic sacrifice of His Body and Blood as a memorial of His death and resurrection, in which He is consumed, filling our mind with grace, and a pledge for our future glory (re. CCC1323).

"The Eucharist is not a prize for the perfect, but a powerful medicine and nourishment for the weak" (Pope Francis). For you and me.

NEW WAY OF BEING CHURCH The Most Holy Body and Blood of Christ SALT OF THE EARTH AND LIGHT OF THE WORLD: COMMUNION, PARTICIPATION AND MISSION **MONTHLY FOCUS: FEAST OF CORPUS CHRISTI** (19th June) n the first reading, Christ is foretold in the person of Melchizedek, a

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In the first reading, Christ is foretold in the person of Melchizedek, a king and priest of the Most High God. His offering of bread and wine prefigured Christ's offering of bread and wine, the sacrificial meal of his body and blood as the new covenant with His people.