

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

'I am the living bread which has come down from heaven',  
says the Lord. *Gospel Acclamation*

This is my body, which is for you; do this as a memorial of me.'  
*Second Reading*

Jesus raised his eyes to heaven, and said the blessing over the loaves  
and fish; then he broke them and handed them to his disciples.  
*Gospel*

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

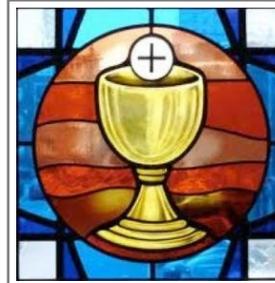
*Old Opening Prayer*

This week's texts if you want to reflect further:  
Genesis 14:18–20; Psalm 109 (110); 1 Cor. 11:23–26; Luke 9: 11–17



'We have  
only five  
loaves and  
two fish ...'

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



The Most Holy  
Body and Blood of Christ  
(Corpus Christi)  
Year C, Thursday 16th June 2022

'You are a priest for ever'

This year, for Corpus Christi, we are given texts which emphasise  
the priesthood and our sharing in it.

The **First Reading** tells us of Melchizedek, the priest-king of  
Jerusalem. He brings an offering of bread and wine, sharing it with  
Abraham, and blessing him.

The **Psalms** also mentions Melchizedek, calling him priest and  
prince. He prefigures Christ, who offers the supreme sacrifice of his  
body and blood under the forms of bread and wine.

St Paul, in the **Second Reading**, gives us an account of the  
institution of the Eucharist that he himself has received.

The **Gospel** is the narrative of the feeding of the five thousand with  
a few loaves and fishes. In the Eucharist the transformation of the  
bread and wine is through the same power of Jesus working  
through ordained ministers and others.

This week let us ponder on the Eucharist not only as Christ's action  
in the past, but also as a present and ever-new event in  
our own daily lives and actions.

We continue to pray for the peace of the world, and  
especially Ukraine.



### Opening Prayer

May your people exult for ever, O God,  
in renewed youthfulness of spirit,  
so that, rejoicing now in the restored glory of our adoption,  
we may look forward in confident hope  
to the rejoicing of the day of Resurrection.

## Second Reading 1 Corinthians 11: 23–26

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, ‘This is my body, which is for you; do this as a memorial of me’ In the same way he took the cup after supper, and said, ‘This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.’ Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

I come to my place of prayer. Perhaps I light a candle or use some symbol here to help me focus.

Maybe I ask for the grace to understand this great mystery of the Eucharist as I place myself before the Lord.

I read the text slowly. It is a precious account of the institution of the Eucharist.

What strikes me?

Paul is passing on the Lord’s own teaching. How do I receive this?

I ponder this gift as I remember the night Jesus was betrayed.

I take the time to see his actions – taking the bread, giving thanks, breaking it – and place myself in the scene.

I speak to the Lord about how I feel.

I consider how the Eucharist flows into every part of my daily life.

I may ask the Lord to show me how this can become even more true.

I spend time in silent gratitude that the Lord has given himself so completely.

I finish my time of prayer in a spirit of gratitude and praise.

## Gospel Luke 9: 11–17

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, ‘Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.’ He replied, ‘Give them something to eat yourselves.’ But they said, ‘We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.’ For there were about five thousand men. But he said to his disciples, ‘Get them to sit down in parties of about fifty.’ They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

As I prepare to pray, I take the time to relax my body and mind. I breathe in the goodness of God, aware of being in his presence. I ask him to be with me, to pray within me as I ponder his word.

When I am ready I slowly read the text.

I may wish to visualise the scene. I look at Jesus in this lonely place.

How does he welcome the crowds? What does he do?

And how do the disciples react?

They are completely baffled when told to feed the people themselves.

What would my reaction have been? Would I have been listening to Jesus or worrying about the next problem?

Jesus, in getting his disciples to sit the people in groups and then distribute the food, is preparing them for their forthcoming ministry.

What is he teaching me?

I ponder his actions foreshadowing another evening meal.

I observe his abundant generosity.

I turn to the Lord in gratitude for his gift of the Eucharist. I may wish to offer him my small contribution so that he may use it as he wills.

I end my prayer with a ‘*Glory be ...*’