

*"The Eucharist is really a glimpse of heaven appearing on earth." Saint John Paul II*

*"In an ever changing world the Holy Eucharist is a constant reminder of the great reality of God's changeless love."  
Mother Teresa.*

# THE BODY OF CHRIST



## WORD OF THE WEEK

**John 6: 51-58**

I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?" Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever."



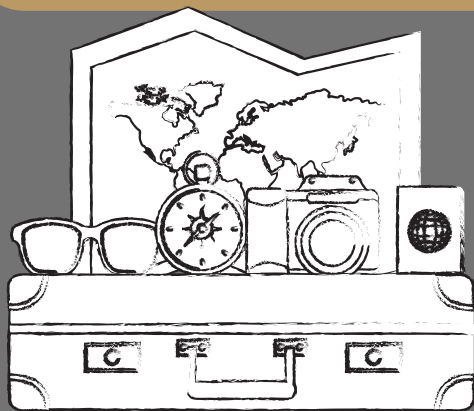
## PRAYER FOR THE WEEK

God, our Father,  
You Son, Jesus, gave his  
whole self for us.  
Transform us into members  
of His body here on earth,  
by using both our  
giftedness and our  
ordinariness  
For the good of the Church,  
and of all those we meet  
day by day.  
In Jesus' name we pray.  
Amen.



## SOMETHING TO THINK ABOUT

Hard to take and understand? I'm not surprised. When Jesus spoke about eating his flesh and drinking his blood it's hard not to imagine something out of a horror film. With everything we know about Jesus we can see why the disciples may have reacted the way they did when hearing this for the first time. How can this man give us his flesh to eat? In fact so many of his disciples abandoned him over this that Jesus had to ask his twelve closest followers if they planned on quitting on him too! St Thomas Aquinas explains it in a very helpful way though. He explained that we observe lots of changes in our lives, appearances change, as we get older, we experience and go through different things. But deep down the essence of the person stays the same. St Thomas said the Eucharist (the Body and Blood of Jesus) is one instance of change we encounter in this world that is exactly the opposite of this. The appearance of bread and wine stays the same but the very essence or substance of these realities, which can't be detected by a microscope, is totally transformed. But ultimately the Eucharist, the body and blood of Jesus, and the change that takes place during every Mass is a mystery. And something so complicated, so complex and so beyond human understanding that it takes faith, the gift of faith, to trust and believe in this extraordinary event.



## FOOD FOR THE JOURNEY?

Imagine you are going on a long journey.  
List 5 essential items that you would take with you.

Is food and drink anywhere on the list?

Jesus gives himself as food for our journey of life.  
And we can receive Jesus in Holy Communion at Mass.

## YOU ARE WHAT YOU EAT!

This change from bread and wine to the body and blood of Jesus is something we experience every time we go to Mass, when the priest blesses the bread and wine and it transforms.

This is known as transubstantiation.  
But Jesus also intended another kind of transformation. The transformation of us.

Have you ever heard the saying: "You are what you eat?" The Lord desires us to be transformed from imperfect individuals into the Body of Christ. To become Christ like.

"Become who you receive."  
Bishop Robert Lynch

Talk to the person next to you:  
What Christ like qualities do you have and what qualities would you like to have?  
In what ways could you change the way you live, the way you are with others, so that you can be more like Jesus, more holy?

"This is My Body which is  
given for you; do this in  
remembrance of Me."

Luke 22: 19



## EUCHARIST- THANKSGIVING

During every Mass, the bread and wine are transformed into Jesus' real body and blood- we call the Eucharist.

The word Eucharist also means thanksgiving.  
Take a moment to think about the what you are thankful for today.