

## Readings: The Solemnity of the Most Holy BODY and BLOOD of CHRIST

### First Reading: Dt 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."

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### Responsorial Psalm: Ps 147:12-13, 14-15, 19-20

**R./ Praise the Lord, Jerusalem.**

**or: Alleluia.**

Glorify the LORD, O Jerusalem;  
praise your God, O Zion.  
For he has strengthened the bars of your gates;  
he has blessed your children within you.

**R./ Praise the Lord, Jerusalem.**

**or: Alleluia.**

He has granted peace in your borders;  
with the best of wheat he fills you.  
He sends forth his command to the earth;  
swiftly runs his word!

**R./ Praise the Lord, Jerusalem.**

**or: Alleluia.**

He has proclaimed his word to Jacob,

his statutes and his ordinances to Israel.  
He has not done thus for any other nation;  
his ordinances he has not made known to them. Alleluia.

**R./ Praise the Lord, Jerusalem.**

**or: Alleluia.**

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**Second Reading: 1 Cor 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.

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**Gospel Reading: Jn 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."

