

167 THE BODY AND BLOOD OF CHRIST

FIRST READING

Deuteronomy 8.2-3, 14-16

God fed you in the wilderness with manna
that your ancestors did not know.

A reading from the book of Deuteronomy.

Moses spoke to the people:

- 2 “Remember the long way that the Lord your God has led you
these forty years in the wilderness,
in order to humble you, testing you to know what was in your heart,
whether or not you would keep his commandments.
- 3 He humbled you by letting you hunger,
then by feeding you with manna,
with which neither you nor your ancestors were acquainted,
in order to make you understand that one does not live by bread alone,
but by every word that comes from the mouth of the Lord.
- 14 “Do not exalt yourself, forgetting the Lord your God,
who brought you out of the land of Egypt,
out of the house of slavery,
- 15 who led you through the great and terrible wilderness,
an arid wasteland with poisonous snakes and scorpions.
He made water flow for you from flint rock,
- 16 and fed you in the wilderness with manna
that your ancestors did not know,
to humble you and to test you,
and in the end to do you good.”

The word of the Lord.

A period of silence is observed after the reading.

RESPONSORIAL PSALM

Psalm 147.12-13, 14-15, 19-20 (R.12)

R. Praise the Lord, Jerusalem.

or: Alleluia! (Two or three times)

- 12 Praise the Lord, O Jerusalem!
Praise your God, O Zion!
- 13 For he strengthens the bars of your gates;
he blesses your children within you. R.

- 14 He grants peace within your borders;
he fills you with the finest of wheat.
15 He sends out his command to the earth;
his word runs swiftly. **R.**
19 He declares his word to Jacob,
his statutes and ordinances to Israel.
20 He has not dealt thus with any other nation;
they do not know his ordinances. **R.**

SECOND READING

1 Corinthians 10.16-17

Because there is one bread, we who are many are one body.

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

- 16 The cup of blessing that we bless,
is it not a sharing in the blood of Christ?
The bread that we break,
is it not a sharing in the body of Christ?
17 Because there is one bread,
we who are many are one body,
for we all partake of the one bread.
The word of the Lord.

A period of silence is observed after the reading.

SEQUENCE

(87.87.87)

The optional sequence (Lauda Sion) is intended to be sung; otherwise it is better omitted. The shorter version (Ecce Panis) begins at the asterisk.

1. Praise, O Zion, Christ our glory; To the Shepherd let us sing,
Tell to all the world the story; Laud with all our might the King.
Bread of life and source of living! Lacking, still our praises ring.
2. This our special theme for singing, Christ the Lamb for us was slain.
At the paschal meal he taught us, To the twelve he made it plain:
Flesh as food for us was giving, Therefore let your faith not wane.
3. On this day of Christian feasting, With full voices we delight:
Instituting our salvation, In the sacred meal that night,
Christ the ancient law fulfilling, Fills all people with new sight.
4. To obey the call Jesus, Gathered we as chosen band.
Bread and wine Christ is transforming, Flesh and Blood are now at hand.
From his words and actions learning, Love we share at his command.
5. Gathered at this solemn table, Darkness now has taken flight.
In the bread and wine partaking, Christ is for each one the light,
Then as food to us disciples, Gives our souls a new delight.

6. To all people Christ is giving, Truth in word and sacrament.
By the sacrifice redeeming, All into one covenant.
One in Jesus' name assembling: Faith and love our testament.
7. To our minds these signs disclosing, To our senses must unfold:
Bread is broken, Blood outpouring; Christ the myst'ry, awe untold!
Flesh and Blood to sight revealing: This the story to be told.
8. Undivided is his body, Yet Christ gives himself to all.
Word made flesh with us abiding, For without him we must fall.
Christ the Pasch we are consuming, One in spirit is our call.
9. Good and evil are all sharing, Seeds of destiny are sown.
To new life our Saviour guides us; Death prevails when on our own.
Life immortal, for those seeking, Is fulfilled in Christ alone.
10. When the sacred bread is broken, All receive the Christ as one.
By his love Christ is transforming, Though so many we are one;
All the scattered are united, All the lonely welcomed home.
- * 11. Come, behold, the bread of angels, This our strength on pilgrims' way.
For the children God is giving, Manna for our bread each day.
Now the sign of Isaac telling: Christ has conquered on this day.
12. Hear our prayers, O kindly Shepherd, Be for us true living bread.
Grant us peace in all our doings, To our resting place be led,
Forth with all the saints now dwelling, We the body, you the Head.

GOSPEL ACCLAMATION

John 6.51-52

This verse may accompany the singing of the Alleluia.
If the Alleluia is not sung, the acclamation is omitted.

I am the living bread from heaven, says the Lord;
whoever eats this bread will live forever.

GOSPEL

John 6.51-59

My flesh is true food and my blood is true drink.

✠ A reading from the holy gospel according to John.

Jesus said to the crowds:

51 "I am the living bread that came down from heaven.
Whoever eats of this bread will live forever;
and the bread that I will give for the life of the world
is my flesh."

52 The people then disputed among themselves, saying,
"How can this man give us his flesh to eat?"

53 So Jesus said to them,
"Very truly, I tell you,
unless you eat the flesh of the Son of Man and drink his blood,
you have no life in you.

54 Those who eat my flesh and drink my blood have eternal life,
and I will raise them up on the last day;
55 for my flesh is true food and my blood is true drink.
56 Those who eat my flesh and drink my blood abide in me,
and I in them.
57 “Just as the living Father sent me,
and I live because of the Father,
so whoever eats me will live because of me.
58 This is the bread that came down from heaven,
not like that which your ancestors ate, and they died.
But the one who eats this bread will live forever.”
59 Jesus said these things
while he was teaching in the synagogue at Capernaum.
The gospel of the Lord.