

FAITH @ Home

7TH JUNE 2026: YEAR A
THE SOLEMNITY OF THE MOST HOLY BODY
AND 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:

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: Holy Family Mission

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](#).

Reflect



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 honestly speak to Jesus in your heart about what is going on in your life.

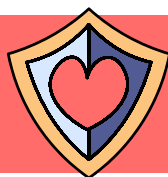
Chat



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 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.

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>



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**

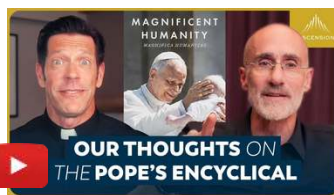


MAGNIFICA HUMANITAS

Pope Leo XIV's Encyclical on Safeguarding the Human Person in the time of Artificial Intelligence



Click (or scan) here to read



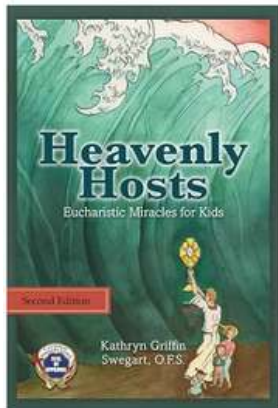
Fr. Mike Schmitz & Dr. Arthur Brooks
Discuss Magnifica Humanitas

CHECK IT OUT!

Heavenly Hosts: Eucharistic Miracles for Kids: 1



Recipient of the Seal of Approval by Catholic Writer's Guild! This best selling treasury of stories for children is now into its second edition. Two new stories include the children of Fatima and St. Germaine Cousin. Readers will be enlightened by a gallery of photos showing actual sites of these documented miracles. Delightful pen and ink illustrations complement the text.



CARLO'S CORNER



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](#) on our webpage or go to www.miracolieucaristici.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)



**The Vigil Project:
"Humble Miracle"**



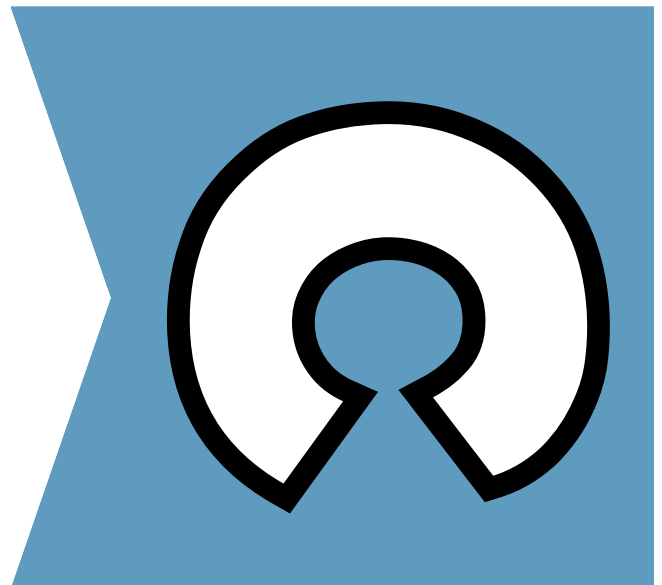
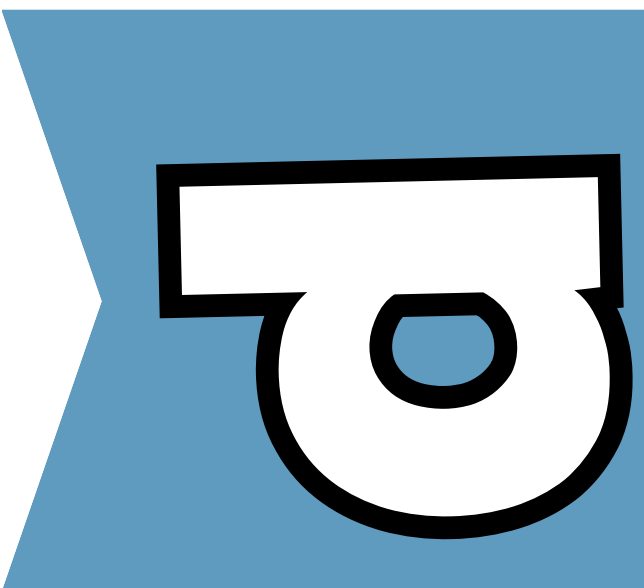
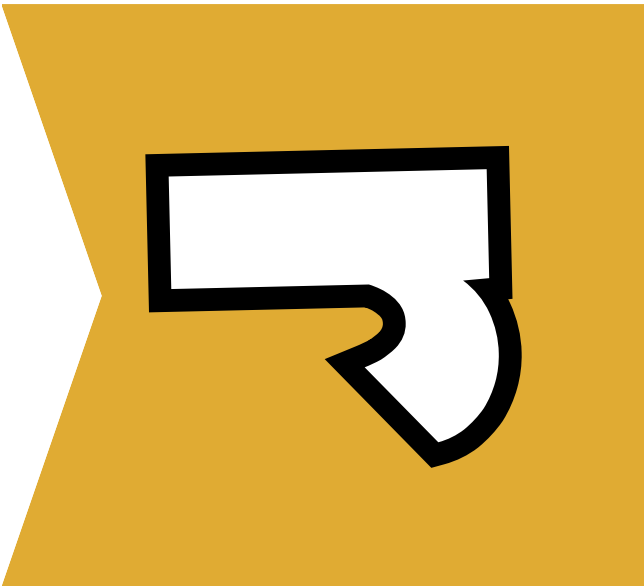
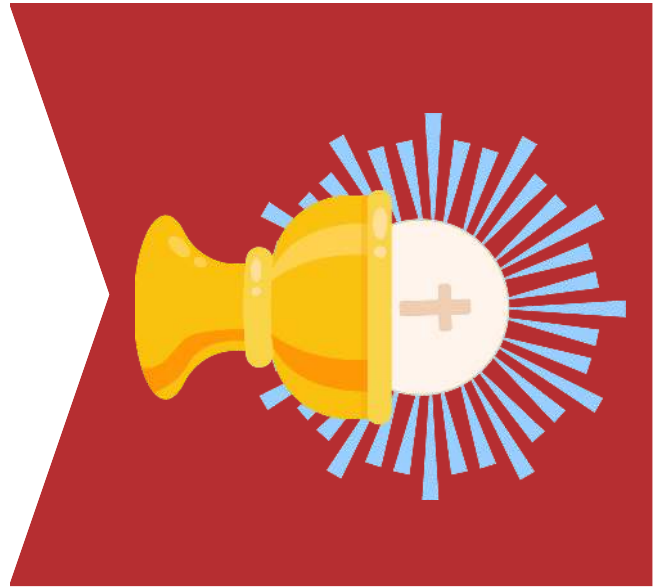
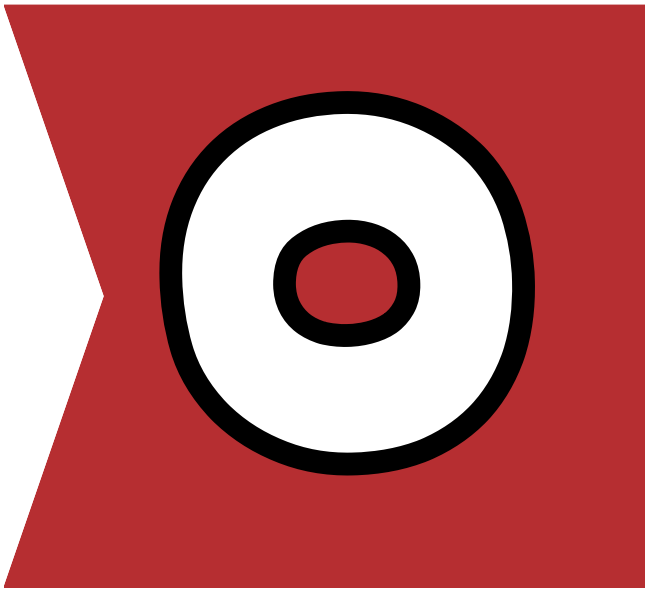
To the Heights Youth Resource also available



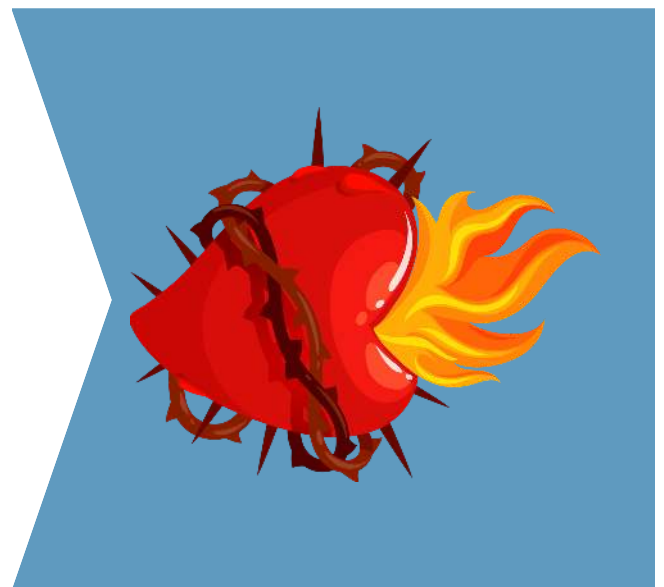
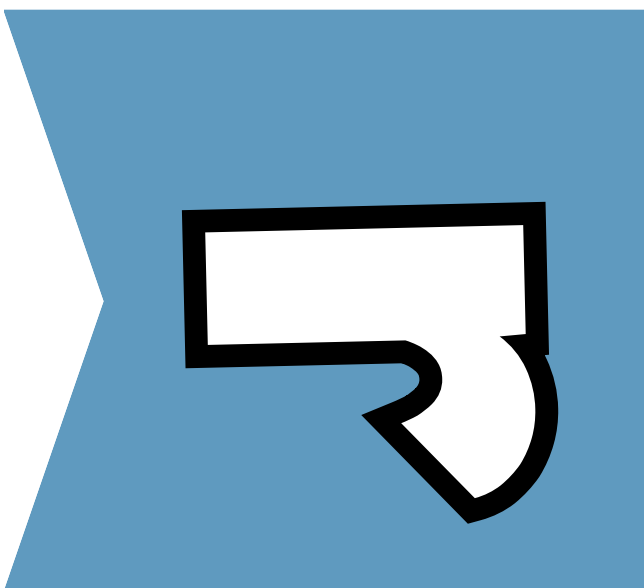
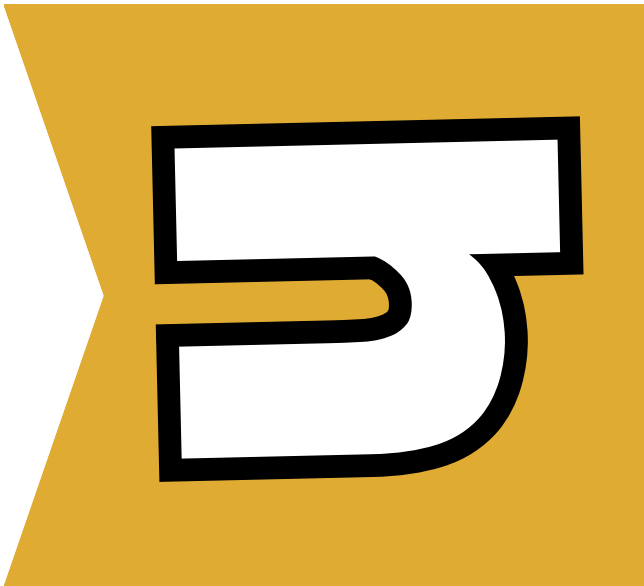
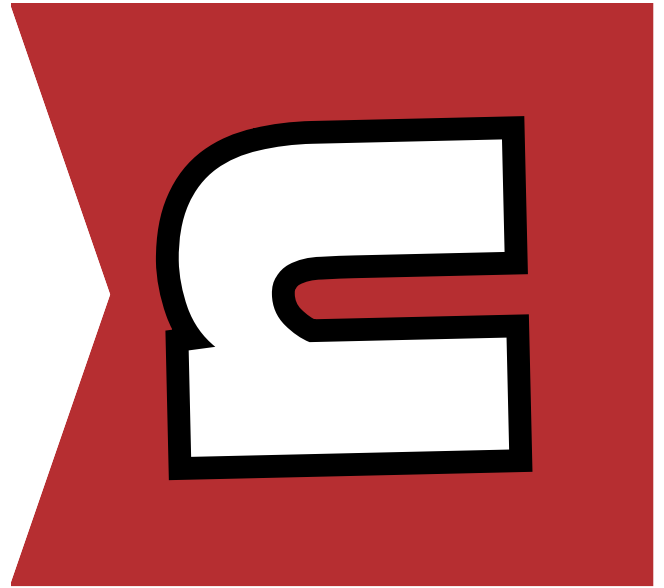
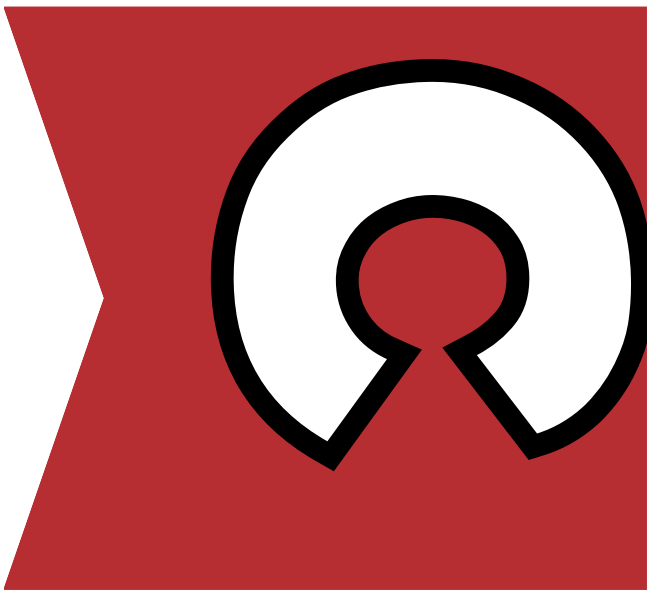
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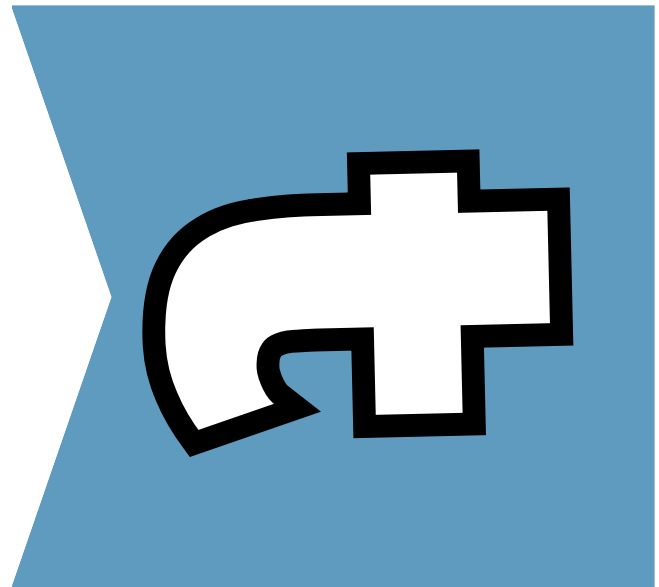
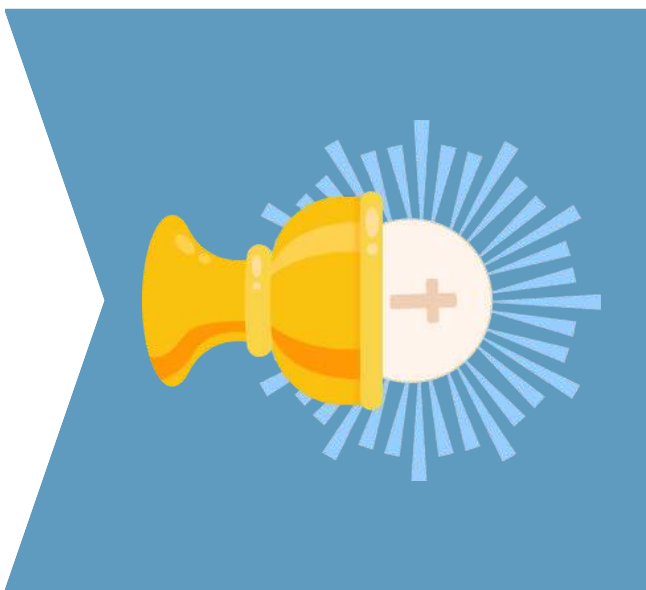
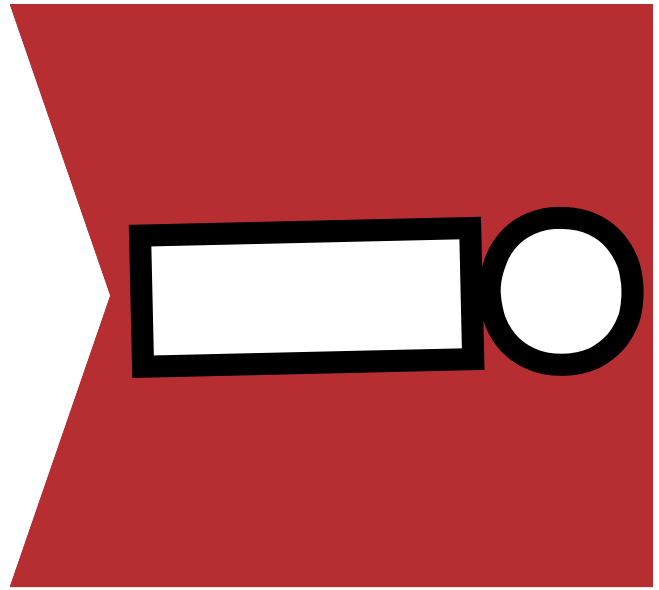
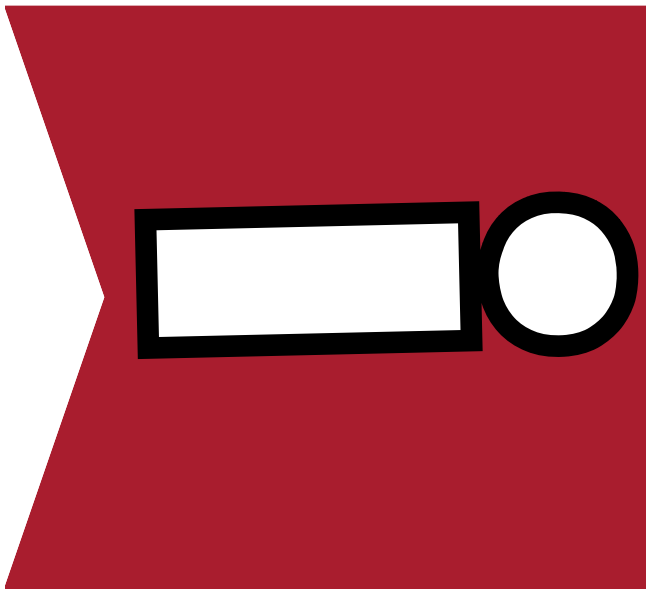
- Faith@Home / Let's Dive In (faithathome@waterfordlismore.ie)
- To the Heights (youthministry@waterfordlismore.ie)
- Check it Out! Diocesan Events Bulletin (events@waterfordlismore.ie)

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