

We Respond

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ENTRANCE ANTIPHON (or a hymn) He fed them with the finest wheat and satisfied them with honey from the rock.

RESPONSORIAL PSALM (Ps 147)

ANTIPHON: Praise the Lord, Jerusalem

RESPONSE: Praise the Lord, Jerusalem.

Or

Alleluia.

LECTOR: O praise the Lord, Jerusalem! Zion, praise your God! He has strengthened the bars of your gates, he has blessed the children within you. **R.**

LECTOR: He established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. **R.**

LECTOR: He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. **R.**

GOSPEL ACCLAMATION Alleluia, alleluia! I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!

COMMUNION ANTIPHON (or a hymn) Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

TODAY'S READINGS Deuteronomy 8:2-3, 14-16; 1 Corinthians 10:16-17; John 6:51-58

NEXT WEEK (12th Sunday Year A) Jer 20: 10-13; Psalm 68; Rom 5: 12-15; Mt 10: 26-33

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World Refugee Day will be held on 20 June

For more than 72 years The Majellan has been a strong supporter of families and helped families with their issues. The Majellan has strengthened its mission to families by adding contents to its website and introducing podcasts, Figuring out Families. In addition, the print magazine can now be accessed on the new Majellan app on a smartphone or tablet. It is available via the app store for Apple devices and the Google Play Store. For further details and for other content go to www.majellan.media

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We are what we eat



14 June 2020 Blood of Christ Year A

"You are what you eat" is a phrase used more and more as the world begins to face up to the challenge of global warming. Articles abound about healthy diets, as well as the adjustments that are needed to ensure that the way we produce our food does not damage the delicate ecological balance that is required if we are to avoid future catastrophe.

It is incumbent on all of us to take this seriously and play our part. From the Christian perspective, such concerns might naturally lead us to reflect again on the extraordinary mystery we celebrate in today's feast: the spiritual nourishment the Lord offers us in the gift of himself in the Eucharist.

The Old Testament people were steeped in a history which recognised the gift of food from God. When they were facing starvation, manna fell from heaven. St John recalls that when Jesus was preparing the way for the gift of himself in the form of bread and wine, he stressed that, while the bread he would offer was also coming down from heaven, it was not like the bread their ancestors had eaten.

This gift of bread is not given to keep us alive here on earth, but so that we may live for ever. His listeners were struggling to make sense of what he was saying. Jesus was offering himself: "my flesh is real food

and my blood is real drink." And he goes on to spell out what this will mean for us: "He who 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." For those of us who believe, here is a wholly new dimension to our understanding that we are what we eat.

St Paul grasped this and wrote compellingly about how we become caught up in the life of God, forming "a single body because we all have a share in this one loaf." The theme of the Body of Christ recurs repeatedly in his letters and provides us with the perfect backdrop for our meditation today.

As we become more aware of the interconnectedness of all creation, so we see the wonder of our being caught up in the divine life because of Christ. He lives in us; we are his adopted brothers and sisters, children of the Father. The Eucharist celebrates this oneness through Christ with each other and indeed with all those who have gone before us. The more aware we become of the dignity this gives us, the more we appreciate what it means to celebrate the Eucharist.

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