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**Year A** THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

"TO THE HEIGHTS" YOUTH EDITION BACK IN AUTUMN

## Sunday Mass Readings

**First Reading:**

Deuteronomy 8:2-3, 16-16

**Responsorial Psalm:**

Psalm 147:12-15, 19-20

**Second Reading:**

1 Corinthians 10:16-17

**Gospel:**

John 6:51-58

*"Anyone who eats this bread  
will live forever."*



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 readings for children.

## Pray

In the Gospel today we hear Jesus explaining the mystery of the Holy Eucharist.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Take some time this week to really prepare your heart to receive Jesus in the Eucharist. Consider going to Confession as a family this week.
- Find some time to talk to Jesus about what Holy Communion means to you. Reflect on the significance of the moment when you receive Jesus into your heart. If you need to, ask Jesus to deepen your understanding.
- Take some time after you receive Holy Communion to speak to Jesus in your heart about what is going on in your life.

## Talk

In today's readings we hear Jesus talk about the importance of the Eucharist in our lives.

- Think about the following and share your thoughts with one another:
  - What is your favourite part of the Mass?
  - What can you do to prepare your heart for the celebration of the Eucharist?
  - Sometimes we can get distracted when we are at Mass and "zone out". What can you do to help yourself stay focused or refocus during the Mass?
  - Who are some people that need your prayers at the moment? Remember to bring them to Mass with you.

## 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/>

# THE BODY OF CHRIST

This Sunday we celebrate a second solemnity during this period of Ordinary Time in the liturgical calendar. Today is the Solemnity of the Most Holy Body and Blood of Christ. This day was once called Corpus Christi, which is Latin for "Body of Christ." In the revised Lectionary the name for this day is expanded to reflect more completely our Eucharistic theology.

Today's Gospel is taken from the Gospel according to John. The reading is part of a discourse between Jesus and a crowd of Jews. The discourse comes shortly after the miracle of Jesus' multiplication of the loaves and fishes. In John's Gospel, miracles such as this are identified as "signs" through which people come to believe that Jesus is the Son of God. These signs are followed by dialogue, or discourse that interprets and explains the miracle. In John's Gospel, Jesus' multiplication of the loaves is said to have occurred near Passover, thus linking it to the Exodus story and God's saving action toward the Israelites.

Having seen Jesus multiply the loaves and fishes, the crowd pursues him, perhaps seeking more food but also looking for another sign. Jesus tells the crowd that he is the bread of life. He explains that just as God gave the Israelites manna to sustain them in the desert, so now God has sent new manna that will give eternal life. It is in this context that Jesus repeats those words in today's Gospel and tells them again that he is the living bread that came down from heaven.

Jesus' words are not well understood by the crowd; they argue that Jesus is not from heaven but born of Mary and Joseph. The crowd also has trouble understanding how Jesus could give them his flesh to eat. Jesus tells them that when they eat his flesh and drink his blood, they will remain forever connected to him. These are difficult words, but they are important because they seek to show us our intimate connection with Jesus.

This is the mystery that is at the heart of our Eucharistic theology. In the elements of bread and wine, Jesus' Body and Blood are truly present. When we share in the Body and Blood of Christ, Jesus himself comes to dwell within us. This communion with the Lord makes us one body, brings us eternal life, and sends us forth to be Christ's Body in the world.

taken from **Loyola Press Sunday Connection**

## CHECK IT OUT: APOSTLES OF THE SACRED HEART OF JESUS



The Apostles of the Sacred Heart of Jesus were founded by Bl. Clelia Merloni in 1894 in Italy. They opened their convent in Waterford in 2016.

To learn more about them please visit

- [www.ascjus.org](http://www.ascjus.org)
- [www.facebook.com/ASCJWaterford](https://www.facebook.com/ASCJWaterford)
- You can reach them by email as well: [waterford@ascjus.org](mailto:waterford@ascjus.org)



"The Eucharist is my Highway to Heaven!"  
Bl. Carlo Acutis

### EUCCHARISTIC MIRACLES

Did you ever wonder what it would be like to witness a miracle? A genuine "I-can't-believe-that-just-happened-that's-impossible" kind of a miracle? Yet at every single Mass the greatest miracle we could ever imagine takes place in front of us - Jesus, Truly God, transforms the Bread and the Wine offered by the priest, into His own Body and Blood. It's what we call Transubstantiation - a big word for an even bigger mystery! The accidents / appearance of the bread and wine remain, but the substance / reality of Jesus' true presence is there.

It's a difficult thing for us to grasp, definitely! The Lord asks us to look at the Eucharist with the eyes of faith. We believe because He shared this mystery with us, and He is Truth. But did you know, that over 135 Eucharistic miracles that have taken place all over the world? In some cases, the appearance of the bread and wine changed too into real flesh and real blood, scientifically tested! Check out our [Eucharistic Mystics, Miracles and Martyrs Resource](http://www.miracolieucharistici.org) on our webpage or go to [www.miracolieucharistici.org](http://www.miracolieucharistici.org) designed by Carlo Acutis for even more stories!

This week's Challenge:

- 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"



The Truth about the Eucharist (Fr Mike)



Remembrance (Communion Song): Matt Maher

To the Heights Youth Resource back in Autumn



## Family Prayer

Prayer before Holy Communion:

O my God, help me to make a good Communion. Mary, my mother, pray to Jesus for me. All you holy Angels and saints, pray for me. My dear Angel Guardian, lead me to the altar of God.

## EVENTS

**Play for Vocations:** Birr Golf Club, Wed 21st June, 11.30 am - 1.30pm. 3 Ball Scramble. Ring Mark to book your place on timesheet: 0858153803 / email birrgolf21.6@gmail.com

**Camp Creideamh:** Catholic Faith Camp for Teenagers. 6 nights full-board camp. €175. Knockadoon, Co. Cork. A week of fun, friendship and growing in faith. The camp activities include Mass, prayer, catechesis, various sports, hillwalking, music, quizzes, movies, etc. Sunday 11th June 2023 - Saturday 17th June 2023. More info on <https://campcreideamh.ie/>

**World Youth Day:** The Diocese of Waterford & Lismore is inviting young people from the diocese aged 18 - 35 to join us on Pilgrimage to Lisbon for World Youth Day, 31 July - 8 August 2023. €895. **Limited spaces.** Join over a million young people from all over the world for an unforgettable experience! Deposit of €200 asap to secure seat. More info on [www.waterfordlismore.ie/pilgrimages](http://www.waterfordlismore.ie/pilgrimages)

**Campa Mhuire Mháthair Catholic Summer Camps** for Primary School Children: Ardmore and Tramore in July. (Also in Ballina, Kilarney and Mitchelstown). Music, Action Songs, Arts & Crafts, Games, Prayer and a whole lot of fun! More info on <https://www.holyfamilymission.ie/campa-mhuire-mhathair/>

Have you subscribed yet to our Diocesan newsletters and events bulletin? Receive them direct to your inbox!

Click the Subscribe Button OR go to [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources)

- Faith@Home / Let's Dive In Newsletters ([faithathome@waterfordlismore.ie](mailto:faithathome@waterfordlismore.ie)) WEEKLY
- To the Heights Youth Newsletter ([youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)) WEEKLY
- Check it Out! Diocesan Events Bulletin ([events@waterfordlismore.ie](mailto:events@waterfordlismore.ie)) FORTNIGHTLY





# Sacred Heart Resources for your Home



- Did you know June is the month dedicated to the Sacred Heart of Jesus?

<https://www.catholicnewsagency.com/news/251588/why-is-june-the-month-of-the-sacred-heart-of-jesus>



- This year we'll celebrate the Feast of the Sacred Heart on Friday, 16th June.



- Maybe you've heard of the Apostleship of Prayer or the Pope's Worldwide Prayer Network. Learn more here.

<https://issuu.com/popesprayernet/stacks/8ff4f0c24fda48e9ab0e2f72f63fcff0>



- If you're looking for resources to throne (Honour) the Sacred Heart in your school, home, or work, visit: <https://welcomehisheart.com/>

## Youtube Resources



Sacred Heart of Jesus Convent  
- ProEcclesiaSancta



Catholic Kids Media



Catholic Icing



Ascension Presents



Printable  
Activities

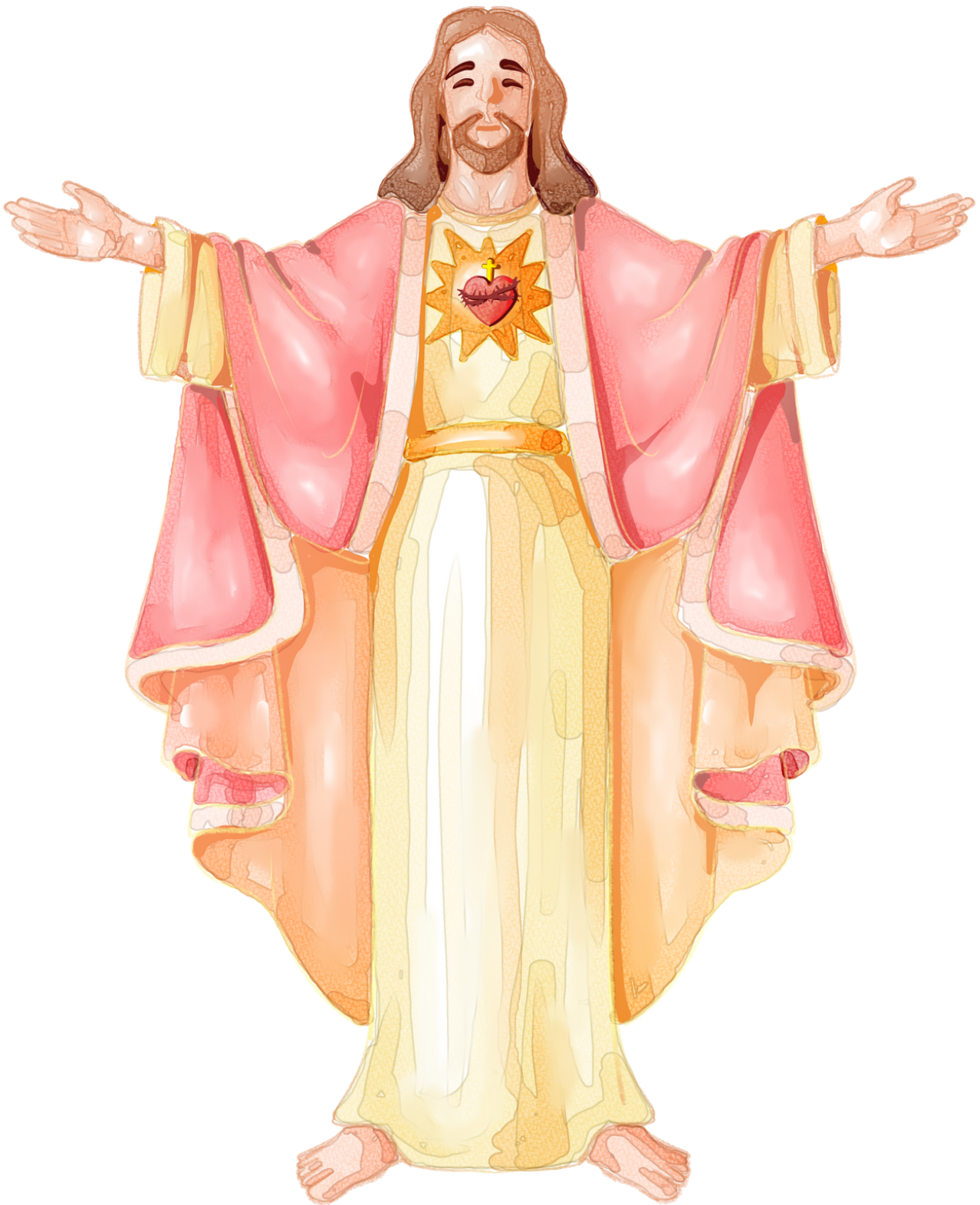


THE  
RELIGION TEACHER

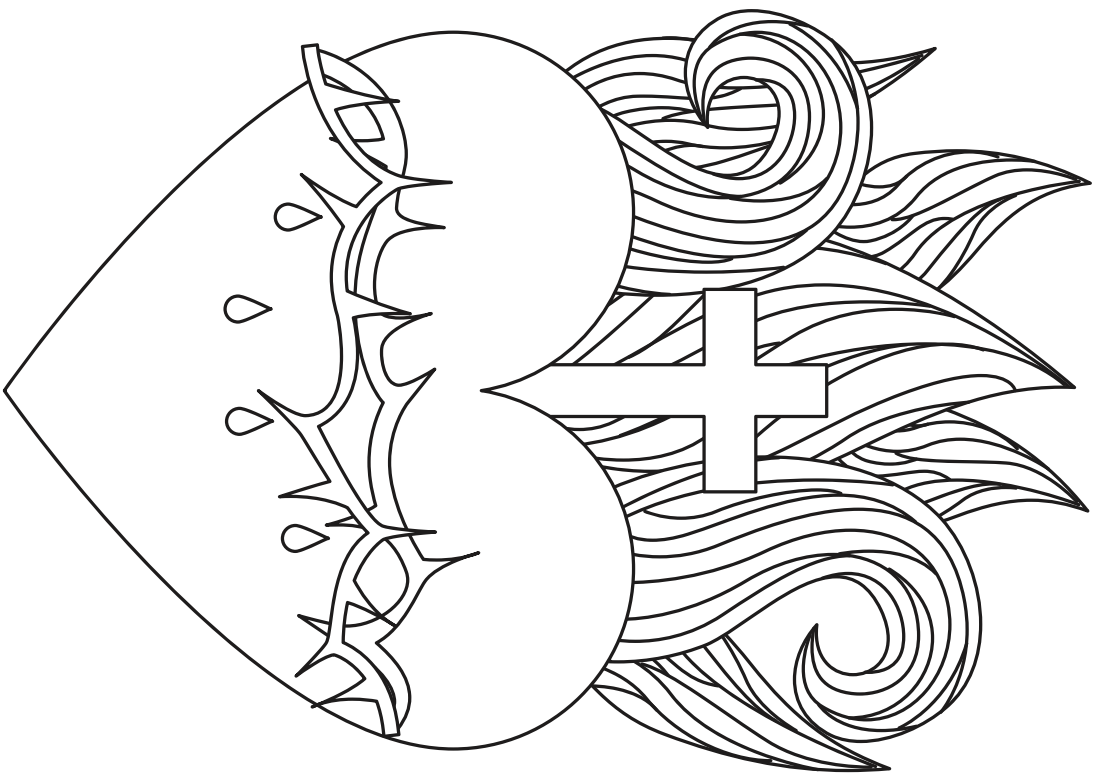
Sacred Heart and Immaculate Heart Activities  
[www.thereligionteacher.com/activities-sacred-immaculate-heart](http://www.thereligionteacher.com/activities-sacred-immaculate-heart)



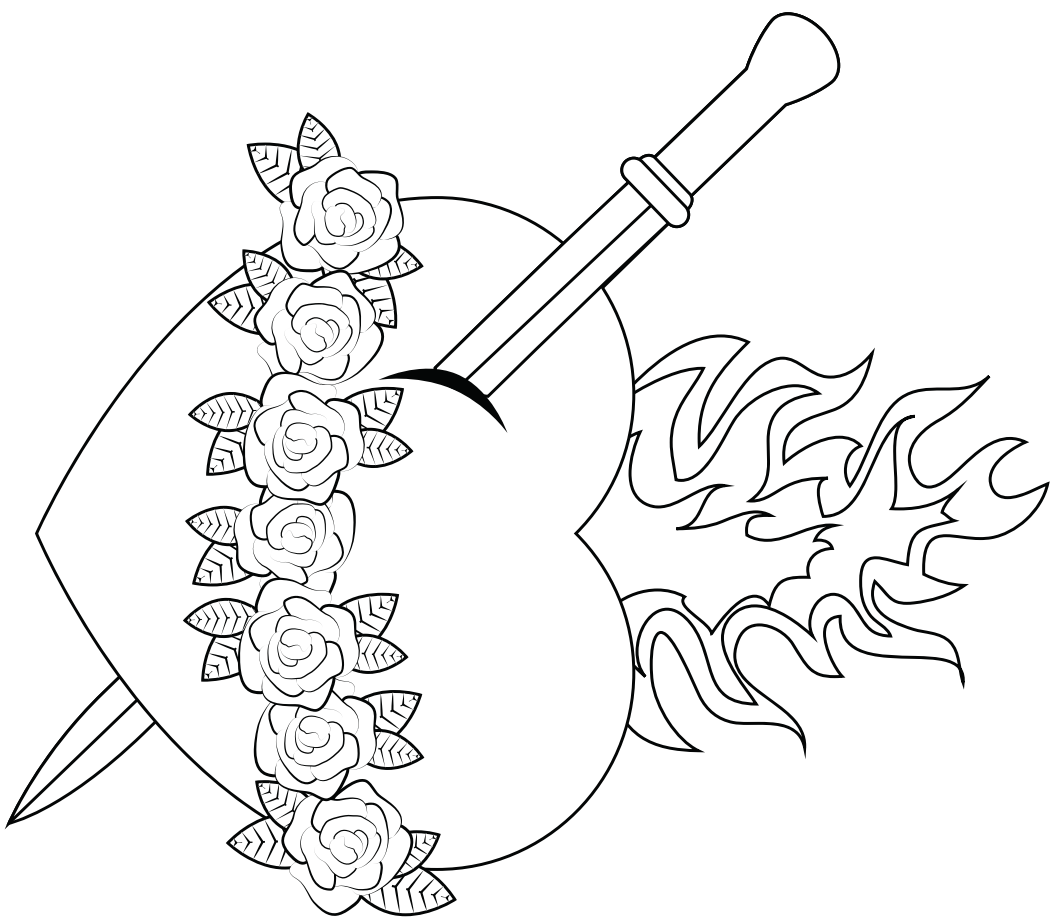
Look to Him and Be Radiant -  
June Roundup  
[www.looktohimandberadiant.com](http://www.looktohimandberadiant.com)  
(also great for Corpus Christi resources!)



O Sacred Heart of Jesus,  
I place all my trust in You!



**Sacred Heart of Jesus,  
I place all my trust in you!**



**Immaculate Heart of Mary,  
pray for us!**