

THE BODY AND BLOOD OF CHRIST, Year A

Sunday after The Holy Trinity



First Reading † Deuteronomy 8:2-3.14-16

He gave you food which you and your ancestors did not know.

A reading from the book of Deuteronomy

Moses said to the people:

Remember the long road by which the Lord your God led you these forty years in the desert, 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 ancestors had ever known, to make you understand that human beings live not on bread alone but on every word that comes from the mouth of the Lord.

Do not become proud of heart. Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery, who guided you through the vast and dreadful desert, a land of fiery snakes, scorpions, thirst; who in this waterless place brought you water out of the flinty rock; who in this desert fed you with manna unknown to your ancestors, to humble you and test you and so in the end to make you prosper.

The word of the Lord.

Responsorial † Psalm 147:12-15.19-20

Praise the Lord, Jerusalem.

O Jerusalem, glorify the Lord!
O Zion, praise your God!
He has strengthened the bars of your gates;
he has blessed your children within you.

Praise the Lord, Jerusalem.

He established peace on your borders;
he gives you your fill of finest wheat.
He sends out his word to the earth,
and swiftly runs his command.

Praise the Lord, Jerusalem.

He reveals his word to Jacob;
to Israel, his decrees and judgements.
He has not dealt so with other nations;
he has not taught them his judgements.

Praise the Lord, Jerusalem.

Second Reading # 1 Corinthians 10:16-17

Though we are many, we form a single body because we share this one loaf.

A reading from the first letter of St Paul to the Corinthians

The cup of blessing which we bless, is it not a fellowship in the blood of Christ? The bread which we break, is it not a fellowship in the body of Christ? As there is one bread, so we, though many, are one body, for we all share in the one bread.

The word of the Lord.

Sequence

Sing forth, O Zion, sweetly sing
The praises of thy Shepherd-King,
In hymns and canticles divine;

Dare all thou canst, thou hast no song
Worthy his praises to prolong,
So far surpassing powers like thine.

Today no theme of common praise
Forms the sweet burden of thy lays –
The living, life-dispensing food –

That food which at the sacred board
Unto the brethren twelve our Lord
His parting legacy bestowed.

Then be the anthem clear and strong,
Thy fullest note, thy sweetest song,
The very music of the breast:

For now shines forth the day sublime
That brings remembrance of the time
When Jesus first his table blessed.

Within our new King's banquet-hall
They meet to keep the festival
That closed the ancient paschal rite:

The old is by the new replaced;
The substance hath the shadow chased;
And rising day dispels the night.

Christ willed what he himself had done
Should be renewed while time should run,
In memory of his parting hour:

Thus, tutored in his school divine,
We consecrate the bread and wine;
And lo – a Host of saving power.

This faith to Christian men is given –
Bread is made flesh by words from heaven:
Into his blood the wine is turned:

What though it baffles nature's powers
Of sense and sight? This faith of ours
Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,
 Meet symbols of the gifts divine,
 There lie the mysteries adored:

The living body is our food;
 Our drink the ever-precious blood;
 In each, one undivided Lord.

Not he that eateth it divides
 The sacred food, which whole abides
 Unbroken still, nor knows decay;

Be one, or be a thousand fed,
 They eat alike that living bread
 Which, still received, ne'er wastes away.

The good, the guilty share therein,
 With sure increase of grace or sin,
 The ghostly life, or ghostly death:

Death to the guilty; to the good
 Immortal life. See how one food
 Man's joy or woe accomplisheth.

We break the Sacrament, but bold
 And firm thy faith shall keep its hold,
 Deem not the whole doth more enfold

Than in the fractured part resides
 Deem not that Christ doth broken lie,
 'Tis but the sign that meets the eye,

The hidden deep reality
 In all its fullness still abides.

Behold the bread of angels, sent
 For pilgrims in their banishment,
 The bread for God's true children meant,

That may not unto dogs be given:
 Oft in the olden types foreshowed;
 In Isaac on the altar bowed,

And in the ancient paschal food,
 And in the manna sent from heaven.

Come then, good shepherd, bread divine,
 Still show to us thy mercy sign;
 Oh, feed us still, still keep us thine;

So may we see thy glories shine
 In fields of immortality;
 O thou, the wisest, mightiest, best,

Our present food, our future rest,
 Come, make us each thy chosen guest,
 Co-heirs of thine, and comrades blest
 With saints whose dwelling is with thee.

Gospel Acclamation † John 6:51-52

Alleluia, alleluia, alleluia!
I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.
Alleluia, alleluia, alleluia!

Gospel † John 6:51-58

My flesh is real food and my blood is real drink.

A reading from the holy Gospel according to John

Jesus said to the Jews:

I am the living bread which has come down from heaven.
Anyone who eats of 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 among themselves,

'How can this man give us his flesh to eat?'

So Jesus said to them:

'Amen, Amen I say to you,
if you do not eat the flesh of the Son of man
and drink his blood,
you have no life in you.
Anyone who does eat my flesh
and drink my blood has eternal life,
and I shall raise up that person on the last day.

For my flesh is true food
and my blood is true drink.
Whoever eats my flesh and drinks my blood
dwells in me
and I dwell in that person.

As the living Father sent me
and I live through the Father,
so whoever eats me will also live through me.
This is the bread which came down from heaven;
not like the bread our ancestors ate and died.
Anyone who eats this bread will live for ever.'

The Gospel of the Lord.