

# Solemnity of the Body and Blood of Christ

## FutureChurch Online Liturgy of the Word

### Introductory Rites

#### Sign of the Cross

Leader:

In the name of God, who loves us into being,  
Of Christ Jesus, who speaks us into freedom,  
and the Spirit, who moves us into holiness,  
*(making the sign of the cross)*

**ALL: AMEN**

#### Greeting

Leader:

The healing peace of Jesus,  
the abundant Love of God, and the companionship of the Holy Spirit  
IS with you,

**ALL: And also with you.**

#### Introductory Remarks

*Prepared by the Leader.*

#### Opening Prayer

Leader:

Let us pray.

You have blessed all generations, O God,  
In Jesus, our compassionate Savior,  
For through Christ you invite us into relationship with you,  
welcome us to your table  
And provide us with nourishment in abundance.

Teach us to imitate your unfailing kindness  
And to build up Christ's body  
By generously handing onto others  
The gifts we have received from your bounty.

We make this prayer in the name of Jesus, Bread of Life,  
Who lives and thrives with you, with us all,  
in the unity of the Holy Spirit, God for ever and ever.

**ALL: AMEN**

## LITURGY OF THE WORD

*\*\*\*Texts have been adapted for inclusive/expansive language\*\*\**

### **First Reading**

Lector: A reading from Deuteronomy,

Moses said to the people:

"Remember how for forty years now God, thee Almighty,  
has directed all your journeying in the desert,  
so as to test you by affliction  
and find out whether or not it was your intention  
to keep the commandments you were given.

God therefore let you be afflicted with hunger,  
and then fed you with manna,  
a food unknown to you and your ancestors,  
in order to show you that not by bread alone does one live,  
but by every word that comes forth from the mouth of God.

"Do not forget God Almighty,  
who brought you out of the land of Egypt,  
that place of slavery;  
who guided you through the vast and terrible desert  
with its saraph serpents and scorpions,  
its parched and waterless ground;  
who brought forth water for you from the flinty rock  
and fed you in the desert with manna,  
a food unknown to your ancestors."

**All:** The Word of God  
**Thanks be to God**

### **Psalm**

Psalmist: The response is:  
"Praise God, Jerusalem."  
**R "Praise God, Jerusalem."**

Glorify the Holy One, O Jerusalem;  
praise your God, O Zion.  
For God has strengthened the bars of your gates;  
and blessed your children within you. **R**

God has granted peace in your borders;  
and filled you with the best of wheat.  
Sending forth commands to the earth;  
swiftly runs God's word! **R**

God has proclaimed a promise to Jacob,  
and statutes and ordinances to Israel.  
God has not done thus for any other nation;  
these ordinances God has not made known to them.  
Alleluia. **R**

### **Second Reading**

Lector: A reading from the First Letter of 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 the loaf of bread is one,  
we, though many, are one body,  
for we all partake of the one loaf.

**ALL:** The word of God  
**Thanks be to God**

### **Gospel Acclamation**

Leader/Russ: Alleluia! Alleluia! Alleluia!

**ALL: Alleluia! Alleluia! Alleluia!**

Leader/Russ: I am the living bread that came down from heaven, says Christ;  
whoever eats this bread will live forever."

**ALL: Alleluia! Alleluia! Alleluia!**

## **Gospel**

A reading from the Gospel according to John:

Jesus said:

"I am the living bread that came down from heaven;  
whoever eats this bread will live forever;  
and the bread that I will give  
is my flesh for the life of the world."

At this, the Temple authorities quarreled among themselves, saying,  
"How can this man give us his flesh to eat?"

Jesus said to them, "Amen, amen, I say to you,  
unless you eat the flesh and drink the blood of the Chosen One,  
you do not have life within you.  
Whoever eats my flesh and drinks my blood  
has eternal life,  
and I will raise them on the last day.  
For my flesh is true food,  
and my blood is true drink.  
Whoever eats my flesh and drinks my blood  
remains in me and I in them.  
Just as the living God sent me  
and I have life because of God,  
so also the one who feeds on me  
will have life because of me.  
This is the bread that came down from heaven.  
Unlike your ancestors who ate and still died,  
whoever eats this bread will live forever."

The Good News of Our Salvation

**ALL: Praise to you, O Christ.**

## FAITH SHARING

### **Reflection**

– CWP Video: [www.catholicwomenpreach.org/preaching/06142020](http://www.catholicwomenpreach.org/preaching/06142020)

### **Questions for Shared Reflection:**

*Our second reading reminds us that we are the Body of Christ. **What does it mean/look like to be the Body of Christ now – when we cannot safely gather for Mass; when there is so much injustice and unrest in our world.***

*In her preaching, Susan Haarman, reminds us that we can have eucharistic moments in our ordinary lives when we are in relationship with God and others. **Have you had any of these kinds of moments lately? How did that person and relationship nourish you? What were you able to give in return?***

## CONCLUDING RITES

### **Closing Prayer**

Leader: Nourished by God's word and strengthened by this community,  
Let us pray together,

**ALL: Loving God, Holy One,  
Your desire is for our wholeness and well-being.  
We hold in tenderness and prayer the collective suffering of our world at this time.  
We grieve precious lives lost and vulnerable lives threatened.  
We ache for ourselves and our neighbors, standing before an uncertain future.  
We pray: may love, not fear, go viral. Inspire our leaders to discern and choose wisely, aligned with the common good.  
Help us to practice physical distancing, revealing to us new and creative ways to hold each other fast, so we may care for each other in tender solidarity.  
Call us to profound trust in your faithful presence,  
You, the God who does not abandon,  
You, the Holy One, breathing within us, breathing among us,  
breathing around us, in our beautiful yet wounded world. AMEN**

Adapted from "Prayer during a Pandemic" by Sr. Chris Koellhoffer, IHM

### **Blessing**

Leader: And may the God of hope fill us with every comfort and joy in believing.  
May the peace of Christ abound in our hearts and minds.  
and may the Holy Spirit gift and guide us  
*(making Sign of the Cross)* now and forever,

**ALL: AMEN**

### **Dismissal**

Leader: Our time of prayer and reflection and we go forth to be the Body of Christ  
in the world today.

**ALL: Thanks be to God!**