

FAITH

@Home



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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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SOLEMNITY OF CORPUS CHRISTI

Year B

Sunday Mass Readings

First Reading:

Exodus 24: 3-8

Responsorial Psalm:

Psalm 115 (116): 12-13, 15-18

Second Reading:

Hebrews 9:11-15

Gospel:

Mark 14:12-16, 22-26

*"This is my body... This is my
blood...which is to be poured
out for many"*



Valentin de Boulogne, Last Supper, Public domain, via Wikimedia Commons [CLICK FOR FULL IMAGE](#)

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

Click [here](#) for a fun video for children based on the readings for Corpus Christi.

Adults will enjoy this [video](#) of the Gospel.

Pray

The solemnity of the Body and Blood of Christ reminds us that the Eucharist is a memorial of Christ's sacrifice on the cross. We believe that Jesus becomes truly present in the bread and wine at the moment of consecration.

Take some time and prepare your heart to celebrate the Eucharist this Sunday. Spend time in prayer with the readings of the mass. How are they speaking to you? Pray and thank God for his gift of the Eucharist. Ask for openness and grace so that every time you receive the Eucharist your heart may be transformed and you are drawn closer to the Lord.

Talk

Thankfully we are now able to gather again for Mass in person and receive Jesus in the Eucharist. Think about the following and share your thoughts with one another:

- What are the benefits of going to Mass on Sundays?
- What is your favourite part of the Mass?
- What can you do to prepare your heart for the celebration of the Eucharist?
- Sometimes we can get distracted when we are at Mass and "zone out". What can you do to help yourself stay focused or refocus during the Mass?
- Who are some people that need your prayers at the moment? Remember to bring them to Mass with you

Family Challenge!

Why not arrive at Mass a little early to give yourself a chance to settle in God's presence and to prepare to receive the Eucharist. Don't rush off after! Take a few minutes to thank God after Mass

Check out page 3 for a craft to make from this week's readings!

Mission: Learn the words **TABERNACLE** (the gold box where the Holy Communion is kept in the Church) and **MONSTRANCE** (the gold spiky object the Eucharist is put in for Adoration). Watch this video to show you how to make a Monstrance Craft this week!

Song of the Week!
THE EUCHARIST SONG

Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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EVENTS

"Rooted": Lectio Divina Zoom Series for adults who would like to learn to read and pray with Scripture. Wednesdays 8 - 9.15pm from May 5th - June 16th. **Contact** events@waterfordlismore.ie

Quo Vadis: Catholic Zoom Series for Young Adults aged 18 - 35. Sundays 7-8pm, May 16th - June 6th. *"The Eucharist: Just a Symbol or Something More?"* A four-part series on the mystery of the Eucharist, Eucharistic miracles, mystics, martyrs and Waterford's own Little Nellie of Holy God. Join at any stage!

Contact events@waterfordlismore.ie or [click here](#)

BECOMING A EUCHARISTIC PEOPLE

Today's feast of Corpus Christi proclaims our belief as Catholics in the real presence of Jesus in the Eucharist in body, blood, soul and divinity. The Eucharist, as the Second Vatican Council taught, is the 'source and summit of the Christian life' (Lumen Gentium 11). It is the last and greatest gift that Jesus left to his apostles on the night before he died; the very gift of himself, present to them and to us down through the ages. In the Eucharist, Jesus fulfils his promise at the end of St. Matthew's Gospel: 'I am with you always, to the end of time.' (Mt. 28:20).

The Eucharist is at the heart of the Church because it is none other than Christ himself. There is therefore no Church without the Eucharist because Jesus is the principle of unity. It is his divine life we all share as baptised believers, and it is his flesh and blood we consume that gives us divine life. The Eucharist unites us as the one great family of God, the Church. The word Eucharist itself means "thanksgiving," and that should be our attitude as we come to Mass, to thank our God for giving us the gift of himself as our food that leads to eternal life.

Jesus commanded his apostles at the Last Supper to "do this in memory" of him. That applies not just to bishops and priests who celebrate the Eucharist, but to all of us as the people of God. We are called to "go forth" from Mass to do as Jesus did, to become a Eucharistic people, to lay down our lives in loving service of others. We are called to a Eucharistic way of living. We must become bread that is broken to feed the multitude and we do this by loving in a selfless and generous way and by deepening the bonds of union between us and God and with others. This is how the Eucharist bears its greatest fruit in each of us.

By Fr Shane O'Neill

Family Prayer

PRAYER BEFORE COMMUNION

Lord Jesus, come to me. Lord Jesus, give me your love. Lord Jesus, come to me and give me yourself. Lord Jesus, friend of children, come to me. Lord Jesus, you are my Lord and my God. Praise to you, Lord Jesus Christ. Amen.

Carlo's Corner
THE BODY OF CHRIST
"The more Eucharist we receive, the more we will become like Jesus, so that on earth we will have a foretaste of heaven." - Bl. Carlo Acutis

"The Body of Christ" - "Amen". Sometimes we can receive Holy Communion at Mass without thinking too much about what we are doing or saying. In today's Gospel we clearly hear Jesus say, "This is My Body, this is My Blood". In John 6, Jesus repeats numerous times how unless we eat His flesh and drink His blood we will not have life within us. This is no mere symbol. How can we say that with certainty? Because Jesus said it, and His words are true. Is the mystery of the Eucharist easy to understand? No. But, like the Trinity, just because something can be difficult for us to fully grasp, that doesn't make it false. Watch Fr Mike in today's video explain why Jesus hides Himself in the Eucharist.

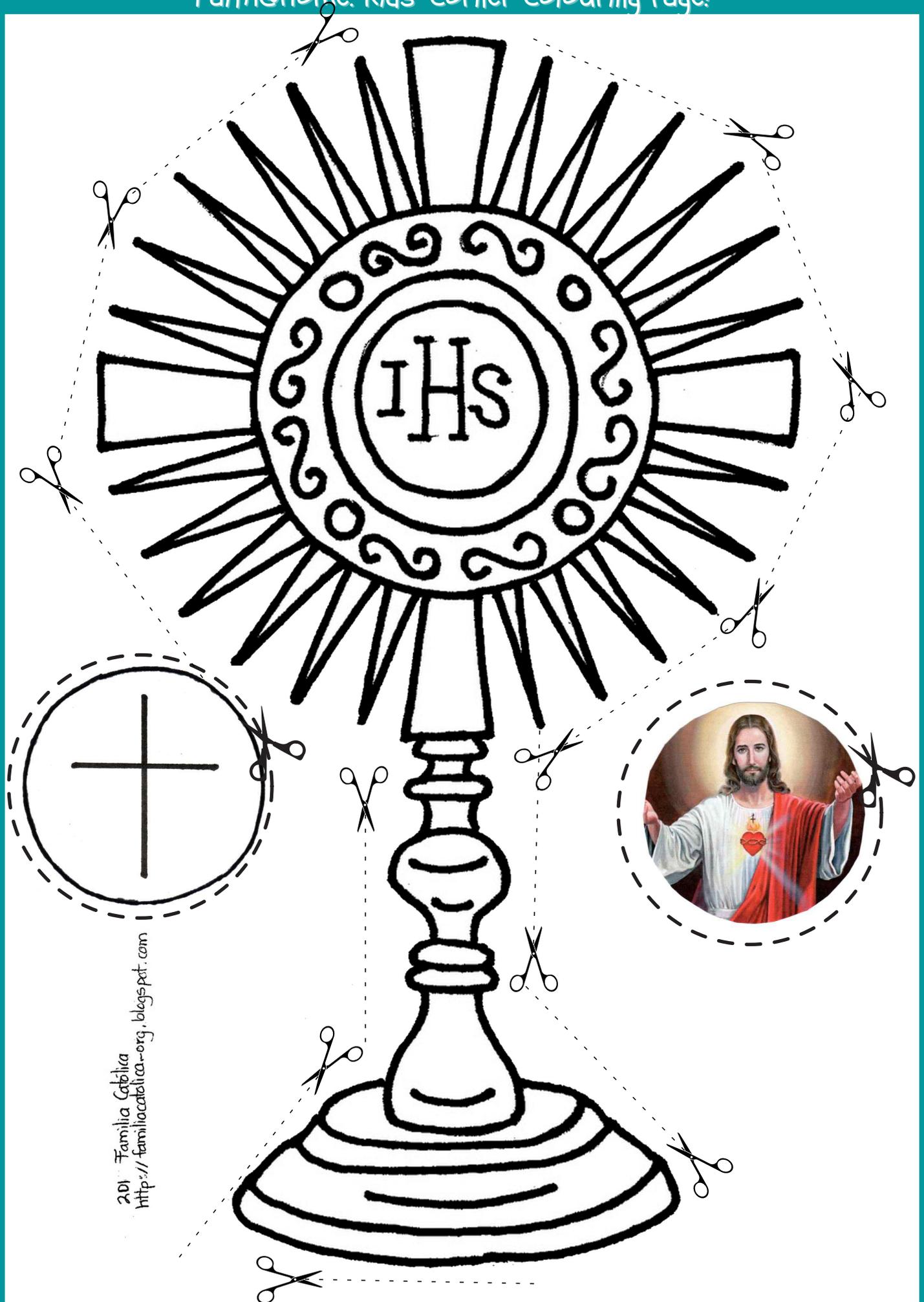
This week, sit in front of the tabernacle in your local Church, ask Jesus to reveal His True Presence to you in your heart. "Jesus, if you are really there, please show me in a way I will understand."

- "When you approach the tabernacle remember that he has been waiting for you for twenty centuries." - St. Josemaria Escriva
- "If angels could be jealous of men, they would be so for one reason: Holy Communion." - St. Maximilian Kolbe
- "There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us." - St. John Vianney
- [The Truth about the Eucharist \(Fr Mike Schmitz\)](#)
- ["Remembrance \(Communion Song\)" \(Matt Maher\)](#)
- [Eucharistic Miracle at Lanciano \(bonus handout\)](#)

CHECK IT OUT: FIRE IN THE SOUTH MINISTRIES

Fire in the South is a Catholic Charismatic Outreach Movement to enable people to encounter the personal love of God Father, Son and Holy Spirit. Husband and wife team, Pat and Emily have experienced God's healing and presence in their lives, and now aim to share that, as they know God wants people to experience his loving presence and to have a personal relationship with him. It their our hope to spread the Good News like wildfire throughout the world: for it is given to us, not to keep to ourselves, but to be shared with all. Be part of this amazing adventure! Zoom every Wednesday with companionship, music, sharing, prayer, the odd funny story, sacred scripture and adoration.





201 Familia Catolica
<http://familiacatolica.org.blogspot.com>



Get some help from a grown-up to cut out the picture of Jesus, the paper host, and the monstrance to make this week's craft! Watch the video to learn how to make it!

Eucharistic Miracle at Lanciano



WHAT DO WE MEAN BY "MIRACLE"?

A miracle is a direct intervention by God in the natural order which causes something extraordinary to occur. God's miracles never occur for their own sake, but rather to show us that God is real, to deepen our faith and to help us to see even more how real God's love is. Can you name some miracles that Jesus worked in the Gospels?

TRANSUBSTANTIATION - BIG WORD, EVEN BIGGER REALITY!

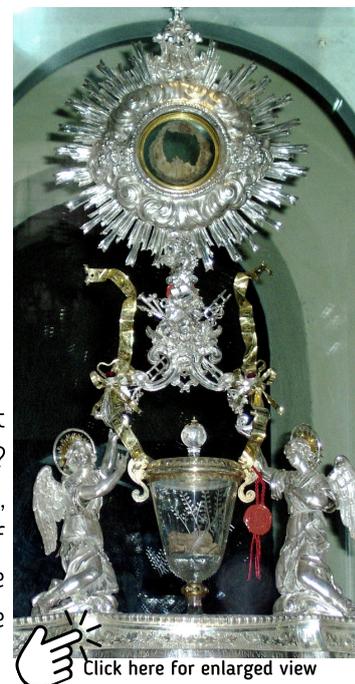
What do Catholics believe happens at Mass with the bread and the wine? The "substance" (deepest reality) of bread and wine are changed by the Holy Spirit to the "substance" of Christ's Body and Blood. The "accidents" (appearance or physical attributes) of bread and wine remain. (see CCC 1376) This is known as transubstantiation. What looks like bread and wine is actually, in reality, the Body and Blood of Christ, not a mere symbol, but His full true presence, Body, Blood, Soul and Divinity.



WHAT HAPPENED IN LANCIANO?



Did you know that over 100 Eucharistic Miracles from all over the world, right across the centuries, have been investigated and approved by the Catholic Church? The most famous of these miracles occurred at Lanciano, Italy in the 8th century, when a Basilian monk who was beginning to seriously doubt the true presence of Christ in the Eucharist witnessed an incredible transformation in the bread and the wine while celebrating Mass. Not only did the substance change to become the Body and Blood of Christ, but the accidents, the physical appearance changed also.

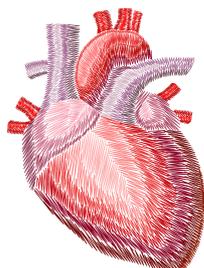


WATCH "GREATEST EUCHARISTIC MIRACLE OF THE CATHOLIC CHURCH" FOR A 3.19 MINUTE SYNOPSIS



SCIENTIFIC FINDINGS

Almost thirteen centuries later, the Miraculous Host and Blood is still preserved in Lanciano, despite being left in their natural state and exposed to the action of atmospheric and biological agents for almost twelve centuries. The most recent investigations occurred in 1970-71 and 1981 by experts in the field of anatomy, Pathological Histology, Chemistry and Clinical Microscopy. The reports state:



The Host is real flesh. The Blood is real blood. Both are human in species and the flesh originates from muscular tissue in the heart. The flesh is a "heart" complete in its essential structure e.g. in the flesh we see present in section the myocardium, the endocardium, the vagus nerve and also the left ventricle of the heart. Blood type AB is present in both the flesh and blood. Blood type AB is extremely rare, with approximately 5% of the entire world's population possessing it, and is most predominant in the Middle East. The Blood contains the same proteins in the same normal proportions as fresh blood. One globule of Blood weighed on its own weighs the same as all five globules together (15.85g).

CHECK OUT MORE STORIES OF EUCHARISTIC MIRACLES COMPILED BY BL. CARLO ACUTIS IN HIS LIFETIME

