



Friends of Jesus and Mary

Cycle A - XI Sunday in Ordinary Time

Deuteronomy 8, 2-3. 14-16; Psalm 147, 12-13. 14-15. 19-20; 1 Corinthians 10, 16-17; John 6, 51-58

Solemnity of the Body and Blood of Christ

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Reflection:

God watches over us because he loves us. He knows we need food to live and so He created the sun and the clouds so the light and the water cause the plants and animals to grow so we may have food. He created all that is visible and invisible because He loves us. **We see the visible but what did God make that is invisible?** (Our soul, the angels, our sentiments and thoughts, prayer, eternal life...) **Which is more important?** (Both are important but the invisible is more important because this life is short but eternal life is forever. We must prepare for eternal life.) **Jesus wanted to stay with us to help us get to Heaven. Where did Jesus stay?** (In the scriptures, in our heart, when 2 or more persons are gathered in His name, and in the Eucharist.) **What is the Eucharist?** (Jesus *physically* present in the bread and wine.) **How does He become present?** (At the Last Supper, Jesus took the bread, gave thanks and blessed it saying, "This *is* my body which will be given up for you." He took the cup, gave thanks and blessed it and said, "This is my blood which will be shed for you and for all so that sins may be forgiven." During the mass, the priest, the successor of the apostles, repeats these words and the Holy Spirit changes the bread and wine to the body and blood of Christ (the miracle of the **Transubstantiation**). This moment is called the Consecration.) **Jesus says, "Whoever eats this bread will live forever." What does this mean?** After this life, if we love Jesus and eat His body, our soul will go to Heaven to live as family with God. **Why does Jesus want to stay with us in the Eucharist?** (He wants to help us with His love, strength, wisdom. because He knows we are small and weak and we need Him!) **Do we know we need Jesus?** Share. **Jesus also told them, "...and I will raise them on the last day." What does this mean?** (When we die, our body stays on earth, but our soul goes to Heaven; but at the end of time, our body will resurrect and live forever with God in peace.)

Activity:

See on the next page instructions to make a book marker craft.

Prayer:

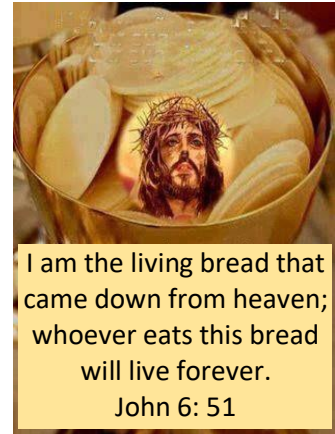
My God, I believe, I adore, I trust, and I love you. I beg pardon for those who do not believe, do not adore, do not trust, and do not love you. Amen

Song: The Eucharist Song, Susan Collins, <https://youtu.be/GEqnKMN1zE>

PPT: https://docs.google.com/presentation/d/1v1ow0QdWlifoV_jPajYT6WsSvq2dSN0e/edit?usp=drive_link&oid=115268475267556305384&rtpof=true&sd=true (3-5 yrs.)

https://docs.google.com/presentation/d/1LHvnVOLHogupySUMNaOzoMfiXX4D8wx/edit?usp=drive_link&oid=115268475267556305384&rtpof=true&sd=true (6-9 yrs.)

https://docs.google.com/presentation/d/16gCxNnVctapiAtvaS0Zk6XILRIKdtaWM/edit?usp=drive_link&oid=115268475267556305384&rtpof=true&sd=true (10+ yrs.)



I am the living bread that came down from heaven; whoever eats this bread will live forever.
John 6: 51



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Amigos de Jesús y María



Florida Center for Peace

Instructions for book marker: Print or draw the cup with the Eucharist with a heart in the middle and a cross in the heart. On another page print or draw a person collecting manna from the sky. Write or glue the words above and below the pictures. Color. Glue on both sides of a colored construction paper. Make a hole up top and tie a ribbon.



**GOD PROVIDES THE VISIBLE,
OUR DAILY BREAD.
THANK YOU LORD**



**God sent manna, bread from Heaven,
to feed His people in the desert.
(Deut. 8: 3)**

**GOD PROVIDES THE INVISIBLE,
JESUS IN THE EUCHARIST.
THANK YOU LORD**



**Jesus: Whoever eats this bread will live
forever...it is my flesh...Whoever eats my flesh
and drinks my blood, has eternal life and I will
resurrect them on the last day. (Jn 6: 51-54)**