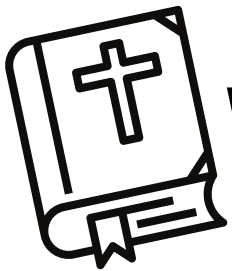


CORPUS CHRISTI



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 death on the cross 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.



Sarah Kroger- Take, Eat, Drink.

[\(CLICK HERE\)](#)

The True Presence (Dynamic Catholic)

[\(CLICK HERE\)](#)

What is the Holy Eucharist?

[\(CLICK HERE\)](#)



Healthy Lifestyle Week: Spiritual Wellbeing

This week is healthy lifestyle week, a week where we think about how we care for ourselves in the things we eat, drink, and do. From a balanced diet to things we can do to take care of our physical, mental and spiritual health.

The Body of Christ, the Eucharist, that we receive at Mass is known as the bread of life. We believe that the Eucharist gives us life, it spiritually feeds us and helps us to live good lives. So what better a week to celebrate both healthy lifestyle week and Corpus Christi (the Body of Christ).

Your spiritual wellbeing is an important part of living a healthy life, being able to ask questions, search for your life purpose and meaning and connect with God in some way. Think this week about how you might look after your spiritual wellbeing. Could you make more time to pray or for quiet reflection. Or could you find Kate the Chaplain to ask her a question or talk about your faith?

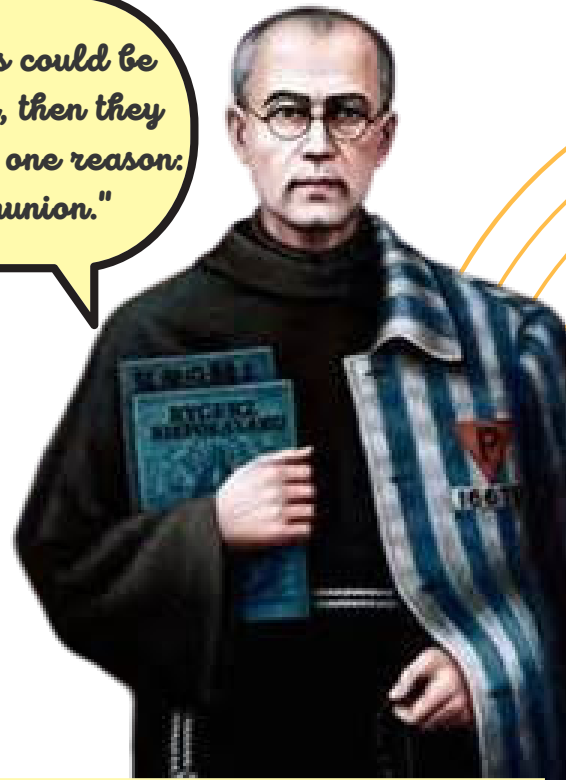


EUCCHARIST

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 some time to think about the following questions.

- 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?

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



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."

