

Here's a text if you've only a minute ...

The Lord fed his people with the finest wheat and honey;
their hunger was satisfied.

Entrance Antiphon

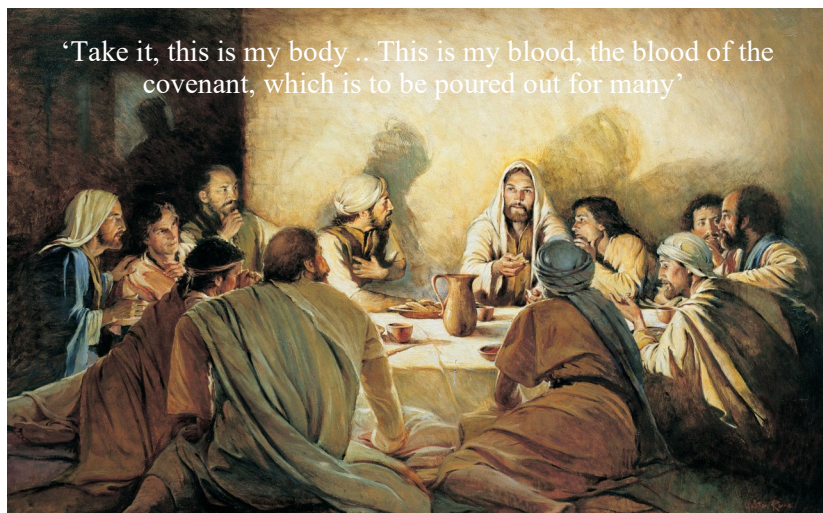
Christ has come, as the high priest of all the blessings. *Second Reading*

How can I repay the Lord for his goodness to me? *Psalm*

Lord Jesus Christ,
we worship you living among us
in the sacrament of your body and blood.
May we offer to our Father in heaven
a solemn pledge of undivided love.
May we offer to our brothers and sisters
a life poured out in loving service of that kingdom where you live
with the Father and the Holy Spirit, one God, for ever and ever.

Old Opening Prayer

This week's texts if you want to reflect further:
Exodus 24: 3–8; Ps. 115 (116); Hebrews 9:11–15; Mark 14:12–16.22–26



'Take it, this is my body ... This is my blood, the blood of the covenant, which is to be poured out for many'

Walter Rane, *In Remembrance of Me*
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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



The Most Holy Body and Blood of Christ
(Corpus Christi)

Year B, 6th June 2021

Whoever eats my flesh and drinks my blood
will live in me and I in him

On this feast of Corpus Christi we give thanks for who we are, and all that God has done for us. Today's readings show how God's plan moves towards a new covenant of love through Christ.

In the **First Reading** we see Moses mediate between God and the people, instructing them about God's rules and commands. For the Israelites, blood is the symbol of life, and Moses sprinkles blood from sacrificed bulls on both the altar and the people to signify their desire to enter into a covenant with God.

St Paul (**Second Reading**) explains that Jesus himself has now become the mediator of a new covenant. Jesus is both the priest offering the sacrifice and the victim being offered; his own blood replacing that of animals. In doing this, Jesus brings 'the perfect sacrifice to God through the eternal Spirit', which takes away our sins.

In the **Gospel** account of the Last Supper, Jesus shares a meal with his dearest friends, giving himself in the bread and wine, a gift of love and friendship. On the following day, Good Friday, Jesus will freely give his own life, a sacrifice made out of his great love for the world. Here begins a new relationship between God and his people.

Today's **Psalm** is one of thanksgiving and praise to the Lord for his goodness and gift. The psalmist asks, 'How can I repay the Lord?' As we celebrate the Eucharist today, let us offer to God a promise of undivided love, and an offering of ourselves to the service of others.

Opening Prayer

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.

Psalm 115 (116)

**R./ The cup of salvation I will raise;
I will call on the Lord's name.**

How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise:
I will call on the Lord's name.

O precious in the eyes of the Lord
is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds.

A thanksgiving sacrifice I make:
I will call on the Lord's name.
My vows to the Lord I will fulfil
before all his people.

I make myself comfortable in a quiet space and take whatever time I feel necessary to prepare myself for this time of prayer with the Lord.

I note how I am feeling and try let my thoughts slow down.
If it helps, I may like to take a few slow, deep breaths ... then consciously place myself in the Lord's presence. I ask God's Spirit to open my eyes to what he wants me to see.

When ready, I prayerfully read the psalm from my heart, pausing at any word or phrase that touches me. I ponder its significance. It may be that the same word or phrase takes on a different meaning as I re-read it.

Perhaps I think of Jesus learning and praying this psalm as a child with his mother ... or of Jesus and the disciples singing it after the Passover meal.

I ponder where I have experienced and seen the Lord's goodness, and how it makes me feel. How do I respond?

As well as giving thanks and praise to the Lord, I think of what I can give back to him ... how might I serve him?

I talk to Jesus about what is in my heart, just as I would a really dear friend. Perhaps I ask for a particular grace I feel would help me.

I slowly draw this time to a close. *Glory be ...*

Gospel Mark 14: 12–16; 22–26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, "Where do you want us to go and make preparations for you to eat the Passover?" So he sent two of his disciples, saying to them, "Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, 'The Master says: 'Where is my dining room in which I can eat the Passover with my disciples?' He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.'" The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

As they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. "Take it," he said, "this is my body". Then he took a cup, and when he had returned thanks he gave it to them, "This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God."

After psalms had been sung they left for the Mount of Olives.

I settle myself, and place any concerns and desires into the Lord's hands so that I can focus all my attention on this time with him. I ask for the guidance of the Spirit as I read the Gospel passage slowly a few times. If it helps, I may like to place myself in the scene; either as one of the disciples, sitting at the table with Jesus, or as a bystander looking on, curious to see what is happening.

I notice the table set for the Passover meal and smell the aroma of the food. I watch as Jesus blesses, then breaks, the bread and see him share the bread and wine with everyone there.

I imagine Jesus speaking directly to me as he says: 'Take it, this is my body ... this is my blood'. I notice the tone of his voice and the look in his eyes as he offers it to me.

Perhaps I ponder what his words mean. I notice how I am feeling.

What might I want to say to Jesus, to the one who freely offered his life for me, for every one of us? I speak to him now from my heart.

When I feel ready, I finish with a prayer of my choice.