

Sunday after Trinity Sunday

[163] **THE BODY AND BLOOD OF CHRIST C**

FIRST READING

Melchizedek offered bread and wine.

A reading from the book of Genesis

14:18-20

King Melchizedek of Salem brought out some bread and wine.
He was a priest of God Most High,
and he said to Abraham,

“I give you the blessing of God Most High,
Creator of heaven and of the earth.
All praise belongs to God Most High,
who let you defeat your enemies.”

Then Abraham gave him a tenth of everything.

The word of the Lord.

RESPONSORIAL PSALM

110:1, 3, 4

R. (4b) You are a priest for ever, in the line of Melchizedek.

The Lord said to my Lord,
“Sit at my right side,
until I make your enemies
into a footstool for you.”

R. You are a priest for ever, in the line of Melchizedek.

Your glorious power
will be seen on the day
you begin to rule.
You will wear the sacred robes
and shine like the morning sun
in all of your strength.

R. You are a priest for ever, in the line of Melchizedek.

The Lord has made a promise
that will never be broken:
“You will be a priest forever,
just like Melchizedek.”

R. You are a priest for ever, in the line of Melchizedek.

SECOND READING

Until the Lord comes, every time you eat this bread
and drink this cup, you proclaim his death.

A reading from the first letter of Paul to the Corinthians 11:23-26

Brothers and sisters:

I have already told you what the Lord Jesus did
on the night he was betrayed.
And it came from the Lord himself.

He took some bread in his hands.
Then after he had given thanks,
he broke it and said,
“This is my body, which is given for you.
Eat this and remember me.”

After the meal,
Jesus took a cup of wine in his hands and said,
“This is my blood,
and with it God makes his new agreement with you.
Drink this and remember me.”

The Lord meant that when you eat this bread and drink from this cup,
you tell about his death until he comes.

The word of the Lord.

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

They all ate and were filled.

† A reading from the holy gospel according to Luke

9:11b-17

Jesus welcomed the people.

He spoke to them about god's kingdom
and healed everyone who was sick.

Late in the afternoon the twelve apostles came to Jesus and said,
"Send the crowd to the villages and farms around here.
They need to find a place to stay and something to eat.
There is nothing in this place.
It is like a desert!"

Jesus answered, "You give them something to eat."

But they replied,
"We have only five small loaves of bread and two fish.
If we are going to feed all these people,
we will have to go and buy food."
There were about five thousand men in the crowd.

Jesus said to his disciples,
"Have the people sit in groups of fifty."


They did this,
and all the people sat down.
Jesus took the five loaves and the two fish.
He looked up toward heaven and blessed the food.
Then he broke the bread and fish
and handed them to his disciples to give to the people.

Everyone ate all they wanted.
What was left over filled twelve baskets.


The gospel of the Lord.




Feast of the Body and Blood of Christ Cycle C




Readings: 1 Corinthians 11:23-26 and Luke 9:11b-17




Reflection and discussion: *Ask the children if they have ever been really hungry or really thirsty. How did they feel? Did they feel like playing? Did they feel like doing schoolwork? Did they offer to help with a task while their stomachs were growling?*




Remind them that we all depend on food and drink to give us energy and to refresh us so we feel like doing things for ourselves and others. If we are hungry and thirsty what do we think about? Getting something to eat and something to drink! *Ask them what is their favorite food and favorite drink. (they will go back to this for the activity).*




Jesus knew that people feel more alive when they are enjoying a meal together. Remind the students that holiday parties on Thanksgiving, Christmas, Easter, the Fourth of July, graduations, First Communions—all these are occasions for eating and drinking and telling stories together as part of the fun. People often bring food to share at these parties. One dish can't feed everyone. But when all the food is set out together there is always more than enough. This is probably part of the miracle that we hear about in today's Gospel. When Jesus shared the food that he and the disciples brought, others shared the food that they had brought along, too. And everyone ate all they wanted. Jesus shows us that when we share, other people will usually be more generous, too.



Jesus was good to people, and he knew we all need good food and the company of good people if we are going to feel alive and well and happy and want to share the good things of life with others. He also knew that we, his followers and friends, would need to be strong and healthy in spirit if we are going to continue his work. It takes **energy** to be caring and to let people know that they are loved by God and important to us. Jesus knew that we would need really good food to give us that energy—NO JUNK FOOD! So, when he gathered with his friends for his last meal with them before he died, he gave them the best possible food—bread and wine that he changed into his own body and blood—his own good self. Then he told them: "Keep doing this. Continue to gather and **remember me** as you share the bread and wine which I leave you as my body and blood." The Eucharist is the way we continue to gather and remember Jesus and let him give us himself as food to keep our hearts healthy—that is, generous, joyful and brave just like his heart.



Activity Ask the children to imagine they are going to a pot-luck dinner with Jesus and his friends. Invite them to draw a picture of their favorite food that they would want to bring to share. Remind them of what we learn from Jesus' example: that when we share food with others it is a way of sharing our life with them. Ask them to think about what quality, what gift, they have that they know is good for other people. Perhaps people have told them what they like about them, admire about them, or what they do that makes others happy. If they aren't too shy about praising themselves, perhaps they will share some of the things that people have said about how them. Then invite each student to write this quality somewhere on the picture of the pot-luck food. Tell them the picture can be a reminder that all of us have something to share which can make others' lives better. Whenever we do that, we are remembering that Jesus is alive in us and in others.



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Materials: Sheets of drawing paper.
Crayons or colored markers.

Closing prayer:

Jesus, help us remember that God creates each of us with something to share with others. We know you don't want people to have hurting hearts or hungry bellies. We are your friends and followers. Help us find ways to feed the hungry and make hearts happy so all people will remember that you are still with us doing good. Amen