



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.'

## Reflection by Fr Michael Tate

I once saw a young mother discreetly  
breastfeeding her baby during Mass,  
and thought ... 'What a wonderful  
thing!' There could not be a better  
illustration, a better acting out of what  
Jesus says in today's Gospel: 'The one  
who eats me will live.'

Of course, even mothers who find they  
cannot breastfeed offer the same gift  
for nine months as the baby draws its  
life from the mother's body in the  
womb.

This is a good analogy for what Our  
Lord was teaching in today's Gospel.

'Those who eat my flesh and drink my  
blood abide in me and I in them.'  
Notice the very maternal language.  
The risen Lord truly abides in us, we  
truly abide in the risen Lord. This is as  
intimate as the baby dwelling in the  
womb of its mother.

Moreover, it is a Holy communion  
which is both a present reality and a  
foretaste and promise about our place  
in God's future: 'The one who eats this  
bread will live forever.'

We could pause for a moment to pray  
with St Thomas Aquinas: 'Oh Sacred  
Banquet in which Christ is received  
and a pledge of future glory is given to  
us.'

mtate@bigpond.com

# The Living Word

The Most Holy Body and Blood of Christ, Year A

14 June 2020

## First Reading Dt 8:2-3, 14-16

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

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.'

## Responsorial Psalm

**Ps 147:12-15. 19-20. R. v.12**

*(R.) Praise the Lord, Jerusalem.*

*or*

*(R.) 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 has 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 Cor 10:16-17

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

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.

## Gospel Acclamation Jn 6:51-52

*Alleluia, alleluia!*

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

## Gospel Jn 6:51-58

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

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;