



*He fed them with the  
finest wheat and satisfied them  
with honey from the rock.*

*(Entrance antiphon, Psalm 81)*

*The Solemnity of the  
Most Holy Body and Blood of  
Christ*

*June 7, 2026*

**Gathering Hymn:**

**“I Am the Bread of Life”**

I am the Bread of life.  
You who come to me shall not hunger;  
and who believe in me shall not thirst.

No one can come to me  
unless the Father beckons.

***Refrain:***

***And I will raise you up, and I will raise you up,  
and I will raise you up on the last day.***

The bread that I will give  
is my flesh for the life of the world,  
and if you eat of this bread,  
you shall live for ever,  
you shall live for ever.

Unless you eat  
of the flesh of the Son of Man  
and drink of his blood,  
and drink of his blood,  
you shall not have life within you.

I am the Resurrection,  
I am the life.  
If you believe in me,  
even though you die,  
you shall live for ever.

**Glory to God** in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,

have mercy on us;

you take away the sins of the world,

receive our prayer;

you are seated at the right hand of the Father,

have mercy on us.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father.

Amen.

## + THE LITURGY OF THE WORD +

### First Reading:

Deuteronomy 8:2-3, 14b-16a

Moses said to the people:

"Remember how for forty years now the LORD, your God,  
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 his commandments.  
He therefore let you be afflicted with hunger,  
and then fed you with manna,  
a food unknown to you and your fathers,  
in order to show you that not by bread alone does one live,  
but by every word that comes forth from the mouth of the LORD.

"Do not forget the LORD, your God,  
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 fathers."

### Responsorial Psalm:

Psalm 147:12-13, 14-15, 19-20



**R. Praise the Lord, Je - ru - sa - lem. [Al - le - lu - ia!]**

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**Second Reading:****1 Corinthians 10:16-17**

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.

**The Holy Gospel:****John 6:51-58**

Jesus said to the Jewish crowds:  
"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."

The Jews 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 of the Son of Man and drink his blood,  
you do not have life within you.  
Whoever eats my flesh and drinks my blood  
has eternal life,  
and I will raise him 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 him.  
Just as the living Father sent me  
and I have life because of the Father,  
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 LITURGY OF THE EUCHARIST +

Preparation of the Gifts:

“See Us, Lord, about Your Altar”



1. See us, Lord, a - bout your al - tar,  
2. Hear our prayers, O lov - ing Fa - ther,  
3. Once were seen the blood and wa - ter:  
4. Wheat and grape con - tain the mean - ing:  
5. Hear us yet: so much is need - ful  
6. Mem - bers of his Mys - tic Bod - y,



1. Tho' so man - y we are one; Man - y souls by  
2. Hear in them your Son, our Lord; Hear him speak our  
3. Now are seen but bread and wine; Once in hu - man  
4. Food and drink he is to all; One in him we  
5. In our frail, dis - or - dered life; Stay with us and  
6. Now we know our prayer is heard, Heard by you be -



1. love u - ni - ted In the heart of Christ, your Son.  
2. love and wor - ship As we sing with one ac - cord.  
3. form he suf - fered, Now his form is but a sign.  
4. kneel a - dor - ing, Gath - ered by his lov - ing call.  
5. tend our weak - ness Till that day of no more strife.  
6. cause your chil - dren Have re - ceived th'e - ter - nal Word.

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# Communion Hymn:

# “Bread of Life from Heaven”

## Refrain



Bread of life from heav-en, your blood and bod - y giv - en, we  
*Pan de vi - da\_e - ter - na, nos das tu cuer - po\_y san-gre. †*



eat this bread and drink this cup un - til you come a - gain.  
*Has - ta que vuel - vas tú, Se - ñor, co - me - mos en tu\_a - mor.*

## Verses



1. Break	now the bread	of Christ's sac - ri - fice;	Giv - ing
2. Seek	not the food	that will pass a - way;	Set your
3. Love	as the One	who, in love for you,	Gave him -
4. Take	in the light	that will nev - er dim,	Taste the
5. Dwell	in the One	who now dwells in you;	Make your
6. Drink	of this cup	and de - clare his death;	Eat this



thanks,	hun - gry ones,	gath - er round.	Eat,	all of you,	and be
hearts	on the food	that en - dures.	Come,	learn the true	and the
self	for the life	of the world.	Come	to the One	who is
life	that is strong - er	than death.	Live	in the One	who will
home	in the life - giv - ing	Word.	Know	on - ly Christ,	Ho - ly
bread	and be - lieve	Eas - ter morn;	Trust	his re - turn	and, with



sat - is - fied;	In Christ's pres - ence	the loaves	will a - bound.
liv - ing Way,	That the full - ness	of life	may be yours.
food for you,	That your hun - ger	and thirst	be no more.
come and then	Raise you up	at the last	with the blest.
One of God,	And be - lieve	in the truth	you have heard.
ev - 'ry breath,	Praise the One	in whom you	are re - born.

D.C.

## ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament.  
I love you above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally  
Come at least spiritually into my heart.  
I embrace You as if You were already there  
And unite myself wholly to You.  
Never permit me to be separated from You. Amen.

**Sending:**

### **“Father We Thank You, Who Have Planted”**



1. Fa - ther, we thank you, who have plant - ed  
2. Watch o'er your Church, O Lord, in mer - cy,



Your ho - ly name with - in our hearts.  
Save it from e - vil, guard it still;



Knowl - edge and faith and life im - mor - tal  
Per - fect it in your love, u - nite it,



Je - sus your Son to us im - parts.  
Cleansed and con - formed un - to your will.



Lord, you have made all for your pleas - ure,  
As grain, once scat - tered on the hill - sides,



And giv'n us food for all our days,  
Was in this bro - ken bread made one,



Giv - ing in Christ the bread e - ter - nal;  
So from all lands your Church be gath - ered



Yours is the pow'r, yours be the praise.  
In - to your king - dom by your Son.

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