

Here's a text if you've only a minute ...

One does not live by bread alone, but by every word that comes from the mouth of the Lord.

First Reading

He sends out his word to the earth;
O Jerusalem, glorify the Lord!

Psalm

Let us pray for the willingness to make present in our world
the love of Christ shown to us in the Eucharist.

Lord Jesus Christ, we worship you living among us
in the sacrament of your body and blood.

Old Opening Prayer (part)

This week's texts if you want to explore further:
Deut. 8: 2–3,14-16; Psalm 147 (148); 1 Cor. 10: 16–17; John 6: 51–58

Holy Communion (art4prayer.com)



“Because there is
one bread,
we who are many
are one body,
for we all partake
of the one bread.’

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

The Most Holy Body and Blood of Christ (Corpus Christi) Year A, 7th June 2026

'Whoever feeds on my flesh
and drinks my blood
abides in me and I in them.'

Today's feast of Corpus Christi invites us to celebrate and reflect with gratitude on the mystery of the Eucharist. This is the great gift of Jesus's very self: the bread of life. The readings help us see how God nourishes us, draws us together as one, and calls us to trust in him.

Moses (**First Reading**) recalls how God brought the Israelites out of slavery and led them through the desert, providing manna and water. We are never left alone: the Lord cares for us even in times of struggle.

This theme is echoed in the **Psalm**. The people lift their hearts in thanks to God, singing praise for his guidance, his word, and his protection.

Paul explains to the Corinthians, and to us, that sharing in the body and blood of Christ unites us to Christ and to the whole Christian community, making us one body. (**Second Reading**)

In the **Gospel**, Jesus declares himself to be the living bread from heaven. The Eucharist is the new manna, given through Jesus, who promises that he will be with us always as the source of all life.

This week, we pray for a deeper trust in the gift of the Eucharist, and especially for those unable to share in it for whatever reason, remembering that God loves every one of us unconditionally.



Opening Prayer

O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.

Second Reading 1 Corinthians 10: 16–17

Brothers and Sisters:
The cup of blessing that we bless,
is it not a participation in the blood of Christ?
The bread that we break,
is it not a participation in the body of Christ?
Because there is one bread,
we who are many are one body,
for we all partake of the one bread.

I make myself comfortable in a quiet space to prepare for this time with the Lord. Whatever I bring with me today, and whatever my greatest need, I trust in the Lord's infinite love for me. I ask the Holy Spirit to help me become more aware of God's presence, both within and around me. When ready, I turn to these words of St Paul, reading slowly, carefully, several times. The text may be familiar ... but perhaps this particular translation is new to me?

Maybe I am struck by words like 'participation' ... partake' ... 'one bread'? I quietly savour anything that draws me.

Paul was aware of the various factions forming within the local church in Corinth, causing confusion. But as he tells the Corinthians, to share the bread and the cup means to share in Christ. I reflect on the unity this 'participation' suggests.

We, too, are joined to Christ, and to each other, through this act of faith, together forming the body of Christ. I ponder what this means to me. I share what is in my mind and heart with the Lord who knows, loves and understands me.

The word 'Eucharist' derives from the Greek word *eucharistia*, or 'thanksgiving', while Paul himself speaks of '*the cup of blessing that we bless*'. I take time to consider the 'blessings' that I have received in my life: perhaps my family and friends, my work, my community. For what do I want to give special thanks today?

Do I feel in need of a particular grace, for myself, or another, for the Church or our world? I ask the Lord for whatever I am seeking at the moment.

In time, I gently close my prayer with a slow sign of the cross.

Gospel 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, they 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 them 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, they 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.'

I gently become still and place any concerns and desires into the Lord's hands. I ask for the guidance of the Holy Spirit as I slowly read and reread these words of Jesus. I pause at anything that particularly moves me, allowing it to soak in, savouring it.

Jesus is speaking here of the great mystery of the Eucharist. This is his total self-giving for me and for all the world, demonstrating the immensity of God's love for all creation.

Perhaps I wish to thank Jesus, or just rest with him quietly for a few moments in awe. I can be secure in the knowledge of all that he has done, continues to do, and will do.

Jesus tells us: '*Whoever feeds on my flesh and drinks my blood abides in me, and I in them.*' How do I feel about this close intimacy? ... this being united with Jesus, sharing in his life?

I speak to him about what is in my heart: my joys, hopes, challenges, sorrows, struggles. I listen for his response.

Jesus promises that whoever eats of the living bread 'will live forever'. How do I respond to that promise?

I may like to pray for the graces of wisdom and strength, and to serve others with a generosity similar to that of Jesus.

When ready, and with gratitude, I slowly close my prayer. '*Our Father ...*'