



Prayer

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

Commentary

1st Reading: Deuteronomy 8:2-3, 14-16

“Honestly. It was like manna from heaven.” Haven’t we said that when describing a huge surprise that came upon us unexpectedly?

God bless that Moses! He may have been exasperated at the importance of the Israelites and may have been a little exasperating himself! Imagine the whining of a child who is hungry or thirsty on a long car trip. Or, better yet, seeing a gas station sign on the way to San Diego when the needle is on empty. Ahhhh, manna from heaven! Although it’s just a temporary fix for the time being.

Moses was trying to make a point to the many. It was God who took care of them in their suffering. He reminded them that it was God who fed them with the bread-like substance called “manna.” He reminded them of God’s bringing forth water from the flinty rock.

God was working hard revealing himself to these faithful (and unfaithful) people on their journey. Moses just had to convince them that God was with them. They listened and they were thankful.

Questions

When have you had to be reminded of God’s ever-present love for you?

What was your most recent “manna from heaven” experience?

Commentary

2nd Reading: 1 Corinthians 10:16-17

This interesting reading and inclusion of the Lauda Sion is specific for the Solemnity of the Body and Blood of Christ. It was written by Saint Thomas Aquinas around 1264 at the request of Pope Urban IV for this very special feast.

The hymn, sung like a Gregorian Chant, tells of the institution of the Eucharist and clearly expresses our belief the bread and wine presented at Mass become the Body and Blood, Soul and Divinity of Jesus Christ during the celebration of the Eucharist. After the Second Vatican Council in the 1960s, it became an

optional addition to the Solemnity.

Let’s see if we hear it this weekend!

Question

What does the word TRANSUBSTANTIATION mean to you? Try looking it up in the Catechism of the Catholic Church.

Prayer

*Let us break bread together on our knees;
Let us break bread together on our knees;
When I fall on my knees,
with my face to the rising Sun,
O Lord have mercy on me.*

**Christ in Our Neighborhood is the
evangelization program of the
Diocese of Phoenix.
dphx.org/Christ-in-our-neighborhood**

**I AM
the Bread
of Life**

Commentary

Gospel: John 6: 51-58

Right before this Gospel reading, verse 40-50 says, “Your ancestors ate the manna in the desert, but they died. This is the bread that comes down from heaven so that one may eat of it and not die.”

From this, we might conclude that the manna was a temporary fix, while the Body and Blood of Christ (Eucharist) is the eternal gift from our living God.

Many of those who followed Jesus thought this teaching was scandalous. Eating his Body and drinking his blood? It was hard for the followers to accept. It may be hard for you to accept.

We truly teach and believe that the Eucharist is the Source and Summit of our Catholic faith. When we stray from attending the Eucharistic banquet and from receiving His Body and Blood on a regular basis, we lose the spiritual nourishment that we so desperately need.

Question

What does your spiritual odometer look like? On a scale of 1-10, where do you land? Do you feel the need for Eucharist?

This Week's Task

Spend some time before the Blessed Sacrament and reflect on the True Bread that comes down from heaven. As you do so, pray for those who have refrained from coming to Mass and ask the Lord to bless them.

For more on the mystery of the Body and Blood of Christ in the Eucharist, visit the United States Conference of Catholic Bishops website (uscgb.org) and go to “Prayer and Worship.”

Many of your questions may be answered there.

Ritual Prayer

Conclude the prayer you have already been saying together:

*Let us drink the cup together on our knees;
Let us drink the cup together on our knees;
When I fall on my knees,
with my face to the rising Sun,
O Lord, have mercy on me.*

The prayer continues with the responsorial:

Responsorial

Psalm 147

Response: : Alleluia.

Glorify the Lord,
O Jerusalem;
Praise your God, O Zion,
For he has strengthened the bars of your gates;
he has blessed your children within you.

R: Alleluia.

He has granted peace in your borders;
with the best of wheat he fills you.
He sends forth his command to the earth;
swiftly runs his word!

R: Alleluia.

He has proclaimed his word to Jacob,
his statutes and his ordinances to Israel.
He has not done thus for any other nation;
his ordinances he has not made known to them.

R: Alleluia.

Conclude with an OUR FATHER

Next week begins a six-part series on what it means to be beautifully baptized. We hope you enjoy.