

**Here's a text if you've only a minute .....**

The Lord fed his people with the finest wheat and honey;  
their hunger was satisfied. [Entrance Antiphon]

I pray for the willingness to make present in **my** world the  
love of Christ shown to **me** in the Eucharist  
[Opening Prayer]

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

You feed your people and strengthen them in holiness so  
that the family of mankind may come to walk in the light  
of one faith, in one communion of love. [the Preface]

## *Looking towards next week*

What does next week hold for me, and how do I feel God  
may be calling me?  
And so, what do I want to ask of God for myself & others?



**SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Corpus Christi Sunday  
Year A  
26th June 2011



**This is the bread come  
down from heaven**

### 2nd Opening Prayer

Let us pray for the willingness to make present in our world  
the love of Christ shown to us in the Eucharist.

Lord Jesus Christ, we worship you living among us in  
the sacrament of your body and blood.

May we offer to our Father in heaven  
a solemn pledge of undivided love.

May we offer to our brothers and sisters a life poured out  
in loving service of that kingdom where you live  
with the Father and the Holy Spirit, one God, for ever and ever.

**As I read today's opening prayer I become aware that  
the author encourages me, in communion with the whole  
Church, to aspire to great love: as great a love for  
others as Jesus shows to me in the Eucharist.**

I become still in mind and body to reflect on this profound  
thought. I ask Jesus to be with me as I pray.

I carefully read the prayer again noticing any phrases  
which challenge me.

I reflect and tell the Lord about them.

I ask him to help me pledge my undivided love and to serve  
his Kingdom.

I turn my attention to the love the Lord gives me in the  
Eucharist and I draw strength from it.

When the time is right, I slowly bring my prayer to an end  
and give thanks to the Lord.

### The Second Reading 1 Corinthians 10: 16-17

The blessing cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ.

The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

**St Paul is writing from Ephesus to the Corinthians in response to information about disorders in their local Church. The early Christians called the Eucharist "the breaking of bread".**

Before starting my prayer, I take a few breaths and try to put aside all negative thoughts crowding my mind. I make a sign of the cross and slowly read the text from Paul's letter.

What expression strikes me particularly?

Perhaps I am led to ponder on the masses I go to every week.

Do I feel as one 'single body' with the rest of the congregation?

I reflect on the common values I share with my fellow parishioners, in particular I consider the gift of the body and blood of Christ offered to us all.

I turn to the Lord and tell him how I feel about these matters.

I ask him to help me grow in an ever deeper love of the Eucharist and to inspire me to tell others of his love for us all.



### The Gospel John 6: 51 - 58

Jesus said to the Jews:

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

Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world."

Then the Jews started arguing with one another:

"How can this man give us his flesh to eat?" they said.

Jesus replied : "I tell you most solemnly , if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise that person up on the last day.

For my flesh is real food and my blood is real drink.

Whoever eats my flesh and drinks my blood lives in me and I live in him.

As I who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for

On this feast of Corpus Christi, I take time to reflect on the mystery and promise contained in today's Gospel. I come quietly to my place of prayer, giving myself time to prepare.

I slowly read St John's text noticing what it is that Jesus promises, the words he uses and the impact these words have on his listeners.

I 'listen' to Jesus' words again, this time imagining he is speaking directly to me. I pause where the Holy Spirit draws me. How do *I* feel? Perplexed, at peace?

I try to deepen my stillness for a moment, to resist the temptation to 'figure things out', and simply 'Be'.

Am I listening with my head or my heart?

If I wish, I now speak to Jesus, the one who 'lives in me'. When I am ready I leave my place of prayer, drawing life from Jesus, the 'living bread'.