

# FAITH

## @Home

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love  
in the heart of the family!



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### THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

Year C

#### Sunday Mass Readings

##### First Reading:

Genesis 14:18-20

##### Responsorial Psalm:

Psalm 109 (110): 1-4

##### Second Reading:

1 Corinthians 11:23-26

##### Gospel:

Luke 9:11-17

*"They all ate as much as they wanted,  
and when the scraps remaining were  
collected, they filled twelve baskets."*



Image: canva.com

#### Hear

Grab your Bible and look up the Gospel reading.  
Don't have one? No worries, you can find this  
week's readings online [here](#).

Check out [this video](#) on the feastday for children.

#### Pray

In the Gospel today we hear about Jesus feeding  
the five thousand.

- What is the Holy Spirit saying to you through  
this piece of Scripture? How do these words  
resonate with you personally?
- Reread this Gospel passage slowly. Have you  
ever felt like you were overwhelmed, that you  
couldn't cope with the challenges in front of  
you? How readily do you go to Jesus with  
your problems?
- Jesus worked this miracle, but He asked for the  
cooperation of his disciples. Pray for the grace  
this week to be open to whatever the Lord is  
asking you to do, even if you can't see what the  
end result might be!
- Watch [Dallas Jenkins](#), creator of "The Chosen"  
explain how this Gospel changed his life. How  
could this Gospel change your life / attitude?

#### Talk

In today's readings we hear about the Jesus'  
miracle of multiplying the loaves and the fish.

- What kind of things do you find easy to  
share? What kind of things are difficult to  
share?
- In another version of this Gospel story, a  
little boy is mentioned as having the five  
loaves and two fish. Do you think it was  
difficult for him to give away his only food  
that day? How did Jesus bless his generous  
heart?
- How important is family meal time in our  
house? Is it easy for us to focus on each  
other during meal time or do we get  
distracted?
- Do we remember to pray and thank God for  
the food we have each day?

#### Family Challenge!

Spend some time as a family with Jesus in the  
Eucharist this week: maybe you could pop into  
the church on the way to or from school?  
Find great ideas for celebrating Corpus Christi  
here: <https://blog.holyheroes.com/5-ways-to-celebrate-corpus-christi-as-a-family/>

This week, make a special effort to visit Jesus in the Church. He's really there, waiting for you! Make sure to genuflect when you enter, and to pray quietly and reverently. Thank Him for all the good things He has given you!

**Song of the Week!**  
**JESUS IS THE EUCHARIST**



*"The more Eucharist we receive, the more we will become like Jesus, so that on earth we will have a foretaste of heaven."*

## THE BODY OF CHRIST

"The Body of Christ" - "Amen". Sometimes we can receive Holy Communion at Mass without thinking too much about what we are doing or saying. In today's Gospel we clearly hear Jesus say, "This is My Body, this is My Blood". In John 6, Jesus repeats numerous times how unless we eat His flesh and drink His blood we will not have life within us. This is no mere symbol. How can we say that with certainty? Because Jesus said it, and His words are true. Is the mystery of the Eucharist easy to understand? No. But, like the Trinity, just because something can be difficult for us to fully grasp, that doesn't make it false. Watch Fr Mike in today's video explain why Jesus hides Himself in the Eucharist.

This week, sit in front of the tabernacle in your local Church, ask Jesus to reveal His True Presence to you in your heart. "Jesus, if you are really there, please show me in a way I will understand."

- "When you approach the tabernacle remember that he has been waiting for you for twenty centuries." - St. Josemaria Escriva
- "If angels could be jealous of men, they would be so for one reason: Holy Communion." - St. Maximilian Kolbe
- "There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us." - St John Vianney

- The Truth about the Eucharist (Fr Mike Schmitz)
- "Remembrance (Communion Song)" (Matt Maher)
- Eucharistic Miracles (bonus handout)

Check out "To the Heights" full resource



## Family Prayer

*Bless us O God as we sit together. Bless the food we eat today. Bless the hands that made the food. Bless us O God, Amen!*

## JESUS CONTINUES TO FEED US IN THE EUCHARIST

Today, the second Sunday after Pentecost, we celebrate a second solemnity, which marks our return to Ordinary Time. Today is the Solemnity of the Most Holy Body and Blood of Christ. At one time, this day was called Corpus Christi, Latin for "the Body of Christ." In the most recent revision of the liturgy, the name for this day is expanded to be a more complete reflection of our Eucharistic theology.

The feeding of the 5,000 is the only one of Jesus' miracles to appear in all four Gospels. Luke places it between Herod's question, "Who is this about whom I hear such things?" and Peter's response to Jesus' question about who he thought Jesus was: "You are the Messiah of God." In Luke the feeding is not the result of Jesus' compassion for the crowd but is instigated by the disciples. They wanted Jesus to send the crowd away to town. Instead Jesus tells the disciples to give them some food on their own.

The passage is meant to remind us of two feedings in the Old Testament: the feeding of the Israelites in the desert and Elisha's feeding of 100 people with 20 loaves in 2 Kings 4:42-44. It is also connected to the institution of the Eucharist. As in the Last Supper accounts in Matthew, Mark, and Luke and in Paul's account in 1 Corinthians 11:23-24, Jesus takes bread, looks up to heaven, blesses the bread, breaks it, and then gives it to the disciples. In using this exact language, Luke is reminding his readers that in this miracle Jesus is doing more than feeding hungry people as God did for the Israelites and the prophet Elisha did as well. The bread he gives is his body, which he will continue to give as often as the community breaks bread in remembrance of him in the Eucharist.

*from Loyola Press Sunday Connection*

## EVENTS

**Family Day:** Sunday 19th June, 10am - 3pm. Bring a packed lunch! Booking is essential: 052 6133181 or email [info@holymission.ie](mailto:info@holymission.ie)

**Day of reflection for all those in parish ministry:** Sat 25th June 10.30am in Mount Melleray Abbey. Facilitated by Sr. Marie Fahy, Abbess at Glencairn Abbey. Please call 051-874199 or email [marydee@waterfordlismore.ie](mailto:marydee@waterfordlismore.ie) to book your place. Please bring a packed lunch.

**Queen of Peace Retreats:** 4-day Medjugorje-style retreat at Glencomeragh Retreat Centre. Thurs 21-Sun 24 July / Thurs 18-Sun 21 Aug / Thurs 1-Sun 4 Sept. Cost: €260. For more info or to book contact [info@holymission.ie](mailto:info@holymission.ie) or (052) 6133181

**Diocesan Youth Pilgrimage to Medjugorje:** August 3rd - 10th, Cost: €725pps, Open to those aged 16 - 35. [www.waterfordlismore.ie/pastoral/pilgrimages/](http://www.waterfordlismore.ie/pastoral/pilgrimages/)

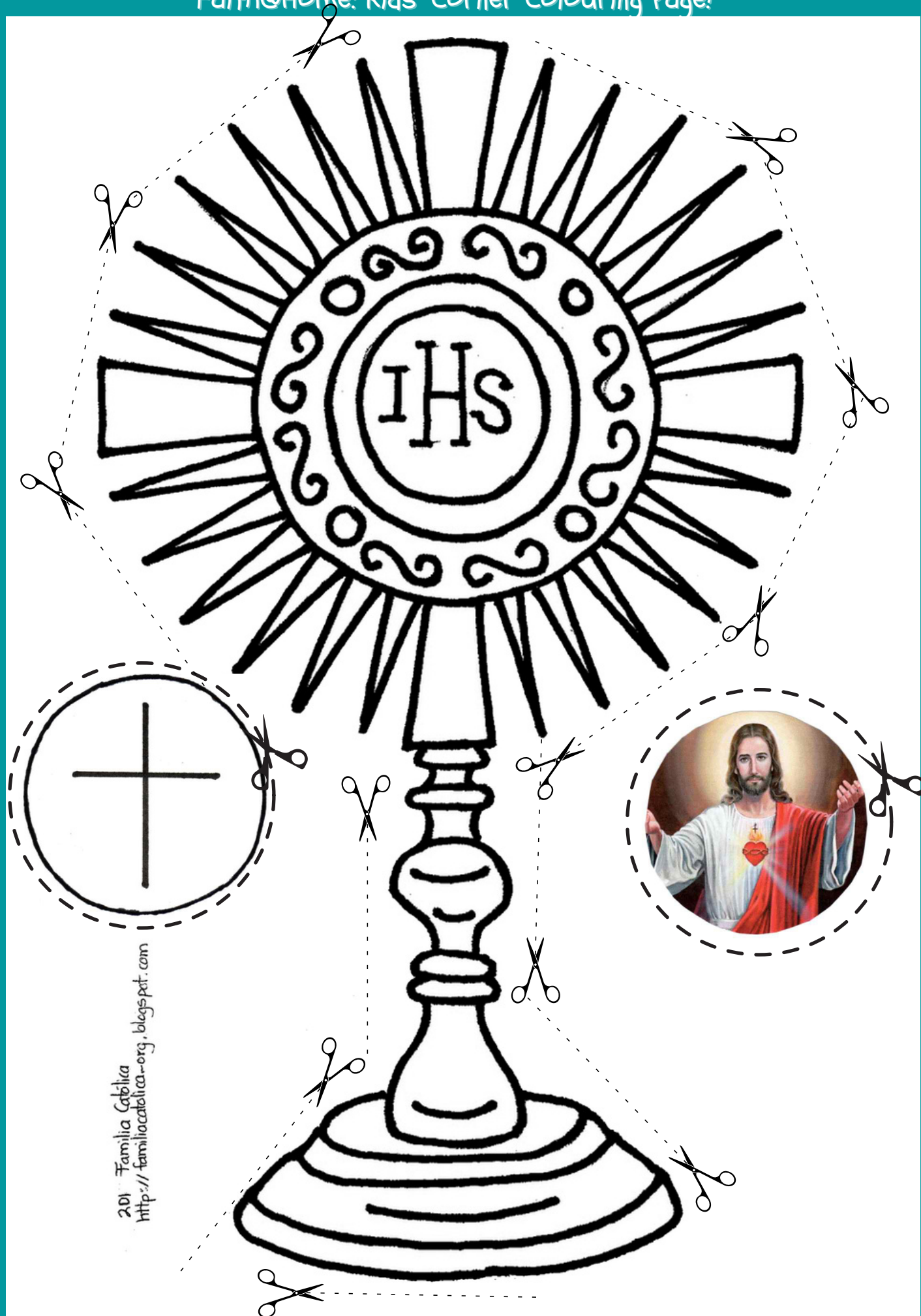
**Youth 2000 Summer Festival:** Ireland's largest Catholic gathering for young people aged 16-35. August 11-14. Donation only. More info on [www.youth2000.ie](http://www.youth2000.ie)



## CHECK IT OUT: ANOINTING FIRE CATHOLIC MINISTRY



Anointing Fire Catholic Ministry (AFCM) is a Catholic Charismatic Missionary movement founded by rev. Fr. Xavier Khan vattayil for the world evangelization. They conduct retreats and conferences for priests, religious and lay people, based on Catholic Teaching and the Holy Bible. It also conducts parish retreats and conferences, formation programmes, seminars, youth ministries, media ministries for Catholic children, youth and adults in English and Malayalam languages.



201 Familia Católica  
<http://familiacatolica.org.blogspot.com>



Get some help from a grown-up to cut out the picture of Jesus, the paper host, and the monstrance to make this week's craft! Watch the video to learn how to make it!