

Sunday after Trinity Sunday

[162] **THE BODY AND BLOOD OF CHRIST** B

FIRST READING

This is the blood of the covenant that the Lord has made with you.

A reading from the book of Exodus

24:3-8

Moses told the people all of the Lord's commands and laws.

The people answered,

"We will do everything the Lord has commanded!"

Then Moses wrote down all that the Lord had said.

The next morning Moses got up early

and built an altar at the foot of the mountain.

he took a large stone for each of the twelve tribes of Israel

and placed the stones there.

Then he sent some young men to burn offerings and sacrifice bulls

as special offerings to the Lord.

Moses put half of the blood from the animals into some bowls

and sprinkled the other half on the altar.

Moses read aloud from the book of the Lord's promises,

and the people shouted,

"We will obey the Lord!

We will do everything he has commanded."

Then Moses took the blood that was in the bowls.

He sprinkled it on the people and told them,

"This blood shows that the Lord will keep all of his promises to you."

The word of the Lord.

RESPONSORIAL PSALM

147:12 and 14, 19-20

R. (13) I will take the cup of salvation, and call on the name of the Lord.

or

R. Alleluia.

What must I give you, Lord,

For being so good to me?
I will pour out an offering
of wine to you,
and I will pray in your name
because you have saved me.

R. I will take the cup of salvation, and call on the name of the Lord.
or
R. Alleluia.

I will offer you a sacrifice
to show how grateful I am,
and I will pray.
I will keep my promise to you
when your people
gather at your temple in Jerusalem.

R. I will take the cup of salvation, and call on the name of the Lord.
or
R. Alleluia.

ALLELUIA

John 6:51

R. Alleluia, alleluia.

I am the living bread from heaven, says the Lord;
whoever eats this bread will live forever.

R. Alleluia, alleluia.

GOSPEL

This is my body. This is my blood.

† A reading from the holy gospel according to Mark 14:12-16, 22-26

It was the first day of the Feast of Thin Bread,
and the Passover lambs were being killed.
Jesus' disciples asked him,
"Where do you want us to prepare the Passover meal?"

Jesus said to two of the disciples,
“Go into the city,
 where you will meet a man carrying a jar of water.
Follow him, and when he goes into a house,
 say to the owner,
“Our teacher wants to know if you have a room
 where he can eat the Passover meal with his disciples.”
The owner will take you upstairs and show you a large room
 furnished and ready for you to use.
Prepare the meal there.”

The two disciples went into the city
 and found everything just as Jesus had told them.
So they prepared the Passover meal.

During the meal Jesus took some bread in his hands.
He blessed the bread and broke it.
Then he gave it to his disciples and said,
“Take this. It is my body.”

Jesus picked up a cup of wine and gave thanks to God.
He then gave it to his disciples and said,
“Drink it!”
So they all drank some.

Then he said,
“This is my blood,
 which is poured out for many people,
 and with it God makes his agreement.
From now on I will not drink any wine,
 until I drink new wine in God’s kingdom.”

Then they sang a hymn and went out to the Mount of Olives.

The gospel of the Lord.

Feast of the Body and Blood of Jesus — Cycle B

Prayer: Dear Jesus, we give us your body and blood as a sign that we share totally in your life, death and resurrection. We know you give us life and love every day. We thank you. AMEN.

Readings: Exodus 24:3-8; Ps 116: 12-13, 15-16, 17-18; Hebrews 9:11-15; (Sequence is optional.) Mark 14:12-16, 22-26

Reflections: Communion. Holy Communion. We are united, by the Spirit of Jesus in a COMMON UNION which helps us to be HOLY. Communion isn't just an action it is a statement of belief. We gather together, in a Common Union, in the Spirit, through which celebrate our belief that Jesus gave us his body and blood.

This feast of Corpus Christi (The Body of Christ) began in 1294. About the first 12 centuries Communion was given in both bread and wine. Even infants received the sacred wine. Beginning in the 12th century and continuing into the 13th, the practice of receiving the sacred wine began to be limited to the priest presider alone. Early in the 20th century, then especially during and after Vatican II, the practice was encouraged. Most people take it for granted but in reality, it has only been in the last 30 years or so that Catholics have been able to receive in the hand and under both species!

The first reading, Moses talks about the blood of the covenant and uses it to sprinkle on the people. Today, we use holy water to bless the Assembly—good idea! The Bread which Jesus 'took, blest, broke and gave' to the disciples is a sign of the New Covenant.

Activities: Bring a small loaf of bread and some grape juice to share.

On a piece of construction paper make a scroll. At the top of the scroll write in big letters: We Are The Body Of Christ. Leave enough spaces on the scroll for the children to print their name.

As you begin the session, talk a little about how you have grown together as "the Body of Christ" this year. Don't you know and love each other more now than at the beginning?

Are we BEING/ACTING like the Body of Christ more faithfully?

Help the children understand that being the Body of Christ is an everyday, all the time, COVENANT, choice, responsibility, commitment. We come to Church on Sundays, to celebrate and remember that Jesus is the Bread of Life. Jesus gave us new life and promises us eternal life. The Third Commandment, "Remember to keep holy the Lord's Day (Sunday)," commands us to gather as the Body of Christ at least once a week.

The Our Father is a prayer of the Body of Christ. As the Body of Christ on earth, we are to be "making disciples" and creating a kin-dom, "On Earth As It Is In Heaven." Jesus came to tell us; to give us the power of the Spirit, so we could continue 'building up the Body of Christ.'

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As a group COVENANT, promise to pray for each other, especially when you come to church, during the coming weeks. Have each child print their name on the scroll. Then share a piece of bread and some grape juice.

To conclude the session: Recite the Our Father together.