

Corpus Christi

I believe that the most necessary thing to do on the feast of Corpus Christi is not to explain some aspect of the Eucharist, but to revive wonder and marvel before the mystery.

Word of the Week John 6: 51-58

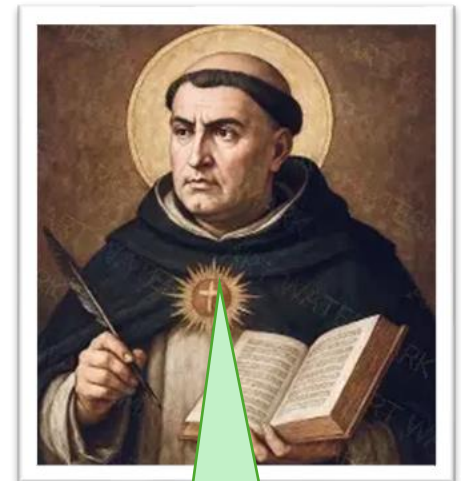
At that time: Jesus said to the Jews, “I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?”

So Jesus said to them, “Truly, truly I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in them. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live for ever”.

Reflection

In this week’s Gospel we focus on the words of Jesus when he is emphasizing the importance of the Eucharist. He is telling his followers that he is the ‘living bread’, the way to heaven, the true food. By consuming the bread and wine Jesus is with us. The Eucharist is the most important of the seven sacraments – Holy Communion is the ‘source and summit’ of the Catholic faith. Jesus has told his followers that the way to heaven is to ‘eat my flesh and drink my blood’. Hearing those very blunt words would make anyone uncomfortable, but Jesus is trying to make us aware that we have to be part of Jesus, in communion with him so that we are changed from within, to allow us to follow his way of living. Jesus says that ‘whoever eats this bread will live forever’, this doesn’t mean that we will not die, but it tells us that we will receive eternal life. Belief in Jesus, and participation in Holy Communion helps us allow our faith to become a lived faith, which is helped and sustained through Jesus.



“The Eucharist is the sacrament of love: it signifies love, it produces love.”

St. Thomas Aquinas



“There are two things the devil is deadly afraid of: fervent Communion and frequent visits to the Blessed Sacrament.”

St. John Bosco

Prayers for the Week

Lord Jesus,

You give Yourself to us in the Eucharist, the Bread of Life that feeds our hearts. Thank you for staying close to us in every moment of our day. Help us to recognise your presence in our classrooms, our friendships, and in every act of kindness. May receiving your love help us to share that love with others.

Amen.

Lord Jesus,

You broke the bread and shared it with your friends. Teach us to be generous like you. Open our eyes to those who are lonely, hungry, or in need of encouragement. Give us the courage to offer ourselves in service, compassion, and joy. May our school be a place where your love is shared freely.

Amen.

Lord Jesus,

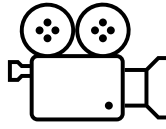
In the Eucharist you gather us as one family. Help us to live in unity and peace. When we disagree, give us patience. When we struggle, give us strength. When we succeed, give us humility. May the Bread of Life make us one in heart and mind.

Amen.

Lord Jesus,

You nourish us with Your Body and strengthen us with your love. As we begin this new day, fill us with the courage to do what is right, the patience to listen, and the kindness to care for others. May the Bread of Life shape our words, our choices, and the way we treat one another. Stay close to us Lord and guide our steps in your peace.

Amen.



[Sophia SketchPad: The Eucharist](#)

[The Origins of the Feast of the Corpus Christi](#)



Actions for the week ahead

- Give one sincere compliment to a different person every day.
- Offer help to someone before being asked.
- Share your time with someone who might need support.
- Use encouraging words rather than hurtful one.
- Choose not to join in with gossip.
- Include someone new into your group.
- Look for one moment of goodness each day.
- Hold the door open for someone.



