

Celebrating the Body and Blood of our Lord Jesus

**“I am the Living Bread which came down from heaven.
Those who eat this Bread will live forever.”**



**Let us remember that it is the Eucharist that brings us the Body, Blood, Soul
and Divinity of Christ Jesus.**

How happy are we who receive Him into our midst.

**O Sacrament most holy,
O Sacrament divine,
all praise and all thanksgiving
be every moment Thine.**

**How sacred is the feast
in which Christ is our food,
the memorial of His passion
is celebrated anew,
our hearts are filled with grace,
and we are given a pledge of the glory
which is to come.**



**We praise You, O Christ, bread of heaven and pledge of eternal life;
we proclaim You among us in the bread and wine of the new covenant.**



Be Light for Our Eyes

**Come and be light for our eyes; be the air we breathe; be the voice we speak!
Come, be the song we sing, be the path we seek.**

**Your life was given; food for all people,
body and blood, new life in our midst!
Death is no longer; life is our future;
Jesus, Messiah, name of all names.**

**We hold Your presence, risen forever!
Your name now names us people of God!
Filled with Your vision, people of mission,
healing, forgiving; light for the world!**

**Lead us to justice, light in the darkness;
singing, proclaiming that Jesus is Lord!
Teach us to speak and help us to listen
for when Your truth and our dreams embrace.**

**We are the Body of Christ, a suffering body
that can rise to the challenges of life
through the ministry of its members.**

Psalm 111

**With all my heart I will thank the Lord.
How wonderful are the things the Lord does!
All who are pleased with them want to understand them.
All He does is full of honor and majesty;
His righteousness is eternal.**

**The Lord does not forget His wonderful actions;
He is kind and merciful.
He provides food for those who fear Him;
He never forgets His covenant.**

**In all He does He is faithful and just;
all His commandments are dependable.
They last for all time;
they are given in truth and righteousness.**

**He brought salvation to His people,
and made an eternal covenant with them.
Holy and mighty is He!
He is to be praised forever.**

**Glory to You, Source of All Being, Eternal Word and Holy Spirit.
As it was, is now, and ever shall be. Amen.**



You sustain us with bread and wine unto life everlasting.

The bread that I shall give is My flesh for the life of the world.

1 Corinthians 10: 16-17

**The cup of blessing for which we give thanks to God: do we not share in the
blood of Christ when we drink from this cup?**

**And the bread we break: do we not share in the body of Christ when we eat
this bread?**

**Because there is one bread, all of us, though many, are one body because we
share the same loaf.**

Reflection:

More than any other sacrament, the Eucharist is at the heart of the life of the Church. The “something about” the Jesus event that is offered in the Eucharist in mediated and particularized not merely through bread and wine as things; bread that is blessed, broken and shared by a people who are and who become the people of God by becoming the body of Jesus.

The sacramental symbol is a realizing symbol. The cup of wine which is of covenant in the blood of Jesus is blessed and shared by a people already responsible to and for each other before God and in Jesus, but now assimilating that covenant anew into the pattern of life which constitutes the becoming, and therefore the reality of Christians.

Bernard Lee, Religious Experience and Process Theology

Reflection of De La Salle:

It is no doubt a great honor for us that God desires so much to dwell with us continually and to make Himself in some sort tangible to us in the Most Blessed Sacrament in order to procure for us a great number of graces. The whole Church celebrates this Great Gift. All the faithful join in mind and heart to show themselves grateful for such a great benefit.

Strive to share these sentiments and to offer Jesus Christ in this mystery your very humble thanks for the goodness He has shown by communicating Himself to us in this sacrament and by being always ready to impart to us an abundance of His graces.



**We are the dwelling of God, fragile, wounded and weak.
We are the body of Christ, called to be the compassion of God.**

**There is no Jew or Greek, there is no slave or free;
there is no woman or man; only heirs of the promise of God.**

**Bread of Life, Body of the Lord, Cup of Blessing, Blood of
Christ the Lord.**

Power is for service, because God is love.

Pan de Vida Bob Hurd, 1988, OCP Publications



Soul of Christ, make me holy.
Body of Christ, be my salvation.
Blood of Christ, fill me.
Water flowing from the side of Christ, wash me clean.
Passion of Christ strengthen me.
Kind Jesus, hear my prayer;
hide me within Your wounds
and keep me close to You.
Defend me from the evil enemy.
Call me at my death
to the fellowship of Your saints,
that I may sing Your praise with them
through all eternity.
Amen.

Let us pray:
God of presence, God of power,
refresh and strengthen us with the Bread of Life
that we may eagerly continue our pilgrimage
and grow stronger as we travel to our heavenly home.
May the gift of the Eucharist cause us
to be brothers/sisters to all
for we are one bread and one body in Christ Jesus.
Amen.



Saint John Baptist de La Salle
and all you holy Brothers who have gone before us,
help us to have a profound respect and reverence,
and a thankful heart for this wonderful sacrament.

Live Jesus in our hearts. Forever!

*Proclaiming the death of the Lord until He comes
entails that all who take part in the Eucharist
be committed to changing their lives
and making them more completely Eucharistic.*

Pope John Paul II