

Gospel

The Feast of the Most Holy Body and Blood of Christ (Corpus Christi) Year B



<https://www.youtube.com/watch?v=9h1NzA4OLFI>

https://www.youtube.com/watch?v=fVvk7jhvhrLY&list=RDfVvk7jhvhrLY&start_radio=1

A Reading from the Holy Gospel according to Mark

...And 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, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. (Taken from Mark 14:12-16,22-26)

Reflection

This Gospel reading from Mark describes Jesus' Last Supper with his friends as a meal to celebrate the Jewish feast of Passover.

This is a special meal a meal that Catholics remember every time they go to Mass.

When Jesus was with His friends, He broke the bread, blessed it and shared it with his disciples.

Then Jesus took a cup, said a blessing and shared that with his friends too.

Every time we go to Mass we remember this - and the priest uses the very same words that Jesus did in this reading.

We usually eat a meal when we are hungry. The word 'hunger' can describe needs that human beings have other than food. We can have a hunger or need for love, friendship, kindness, gentleness...

Jesus wants His friends to 'love one another', to care about the people they meet and make a difference in their lives, no matter what they may hunger for. We are His friends too so we ask for His help to make us strong and good.

'...this is my body, this is my blood...'



When the priest blesses the bread and wine it becomes the body and blood of Jesus. We are with Him in the moment of the Last Supper and He is here to spend time with us. How amazing is that!

Before receiving Jesus in Communion, we say the prayer,

Lord, I am not worthy that you should enter under my roof, but only say the word, and my soul shall be healed.

Post-it Challenge:

**Let your love grow...
start with the small
things...**

✚ Think of one way which you can share your love with someone today...

Can you be a good listener, share with a friend, speak to someone who is feeling left out, stand up for what is right, can you praise another person today?

how do you spell love?
- piglet



you don't spell it.
you feel it.
- pooh

✚ Ask yourself, 'What are my needs? Have I asked God to feed my needs this week?'

Spend two minutes each day reflecting on what it is you need and asking God for His help. Listen out for God speaking back to you!

Let us Pray

Dear Jesus,
You invite us to share at
your table, showing your
love for us.
May we also be willing to
share with others,
showing our love for
them. Amen

