

Sunday Readings

7th June 2026

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, one God, for ever and ever.

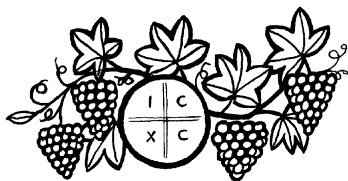
FIRST READING

A reading from the Book of Deuteronomy
8:2-3,14-16

Moses spoke to the people: You shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

Do not forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, who fed you in the wilderness with manna that your fathers did not know.

The word of the Lord. *Thanks be to God.*



Responsorial Psalm

Psalm 147:12-15,19-20 R/. v.12

R/. O praise the Lord, Jerusalem!

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/.**
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/.**
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

A reading from the first letter of St Paul to the
Corinthians 10:16-17

Brothers and Sisters: The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

The word of the Lord. *Thanks be to God.*

Gospel Acclamation

Jn 6:51

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

GOSPEL

John 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.

At that time: Jesus said to the Jews, 'I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh.'

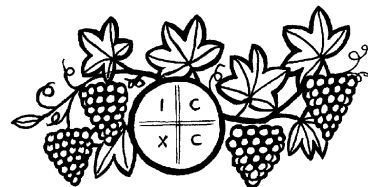
The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?'

So Jesus said to them, 'Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live for ever.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

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.



The Body and Blood of Christ

Lectionary Year A

The Word of God

The Sacred Heart of Jesus

Friday 12th June 2026

The Eucharist that we receive is the centre of our faith, for it is Jesus himself – Jesus who is the Bread of Life. Before we come to communion, we say “Lord, I am not worthy that you should come under my roof...” But by coming to us in the form of bread and wine, Jesus is saying: “Even though you may not be worthy, I want to come to you anyway; I want you to receive me anyway!”

Many times throughout his ministry Jesus told his disciples that people who are healthy do not need a doctor. He was able to touch only those who admitted that they needed him.

We don't come to the Eucharist because we are perfect. In fact, if we were perfect, the Eucharist could do nothing for us. We come to receive the Lord because we know that we need him. We come because we want to change and become more like him.

In giving us his own body and blood, Jesus gives us the best gift we could ever receive. And in giving us this feast, the Church calls us to give thanks to God for the wonderful gift of Jesus, who loved without limits and told us to do the same.



The Most Sacred Heart of Jesus

Devotion to the Sacred Heart, encouraged by mediaeval mystics and promoted by St Gertrude, St Margaret Mary Alacoque, St John Eudes and others, represents a devotion to Jesus in his human nature, in particular referring to the heart as the seat of the emotions.



A Prayer to the Sacred Heart of Jesus

O most holy Heart of Jesus, fountain of every blessing, I adore You, I love You, and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Protect me in the midst of danger; comfort me in my afflictions. Give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. Amen.

Prayer of the Week

A prayer before the Blessed Sacrament

In silence
To be there before you, Lord, that's all.
To shut the eyes of my body,
To shut the eyes of my soul,
And to be still and silent,
To expose myself to you who are there,
exposed to me.
To be there before you, the Eternal Presence.
I am willing to feel nothing, Lord,
to see nothing
to hear nothing.
Empty of all ideas
of all images,
In the darkness.
Here I am, simply
To meet you without obstacles,
In the silence of faith,
Before you, O Lord.

Michel Quoist