

FAITH @ Home



22ND JUNE 2025: THE MOST HOLY BODY & BLOOD OF CHRIST



Diocese of Waterford & Lismore
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Celebrating and supporting faith, hope and love in the heart of the family!

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

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](#).



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?



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!

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/>



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.

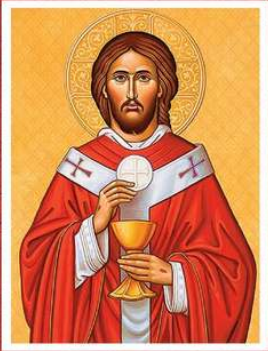
The feeding of the 5,000 is the only one of Jesus' miracles to appear in all four Gospels. Luke places it between Herod's question, "Who is this about whom I hear such things?" and Peter's response to Jesus' question about who he thought Jesus was: "You are the Messiah of God." In Luke the feeding is 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

IS THERE A CORPUS CHRISTI PROCESSION NEAR YOU THIS WEEK? MAKE AN EFFORT AS A FAMILY TO ATTEND AND GIVE PUBLIC WITNESS TO YOUR LOVE FOR JESUS IN THE EUCHARIST!

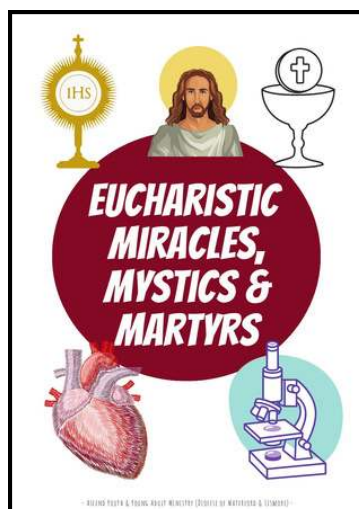
Diocese of Waterford and Lismore




Corpus Christi Procession
Led by Bishop Cullinan

Sunday June 22nd
Route: Sacred Heart Church to the
Cathedral of the Most Holy Trinity
Meeting at 3:30pm

All welcome




**CARLO'S CORNER**
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)



 The Vigil Project: Humble Miracle

To the Heights Youth Resource also available



**JONATHAN ROUMIE**
FULL SPEECH





CHECK OUT OUR ASCEND RESOURCE ON EUCHARISTIC MIRACLES



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