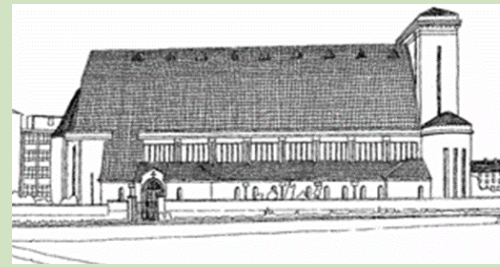


PRAYER FOR ST COLUMBA'S PARISH

Almighty Father, we wish to commit our parish of St Columba of Iona into Your merciful hands. We want to be a vibrant and flourishing parish formed after your heart, a family of missionary disciples of Jesus where love and service spread out from us to everybody. Touch the hearts of all of us and everybody within our parish to experience once again the power of the risen Christ so that our hearts can be filled with your love, joy, courage, strength and unity. We commit to you, in a special way, the sick, the housebound, the struggling, even the weary. May Mary our mother be always close to us her children in all our hour of need. We make all these prayers through the merits of Jesus Christ your son. Amen.

AN ACT OF SPIRITUAL COMMUNION

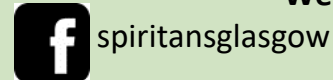
My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You. AMEN



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Parish Priest: Fr Ambrose Ohene C.S.Sp. 07549260379
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CORPUS CHRISTI SUNDAY YEAR A, 14/6/20

READINGS

1st reading—Deuteronomy 8:2-3;14-16.

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 become proud of heart. Do not 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

2nd reading—1 Corinthians 10:16-17.

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

GOSPEL—JOHN 6:51-58

Jesus said to the crowd:

‘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 from 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. THANKS BE TO GOD

The Eucharist that we receive is Truly the Body and Blood of Christ. It is not a symbol as some say. He meant it literally to such an extent that when many of his disciples felt scandalised and left him because of this particular teaching, he didn't call them back to apologise or to suggest he was only speaking figuratively. He let them go. The Eucharist is the food to nourish our souls just like our bodies are nourished with Mince and Tatties, black pudding and Haggis etc. If we truly believe that it is Christ himself that we receive, then we need to receive Him with utmost reverence.

Memorials, Feasts and **SOLEMNITIES**

Monday 15th June	Optional memorial of St Alice
Thursday 18th June	Optional memorial of St Gregory Barbarigo
FRIDAY 19TH JUNE	SOLEMNITY OF THE MOST SACRED HEART OF JESUS
SATURDAY 20TH JUNE	MEMORIAL OF THE IMMACULATE HEART OF MARY

HOW TO JOIN OUR SERVICES

**STEP 1. DOWNLOAD ZOOM
APP**



**STEP 2. CLICK 'JOIN' USING:
ID**

523-686-9263

Password: 538289

STEP 3. YOU ARE CONNECTED

DAILY MASSES:

OFFERED FOR THE INTENTIONS OF PARISH-IONERS

**PLEASE FEEL FREE TO
CALL THE PARISH AT
ANY TIME IF YOU
FEEL YOU NEED**

WE STILL HAVE A PARISH TO MAINTAIN AND BILLS TO PAY. THEY REFUSE TO STAY AT HOME. PLEASE CONSIDER YOUR CONTINUED SUPPORT OF OUR PARISH DURING THESE DIFFICULT TIMES.

IF YOU WOULD PREFER TO PAY BY CHEQUE, PLEASE MAKE CHEQUE PAYABLE TO ST COLUMBA'S PARISH. IF YOU PREFER TO DONATE THROUGH INTERNET BANKING, PLEASE CALL 07549260379 FOR THE DETAILS. IF YOU WOULD PREFER TO PAY THROUGH OUR FACEBOOK PAGE OR WEBSITE (SEE PAGE ONE FOR LINKS), WE HAVE THE LINKS THERE TOO. THANKS AND MAY GOD BLESS YOU.