

**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,  
one God, for ever and ever.

*Amen.*

**FIRST READING** Deuteronomy 8:2-3, 14b-16a

A reading from the Book of Deuteronomy.

Moses spoke to the people: You shall remember the whole way  
that the LORD your God has led you these forty years in the  
wilderness, that he might humble you, testing you to know what  
was in your heart, whether you would keep his commandments  
or not. And he humbled you and let you hunger and fed you  
with manna, which you did not know, nor did your fathers know,  
that he might make you know that man does not live by bread  
alone, but man lives by every word that comes from the mouth  
of the LORD.

Do not forget the LORD your God, who brought you out of the  
land of Egypt, out of the house of slavery, who led you through  
the great and terrifying wilderness, with its fiery serpents and  
scorpions and thirsty ground where there was no water, who  
brought you water out of the flinty rock, who fed you in the  
wilderness with manna that your fathers did not know.

The word of the Lord.

*Thanks be to God.*

**RESPONSORIAL PSALM**

Psalm 147: 12-13. 14-15. 19-20. R. 12a

*R: O Jerusalem, glorify the LORD!*

Or *Alleluia.*

1. O Jerusalem, glorify the LORD!  
O Sion, praise your God!  
He has strengthened the bars of your gates;  
he has blessed your children within you. **R.**
2. 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. **R.**
3. He reveals his word to Jacob;  
to Israel, his decrees and judgements.  
He has not dealt thus with other nations;  
he has not taught them his judgements. **R.**

**SECOND READING** 1 Corinthians 10:16-17

A reading from the First Letter of Saint Paul to the Corinthians.

Brothers and sisters: The cup of blessing that we bless, is it not  
a participation in the blood of Christ? The bread that we break,  
is it not a participation in the body of Christ? Because there is  
one bread, we who are many are one body, for we all partake  
of the one bread.

The word of the Lord.

*Thanks be to God.*

**ACCLAMATION BEFORE THE GOSPEL** John 6:51

*R: Alleluia, alleluia.*

I am the living bread that came down from heaven,  
says the Lord.

If anyone eats of this bread, he will live for ever.

*R: Alleluia.*

**GOSPEL** John 6:51-58

A reading from the holy Gospel according to John.

At that time: Jesus said to the Jews, 'I am the living bread that  
came down from heaven. If anyone eats of this bread, he will  
live for ever. And the bread that I will give for the life of the  
world is my flesh.' The Jews then disputed among themselves,  
saying, 'How can this man give us his flesh to eat?' So Jesus  
said to them, 'Truly, truly, I say to you, unless you eat the flesh  
of the Son of Man and drink his blood, you have no life in you.  
Whoever feeds on my flesh and drinks my blood has eternal  
life, and I will raise him up on the last day. For my flesh is true  
food, and my blood is true drink. Whoever feeds on my flesh  
and drinks my blood abides in me, and I in him. As the living  
Father sent me, and I live because of the Father, so whoever  
feeds on me, he also will live because of me. This is the bread  
that came down from heaven, not like the bread the fathers  
ate, and died. Whoever feeds on 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.*