

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

‘Sit at my right hand, until I make your foes your footstool.’ *Psalm*

‘This is my body, which is for you.’ *Second Reading*

‘You give them something to eat.’ *Gospel*

Let us pray for the willingness to make present in our world
the love of Christ shown to us in the Eucharist.

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.

Old Opening Prayer

This week's texts if you want to reflect further:

Genesis 14:18–20; Psalm 109 (110); 1 Cor. 11:23–26; Luke 9: 11–17



‘And they all ate and were satisfied ...’

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

Feeding the hungry, India © Plato Terentev on Pexels, 2020

Ethiopian icon: The Last Supper
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PREGO LEAFLET

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

Year C, Sunday 22nd June 2025

‘This is my body, which is for you’

The feast of Corpus Christi honours Jesus Christ, who is truly made present to us through the bread and wine. We celebrate also the Church as the living Body of Christ in all its humanity and messiness. Melchizedek, the king of Salem and a high priest, brings bread and wine and blesses Abram after Abram's victory in battle. This foretells Jesus's ultimate sacrifice of himself, and of how we are united with him through the Eucharist. **(First Reading)**

The **Psalm** continues with this theme, proclaiming the destiny of Jesus as saviour, overcoming sin, evil and death for all.

In the **Second Reading**, Paul is responding to reports of the Corinthians' inappropriate and abusive behaviour, particularly during the celebration of the Eucharist. His retelling of the Last Supper is a reminder of the sacredness and unity of the sacrament and the need to honour Jesus's great sacrifice.

The **Gospel** recounts the miracle of the loaves and fishes. The food multiplies as it is handed from person to person, reminding us that God's love is to be shared with others and is abundant.

As **Pilgrims of Hope** in this Jubilee year, we pray that we will be united in the healing power of God's unending love. Through sharing in the Eucharist, we are provided with the living bread that gives us strength and nourishment for all of life's struggles.



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 experience in ourselves the fruits of your redemption.

Second Reading 1 Corinthians 11: 23–26

Brothers and Sisters: I received from the Lord what I also delivered to you; that the Lord Jesus, on the night when he was betrayed took bread and, when he had given thanks, he broke it, and said, ‘This is my body, which is for you. Do this in remembrance of me.’ In the same way also he took the cup, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.

I take some time to slow down as I prepare for prayer, becoming aware of the Lord next to me. I notice how I am feeling, and those parts of my body where I might be holding tension.

Breathing steadily, I draw together all that is on my mind and gently give it over to the Lord, trusting that he will hold any worries or problems I might have in his strong and loving hands.

As I read Paul’s letter to the early, troubled church in Corinth, it may lead me to reflect on the state of the Church today.

I might focus on my own parish community, or on the global Church of which I am also a member. I consider the ways in which different communities, including those of different beliefs, relate to one another.

How far do I feel it is a place of acceptance, inclusion and love?

I take some time to talk to the Lord about how we might be united in our relationship with God in a deeper, more meaningful way.

I reflect on how we might better understand and express our Christian responsibilities towards others and the wider world.

I consider what it means to share in Jesus’s sacrifice in other aspects of my life. Do I feel guided and nourished by his example in my everyday actions, my work, or my family relationships?

I talk to the Lord about my experiences of being loved, or of showing love to others, and ponder how that feels.

I confide in him about any relationships or situations that might benefit from more openness, generosity or sacrifice.

I take time to listen to the Lord’s tender response, imagining him holding out his gifts of bread and wine. I accept them with thanks, and a renewed commitment to embody his love in my everyday life.

Gospel Luke 9: 11–17

At that time, Jesus spoke to the crowd of the kingdom of God and cured those who needed healing. Now the day began to wear away, and the Twelve came and said to him, ‘Send the crowd away to go into the surrounding villages and countryside to find lodging and get provisions, for we are here in a desolate place.’ But he said to them, ‘You give them something to eat.’ They said, ‘We have no more than five loaves and two fish – unless we are to go and buy food for all these people.’ For there were about five thousand men. And he said to his disciples, ‘Make them sit down in groups of about fifty each.’ And they did so, and made them all sit down. And taking the five loaves and two fish, he looked up to heaven and said a blessing over them. Then he broke the loaves and gave them to the disciples to set before the crowd. And they all ate and were satisfied. And what was left over was picked up: twelve baskets of broken pieces.

I come to a place of quiet and settle slowly into this time with the Lord.

When I feel ready, I read the Gospel passage slowly, maybe a couple of times, taking in the details as best I can.

I may like to place myself in the scene, in whichever aspect I feel most drawn to. I take in the sounds, smells and atmosphere of this huge gathering.

Perhaps I am one of the thousands of people seeking Jesus’s attention, looking for his help with a specific problem.

How does he respond? Do I feel noticed?

How do those around me support and feed me while I wait for the Lord to come to me?

Or I might see myself more in the role of the disciples, assisting and trying to protect Jesus. I reflect on how readily I notice or respond to others’ needs, particularly when I am in a position of power.

I talk openly to the Lord about times where I, or others, may have put rules, processes or practicalities before compassion and care.

Hearing Jesus’s instructions to ‘give them something to eat’, I consider who he might be calling me to feed ... perhaps with practical support, a listening ear, some company, or guidance. I share with the Lord any obstacles that might prevent me from feeding others, and ask for his help in overcoming them.

I end with a prayer of gratitude, reassured that his love is abundant and will never run out.