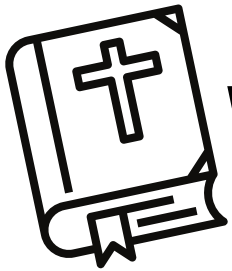


# CORPUS CHRISTI



## Word of the Week

John 6: 51

**"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."**

Corpus Christi is an important feast day for Catholics, which we celebrated last Sunday. During this feast we give thanks for the gift of Christ's body and blood.

Through receiving Jesus' body and blood at Mass, Catholics are strengthened spiritually and reminded of the great sacrifice Jesus made for us through his crucifixion and resurrection.



## Prayer for the Week

**Jesus, Body and Blood, we are grateful for the gift of your life and the way it strengthens us to live ours. Teach us to draw on the gift of your Body and Blood for energy, renewal, strength and grace. May we never take the gift of your presence for granted. Amen.**



The Weight of a Mass: A Tale of Faith  
[\(CLICK HERE\)](#)

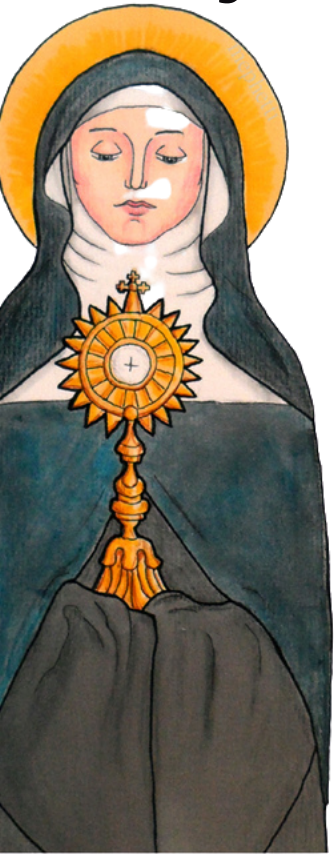
The True Presence (Dynamic Catholic)  
[\(CLICK HERE\)](#)

What is the Holy Eucharist?  
[\(CLICK HERE\)](#)

*"If the Angels could be jealous of men, then they would be so for one reason: Holy Communion."*



## The Story of The Feast of Corpus Christi



Sr Juliana of Liege (in Belgium) was a nun who had a deep devotion to the Blessed Sacrament- Jesus' Body and Blood. After Jesus gave her a mission through visions, she set out to make the church recognise a special feast of the Body and Blood of Jesus. But how? She was a nun in the middle ages without any power or influence. Enter Fr Peter of Prague. He was wrestling with the debate of the time about just how real the Real Presence of Jesus was. All his questions were answered when he was celebrating Mass and blood began seeping from the consecrated host (bread). Fr Peter brought this miracle to the Bishop, who was also aware of Sr Juliana's visions. That same Bishop soon became Pope Urban IV who proclaimed the Feast of Corpus Christi to the whole church.

Receiving Christ in the Eucharist also reminds Christians of certain important responsibilities; to go out in peace to love and serve the Lord.

What could you do this week to show the love and peace of Christ in your community?

*"In the Eucharist, Jesus draws close to us. Let us not turn away from those around us, those who hunger for food and dignity, those without work, and those who struggle to carry on."*



## EUCCHARIST

During every Mass, the bread and wine are transformed into Jesus' real body and blood- we call the Eucharist. It also means thanksgiving. Take some time to think about the following questions and journal your answers.

- What are you thankful for today?
- Who are you thankful for in your life today?
- What has God done for you in your lifetime that you can thank Him for today?

