

# Liturgy Alive of Solemnity of the Most Holy BODY and BLOOD of CHRIST

## Greetings

The Lord Jesus is here among us,  
he has brought us together.  
He speaks to us today;  
he gives himself to us  
to eat and to drink.  
May he always be with you

*R/ And also with you.*

## Introduction by the Celebrant

### A. Take and Eat

The most frequent form of contact with the Church is, for almost all Catholics, the Sunday Mass. It is good to ask ourselves today: Why are we here? What are we doing here? Why must it be the eucharist that brings us together? Because the eucharist is the Lord himself. It assures us, believers, that the Lord is here, that he is present not only in the Blessed Sacrament but in each of us and in our communities. He guarantees to those who believe in him that he is walking with us as our companion in life. Even more, he shows us in the eucharist how to live like him, give ourselves with him; how with him to break ourselves for one

another and to give thanks to God, and to each other too. We join Jesus now in his thanks to the Father.

### B. An Active Presence

When in a cafeteria you sit at the same table with someone who is just sitting there without a word or a sign of recognition, it is as if he or she is not present. People are present to one another when they interact. We believe in the real presence in the eucharist. The Lord is there for us, speaking to us, loving us, giving

himself to us, and I hope that we respond to him. He makes us capable of becoming present to others the way he is there for us. Let us ask him for this living real presence.

## Penitential Act

### A. Take and Eat

Our life is still much unlike that of Jesus  
for we are sinners in need of forgiveness.  
We now seek the Lord's pardon and strength.  
*(PAUSE)*  
Lord Jesus, in the eucharist  
you give yourself to us to eat and share.  
All thanks and praise to you!  
Lord, have mercy. *R/ Lord, have mercy.*

Jesus Christ, in the eucharist  
you invite us to become with you  
food and drink for the life of the world.  
All thanks and praise to you!  
Christ, have mercy. *R/ Christ, have mercy.*

Lord Jesus, in the eucharist  
you give us the strength to live  
the way you lived: for God and people.  
All thanks and praise to you!  
Lord, have mercy. *R/ Lord, have mercy.*

Have mercy on us, Lord,  
unite us more to you by forgiving us  
and making us share more deeply in your life.  
Lead us to everlasting life. *R/ Amen.*

### B. An Active Presence

We would sin less if we were more aware  
of the presence of Jesus in our lives,  
We ask him to forgive us.

*(PAUSE)*  
Lord Jesus, in the eucharist  
you sit at table with us  
and you converse with us by your word:  
Lord, have mercy. *R/ Lord, have mercy.*

Jesus Christ, in the eucharist  
you set for us the table of yourself:  
you give yourself to us;  
Christ, have mercy. *R/ Christ, have mercy.*

Lord Jesus, in the eucharist  
you make us become more like yourself:  
Lord, have mercy. *R/ Lord, have mercy.*

Speak to us, Lord, your forgiving word  
and make us whole and new again.

Lead us to everlasting life. *R/ Amen.*

## Opening Prayer

Let us pray that the Spirit  
may give us a real hunger for the Lord  
(PAUSE)  
God our Father,  
you fill the hungry with the food they need  
and you do not let the poor go away  
with empty hands.  
Keep speaking to us the Word of your Son  
as the inspiration and guide of our life.  
Let Jesus sustain and restore us with his body  
and refresh us with his drink of joy,  
that we may share ourselves with each other  
and become each other's delight.  
Let his bread of life be the pledge  
of your unending bliss and happiness.

We ask this through Christ our Lord. *R/ Amen.*

## Liturgy of the Word

### First Reading Introduction: A Covenant In Bread And Wine

Melchizedek, priest and king of Jerusalem, welcomes Abraham with a covenant meal of bread and wine. In the signs of bread and wine of the Eucharist, Jesus strengthens us in the covenant with the Father.

### Second Reading Introduction: The Meal Of The Lord's Coming

Paul tells us how Jesus instituted the Eucharist at the Last Supper. We should continue celebrating the Eucharist to hasten the coming of his kingdom of love and justice among us and to prepare for his final coming.

### Gospel Introduction: Jesus Feeds The Hungry

Jesus welcomes all that go to him, speaks his liberating Word to them, and gives them food when they are hungry. In the Eucharist Christ gives himself and renews the covenant.

## General Intercessions

Let us pray to our Lord Jesus Christ that with him we may be open to all needs and all hungers. Let us say: *R/ Stay with us, Lord.*

- For a Church hungry for community and shared responsibility, that we may be tolerant of one another and respectful of legitimate diversity and that we may build up one another, let us pray: *R/ Stay with us, Lord.*
- For Christian Churches hungry for unity and for the sharing of the eucharist, that our prayers and efforts at reconciliation may bring us together in the body of the Lord, let us pray: *R/ Stay with us, Lord.*
- For the many people in the world hungry but not yet satisfied with food and human dignity, that they may be given their fair share of the goods of the world and of spiritual values, let us pray: *R/ Stay with us, Lord.*
- For those who are hungry for freedom, justice and peace, that we may belong among them and that we may not be too easily satisfied, let us pray: *R/ Stay with us, Lord.*
- For those who hunger for faith and hope, that they may find Christ and that we may be the humble way to him, let us pray: *R/ Stay with us, Lord.*

Lord Jesus Christ, stay with us and nourish us with yourself and with the courage to go all the way with one another and with you, our Lord for ever. *R/ Amen.*

## Prayer over the Gifts

Our God and Father,  
as a meal brings a family together  
and is a sign of unity and solidarity,  
so too we are gathered in unity  
around the table of your Son.  
Let your Son keep us together  
in friendship, peace and a common concern  
for love and justice among us  
and in the whole world.  
We ask you this through him  
who gives himself to us and stays with us.

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

## Introduction to the Eucharistic Prayer

With joy we give thanks to our God who cares by giving us Jesus as our companion in life and our food for the road.

#### Invitation to the Lord's Prayer

Let us pray to our Father in heaven  
to give us the food for our bodies

and the food of the Lord's body: *R/ Our Father...*

#### Deliver Us

Deliver us, Lord, from every evil  
and grant us to live in peace and friendship.  
Through the body and blood of your Son  
free us from the selfishness of sin  
and give us the will and courage  
to bring food and justice to a hungry world,  
as we work in joyful hope  
for the coming of your kingdom among us  
and for the final coming in glory  
of our Lord and Savior Jesus Christ.

*R/ For the kingdom...*

#### At the Breaking of Bread

As Jesus commanded us to do,  
we break his bread  
for all who are hungry for him.  
Let us also break and share ourselves  
with one another,  
that together we may follow

the way of the Lord.

#### Invitation to Communion

This is Jesus our Lord,  
who gave bread to the hungry.  
He says to us now:  
I am the bread of life.  
It is my flesh for the life of the world.  
Happy are we to be invited

to the table of the Lord.

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

*Note: It would be fitting on the Solemnity of the Body and Blood of Christ to give communion under both kinds.*

#### Prayer after Communion

Lord Jesus Christ,  
you have given us your body and blood,  
your whole self.  
Accept our thanks  
and stay with us to be our strength  
in the beautiful but demanding task  
of bringing your love, justice and hope  
to a divided and cold world.  
And make us capable  
of setting the table of ourselves for one another,  
as you do for us.

our Lord and Savior for ever. *R/ Amen.*

**Blessing**

In this eucharist

the Lord has shared himself with us  
not just for our consolation  
but to possess us and to transform us  
with his own spirit of commitment  
to God and to people.  
The lot of people hungry in any way  
for food and love, for encouragement,  
for something and someone to believe in,  
can no longer leave us indifferent.  
May God give us this self-forgetting courage:  
the Father, and the Son, and the Holy Spirit. *R/ Amen.*

Let us go with the Lord

and share ourselves with him. *R/ Thanks be to God.*