

ENTRANCE ANTIPHON *Ps 80: 17*

He fed them with the finest wheat
and satisfied them with honey from
the rock.

ENTRANCE HYMN

I am the Bread of life;
You who come to me shall not hunger;
and who believe in me shall not thirst.
No-one can come to me unless the
Father draw him.

*And I will raise you up,
and I will raise you up,
and I will raise you up on the last day.*

The bread that I will give
is my flesh for the life of the world,
and if you eat of this bread,
you shall live forever,
you shall live forever. **R.**

I am the Resurrection, I am the Life,
If you believe in me,
even though you die,
you shall live forever. **R.**

Yes, Lord, I believe
that you are the Christ,
the Son of God
who have come into the world. **R.**

Priest: In the name of the Father and
of the Son, and of the Holy
Spirit.

People: **Amen.**

Grace to you and peace from God our
Father
and the Lord Jesus Christ.

And with your spirit.

PENITENTIAL ACT

Brethren (Brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to
celebrate the sacred mysteries.

Lord Jesus, you raise us to new life:
Lord, have mercy.
Lord, have mercy.

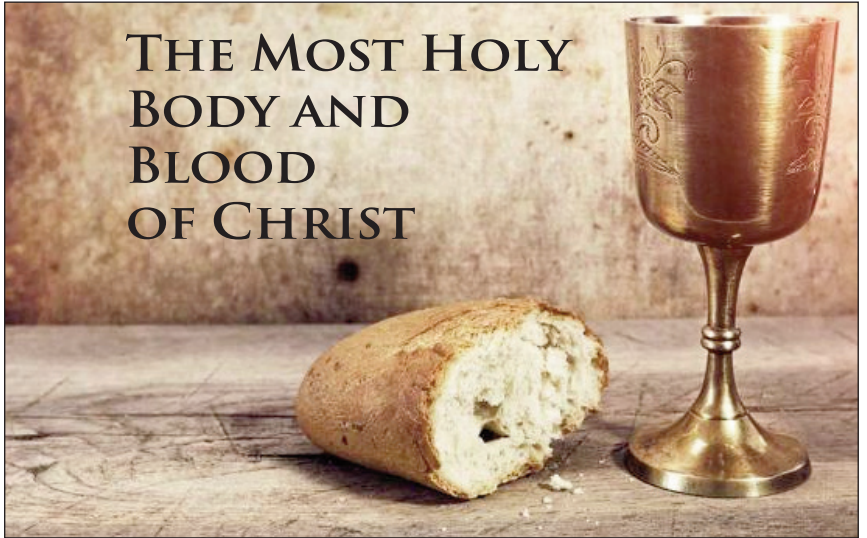
Lord Jesus, you forgive us our sins:
Christ, have mercy.
Christ, have mercy.

Lord Jesus, you feed us with your
body and blood: Lord, have mercy.
Lord, have mercy.

The absolution by the Priest follows:

May almighty God have mercy on us,
forgive us our sins
and bring us to everlasting life.
Amen.

THE MOST HOLY BODY AND BLOOD OF CHRIST



7th June 2026

THE LITURGY OF THE WORD

SIT

FIRST READING *8:2-3.14-16*

**A reading from the book of
Deuteronomy**

Moses said to the people: "Remember
how the Lord your God led you for
forty years in the wilderness, to
humble you, to test you and know
your inmost heart — whether you
would keep his commandments or
not. He humbled you, he made you
feel hunger, he fed you with manna
which neither you nor your fathers had
known, to make you understand that
man does not live on bread alone but
that man lives on everything that
comes from the mouth of the Lord.

"Do not then forget the Lord your
God who brought you out of the land
of Egypt, out of the house of slavery:
who guided you through this vast and
dreadful wilderness, a land of fiery
serpents, scorpions, thirst; who in this
waterless place brought you water
from the hardest rock; who in this
wilderness fed you with manna that
your fathers had not known."

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Ps147:12-15.19-20.R.v.12

**R. O praise the Lord, Jerusalem!
or Alleluia!**

1. O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you. **R.**

GLORIA

Glory to God in the highest,
and on earth peace to people of
good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great
glory,

Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten
Son,
Lord God, Lamb of God, Son of the
Father,

you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of
the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

COLLECT

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.

Who live and reign with God the
Father in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

2. He established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. **R.**
3. He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. **R.**

SECOND READING 10:16-17

A reading from the first letter of St Paul to the Corinthians

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Thanks be to God.

◀ **STAND** ▶

SEQUENCE

Shorter version — May be said or sung.

**Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God's true children
meant,
That may not unto dogs be given:
Oft in the olden types foreshowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from
heaven.**

**Come then, good shepherd, bread
divine,
Still show to us thy mercy sign;
Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;**

**O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen
guest,
Co-heirs of thine, and comrades
blest
With saints whose dwelling is with
thee.**

ACCLAMATION Jn 6:51-52

Alleluia, alleluia!

**I am the living bread which has
come down from heaven,
says the Lord.
Anyone who eats this bread
will live for ever. Alleluia!**

GOSPEL 6:51-58

The Lord be with you.
And with your spirit.
A reading from the holy
Gospel according to John.
Glory to you, O Lord.



Jesus said to the Jews:
"I am the living bread which has come
down from heaven.
Anyone who eats this bread will live
for ever;
and the bread that I shall give
is my flesh, for the life of the world."
Then the Jews started arguing with
one another:
"How can this man give us his flesh to
eat?" they said. Jesus replied:
"I tell you most solemnly,
if you do not eat the flesh of the Son
of Man and drink his blood,
you will not have life in you.
Anyone who does eat my flesh and
drink my blood has eternal life,
and I shall raise him up on the last day.
For my flesh is real food
and my blood is real drink.
He who eats my flesh and drinks my
blood lives in me
and I live in him.

As I, who am sent by the living Father,
myself draw life from the Father,
so whoever eats me will draw life from
me.

This is the bread come down for
heaven;
not like the bread our ancestors ate:
they are dead,
but anyone who eats this bread will
live for ever."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

◀ **STAND** ▶

PROFESSION OF FAITH

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(All bow during the next two lines)
and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.
For our sake he was crucified under**

**Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the
Father.**

**He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and
the Son,
who with the Father and the Son is
adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and
apostolic Church.**

**I confess one Baptism for the
forgiveness of sins and I look
forward to the resurrection of the
dead and the life of the world to
come.
Amen.**

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

◀ **SIT** ▶

Raising the host, the priest says:

Blessed are you, Lord, God of all
creation, for through your goodness
we have received the bread we offer
you: fruit of the earth and work of
human hands,
it will become for us the bread of life.
Blessed be God for ever.

*The priest pours wine and a little water
into the chalice, saying quietly:*

By the mystery of this water and wine
may we come to share in the divinity
of Christ,
who humbled himself to share in our
humanity.

Raising the chalice, the priest says:

Blessed are you, Lord, God of all
creation, for through your goodness
we have received the wine we offer
you: fruit of the vine and work of
human hands,
it will become our spiritual drink.
Blessed be God for ever.

Bowing the priest says quietly:

With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this
day be pleasing to you, O Lord.

Then the priest washes his hands, saying quietly:

Wash me, O Lord, from my iniquity;
and cleanse me from my sin.

STAND

Facing the people the priest says:

Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his holy Church.

PRAYER OVER THE OFFERINGS

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present. Through Christ our Lord.
Amen.

EUCCHARISTIC PRAYER III

PREFACE II of Most Holy Eucharist

The Lord be with you.

And with your Spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.
It is right and just.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For at the Last Supper with his Apostles, establishing for the ages to come the saving memorial of the Cross, he offered himself to you as the unblemished Lamb, the acceptable gift of perfect praise.

Nourishing your faithful by this sacred mystery, you make them holy, so that the human race, bounded by one world, may be enlightened by one faith and united by one bond of charity. And so, we approach the table of this wondrous Sacrament, so that, bathed in the sweetness of your grace, we may pass over to the heavenly realities here foreshadowed.

Therefore, all creatures of heaven and earth sing a new song in adoration, and we, with all the host of Angels, cry out, and without end we acclaim:

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name
of the Lord.
Hosanna in the highest.**



KNEEL

You are indeed Holy, O Lord, and all you have created rightly gives you praise, for through your Son our Lord Jesus Christ, by the power and working of the Holy Spirit, you give life to all things and make them holy, and you never cease to gather a people to yourself, so that from the rising of the sun to its setting a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and ✠ Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries.

For on the night he was betrayed he himself took bread, and, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended, he took the chalice, and, giving you thanks, he said the blessing, and gave the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.**

The mystery of faith

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

Then the Priest, with hands extended, says:

Therefore, O Lord, as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, we offer you in thanksgiving this holy and living sacrifice.

Look, we pray, upon the oblation of your Church and, recognising the sacrificial Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ.

May he make of us an eternal offering to you, so that we may obtain an inheritance with your elect, especially with the most Blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles and glorious Martyrs (with Saint N., the Saint of the day or Patron Saint) and with all the Saints, on whose constant intercession in your presence we rely for unailing help.

May this Sacrifice of our reconciliation, we pray, O Lord, advance the peace and salvation of all the world. Be pleased to confirm in faith and charity your pilgrim Church on earth, with your servant Leo, our Pope, and N. our Bishop, his assistant Bishop(s) the Order of Bishops, all the clergy, and the entire people you have gained for your own.

Listen graciously to the prayers of this family, whom you have summoned before you: in your compassion, O merciful Father, gather to yourself all your children scattered throughout the world. To our departed brothers and sisters and to all who were pleasing to you at their passing from this life, give kind admittance to your kingdom. There we hope to enjoy for ever the fullness of your glory

The Priest joins his hands.

through Christ our Lord, through whom you bestow on the world all that is good. †

The Priest takes the chalice and the paten with the host and, elevating both, he says:

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever. **Amen.**

COMMUNION RITE

STAND

At the Saviour's command and formed by divine teaching, we dare to say:

Our Father, who art in heaven . . .

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

For the kingdom, the power and the glory are yours, now and for ever.

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever. **Amen.**

The peace of the Lord be with you always.

And with your Spirit.

The priest may add these or similar words.

Let us offer each other the sign of peace.

The priest places a small piece of the host in the chalice saying quietly:

May this mingling of the body and blood of our Lord Jesus Christ bring eternal life to us who receive it.

Meanwhile the people sing or say:

**Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.**

◆ KNEEL ◆

The priest says quietly:

May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body, and a healing remedy.

Raising the host the priest says:

Behold the Lamb of God, behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

And together with the people he says once:

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

May the Body of Christ keep me safe for eternal life.

The Priest reverently consumes the Body of Christ.

Then he takes the chalice and says quietly:

May the Blood of Christ keep me safe for eternal life.

The Priest raises a host slightly and shows it to each of the communicants, saying:

The Body of Christ.
Amen.

COMMUNION ANTIPHON Jn 6: 57

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

COMMUNION HYMN

*Eat this bread, drink this cup,
come to me and never be hungry.
Eat this bread, drink this cup,
trust in me and you will not thirst.*

**I am the Bread of Life,
the true bread sent from the Father.**

**Your ancestors ate manna in the desert,
but this is the bread come down from heaven.**

**Eat my flesh, and drink my blood,
and I will raise you up on the last day.**

**Anyone who eats this bread
will live for ever.**

**If you believe and eat this bread
you will have eternal life.**

PRIVATE PRAYER AFTER COMMUNION

Lord Jesus, you are the living bread that has come down from heaven. You have called me to your table. I have received your flesh to eat and your blood to drink in Communion. Stay with me; strengthen me with this bread from heaven that I may walk in your paths. Keep me in union with you all my days on earth so that I may live with you for ever in heaven.



◆ STAND ◆

PRAYER AFTER COMMUNION

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever. **Amen.**

CONCLUDING RITES

The Lord be with you.
And with your spirit.

Bow down for the blessing – No13

May the effects of your sacred blessing, O Lord, make themselves felt among your faithful, to prepare with spiritual sustenance the minds of all, that they may be strengthened by the power of your love to carry out works of charity. Through Christ our Lord.

And may the blessing of almighty God, the Father, and the Son, and the Holy Spirit, come down on you and remain with you forever. **Amen.**

Go forth, the Mass is ended,
Thanks be to God.

RECESSIONAL HYMN

**Praise my soul the King of heaven,
To his feet your tribute bring.
Ransomed, healed, restored,
forgiven,
Who am I his praise to sing?
Praise him. Praise him. Praise him.
Praise him.
Praise the everlasting King.**

**Angels, help us to adore him:
You behold him face to face:
Sun and moon bow down before him,
Ev'ry thing in time and space.
Praise him. Praise him. Praise him.
Praise him.
Praise with us the God of grace.**