

ENTRANCE ANTIPHON

*He fed them with the finest wheat
and satisfied them with honey from the rock.*

COLLECT

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. Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

FIRST READING Deuteronomy 8:2-3. 14-16

A reading from the book of Deuteronomy.

Moses said to the people: "Remember how the Lord your God led you for forty years in the wilderness, 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 fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

"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 this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known."

The word of the Lord.
Thanks be to God.

PSALM Psalm 147

RESPONSE: O praise the Lord, Jerusalem!

Or **Alleluia!**

1. O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you. **R.**
2. He established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command. **R.**
3. He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
He has not taught them his decrees. **R.**

SECOND READING 1 Corinthians 10:16-17

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

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
*I am the living bread which has come down from heaven,
says the Lord.*
Anyone who eats this bread will live for ever.
Alleluia!

GOSPEL John 6:51-58

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 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 with one another. "How can this man give us his flesh to eat?" they said. Jesus replied:

"I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life,

and I shall raise him up on the last day.

For my flesh is real food

and my blood is real drink.

He who eats my flesh and drinks my blood lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present. Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*Whoever eats my flesh and drinks my blood
remains in me and I in him, says the Lord.*

PRAYER AFTER COMMUNION

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever.

Amen.