

# Liturgy Alive of The Solemnity of the Body and Blood of Christ

## Greeting

Christ has come,  
and in his own blood  
he took us up in God's love  
in a new and lasting covenant.  
May he keep us united with God  
and be always with you. *R/ And also with you.*

## Introduction by the Celebrant

### A. My Body and Blood for You (Option 1)

We admire great men and women who dedicated their lives to the good of others and were even willing to die for them. This is precisely what we celebrate whenever we come together for the eucharist. We celebrate Jesus' life and death for us, but also his resurrection, for he is alive here among us, in his Church, in our world. But when we do what he told us to do, "Do this in memory of me," we must also learn to give ourselves to God and to people, the way Jesus gave himself. In this eucharist he gives us this disposition.

### B. The Blood of the Covenant (Option 2)

Many bodies are broken today through the use of brute force and torture; much blood is shed of innocent people and children. Violence leads to hatred and more violence. Today we hear of Someone whose broken body brought us peace, who shed his blood to bring us God's forgiveness and love. "This is my body given for you. This is my blood of the everlasting covenant. Every eucharist is a message of hope that the love of God is with us now and for ever. Let us thank the Father today for the great gift of Jesus' eucharist.

## Penitential Act

Do we commit ourselves to the good of others,  
even when the cost is high?  
Let us examine ourselves before the Lord.  
(PAUSE)  
Lord Jesus, you said:  
"This is my body, this is I myself  
who give myself for you."  
Lord, have mercy. *R/ Lord, have mercy.*

Jesus Christ, you said:  
"This is my blood of the covenant  
shed for you and for all people";

Christ, have mercy. *R/ Christ, have mercy.*

Lord Jesus, you said,  
"This is my body for the life of the world.  
Anyone who eats this has eternal life."

Lord, have mercy. *R/ Lord, have mercy.*

Have mercy on us, Lord,  
and let the eucharist bring us  
the forgiveness of all our sins

and lead us to everlasting life. *R/ Amen.*

## Opening Prayer

### A. My Body and Blood for You (Option 1)

Let us pray that we may offer this eucharist  
with the commitment of Jesus.  
(PAUSE)  
Lord our God,  
you do not accept our soulless sacrifices  
if we do not commit ourselves to you and each other.  
We stand before you without any other sacrifice  
than that of your beloved Son

who shed his blood out of love.

Fill us with his Spirit,  
that we too may live for you  
and for one another  
with a generous, self-forgetting love  
that unites all, loves all, serves all.

We ask this in the name of Jesus the Lord. *R/ Amen.*

#### **B. The Blood of the Covenant (Option 2)**

Let us pray to God  
that we may encounter him in his Son  
(PAUSE)  
Living God of the covenant,  
you have chosen us to make us for ever  
blood relatives of you  
and brothers and sisters of one another

through the blood of Jesus, your Son.

Let us encounter you  
and bind us closely to you  
through him who is our food of unity  
and our drink of joy,  
Jesus Christ, your Son and our Lord,  
who lives with you and the Holy Spirit,

one God, now and for ever. *R/ Amen.*

#### **LITURGY OF THE WORD**

##### **First Reading Introduction: Blood Relatives of God**

God chooses himself a people and shares its destiny. He unites it to himself by ties of blood and by eating and drinking with them.

## **Second Reading Introduction: God's New People in the Blood of Christ**

By shedding his blood for us, Christ has transfused new life into God's people. Now we are capable of freedom from sin and of lasting faithfulness to God.

## **Gospel Introduction: The Meal of our Covenant**

Jesus renews the covenant with us when he shares his body and blood with us in every eucharistic celebration.

## **General Intercessions**

Let us pray with the fullest trust to God our Father, for he has chosen us as his partners in life set free by the blood of his Son. Let us say: *R/ Lord, be close to us, your people.*

- For the pope, for bishops and priests, that they may give to their people not only the bread of the eucharist and the word of God but also the bread of themselves, let us pray: *R/ Lord, be close to us, your people.*

- For all Christian Churches, that they may become one at the table of the Lord, let us pray: *R/ Lord, be close to us, your people.*

- For the nations who have more than others in food and human resources, that they may consider it a task of justice to share with others peoples that have less and to help them forward on the road of human and economic development, let us pray: *R/ Lord, be close to us, your people.*

- For our Christian communities, that rich and poor, high and low, tenants and landlords, may share alike in the eucharist and become responsible for one another in one covenant of justice, love and peace, let us pray: *R/ Lord, be close to us, your people.*

- For all of us, that the eucharist may become more and more the source of our strength and unity and of our commitment to one another, let us pray: *R/ Lord, be close to us, your people.*

Lord God, be close to us. Keep nourishing us with the body and blood of your Son, that we may grow in your everlasting life, now and for ever. *R/ Amen.*

#### **Prayer over the Gifts**

Lord our God, you are present  
wherever people welcome you  
and allow you to be one with them.  
Let us encounter you in your Son.  
Make him today our bread of fidelity  
and the wine of life and joy,  
that you may be our God  
and we your people.

now and for ever. *R/ Amen.*

#### **Introduction to the Eucharistic Prayer**

In the eucharistic prayer that follows let us express our joyful thanks to the Father for giving us Jesus in the eucharist. This is God's way of staying today with us, the people he loves.

#### **Introduction to the Lord's Prayer**

Before receiving the Bread of life,  
let us bless the Father for his kindness  
and pray the table prayer

which Jesus himself has taught us; *R/ Our Father...*

#### **Deliver Us**

Deliver us, Lord, from every evil  
through Christ, the Lamb of God,  
who shed his blood for us.  
Unite us in the body and blood of your Son  
as the people you have chosen as your own.  
Prepare us for the coming in glory

*of our Lord and Savior Jesus Christ. R/ For the kingdom...*

#### **Invitation to Communion**

This is Jesus, the Lamb of God,  
who shed his blood to take our sins away  
and to make us the people of God.  
Happy are we to be invited to the meal  
wherein the Lord gives us his body and blood.

*R/ Lord, I am not worthy...*

*Note. It would be most fitting today to give communion under both kinds.*

#### **Prayer after Communion**

God, our Father,

you have bound us to yourself  
through the body and blood of your Son  
in one common destiny.  
Accept our thanks  
and, as we are one in your Son,  
make us share with one another  
the bread of ourselves  
and pour for one another  
the wine of partnership and hope,  
that we can journey together to you  
as brothers and sisters of Jesus Christ,

your Son and our Lord for ever. *R/ Amen.*

#### Blessing

Our Lord found a way

to stay always by our side  
and to accompany us on the road of life.  
He became our flesh and blood.  
Let us too find ways  
to support one another in dark days  
and to rejoice together in bright days  
and may God go all the way with you and bless you:

the Father, and the Son, and the Holy Spirit. *R/ Amen.*

Let us go with the Lord

and accompany one another in life. *R/ Thanks be to God.*