

FAITH

@Home

2 JUNE 2024 | VOL.IV ISSUE 21

Diocese of Waterford & Lismore

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



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Year B THE MOST HOLY BODY AND BLOOD

"TO THE HEIGHTS" YOUTH EDITION AVAILABLE ALSO

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

*"Take it,' he said
'this is my body.'"*



canva.com

Hear

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

Check out [this video](#) on the readings for children.

Pray

In the readings today our attention is turned to the solemnity of the Body and Blood of Christ where we are reminded 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.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- 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

In today's readings we hear Jesus talk about the importance of the Eucharist in our lives.

- Think about the following and share your thoughts with one another:
 - 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!

Spend some time as a family with Jesus in the Eucharist this week: maybe you could pop into the church on the way to or from school? Find great ideas for celebrating Corpus Christi here: <https://blog.holyheroes.com/5-ways-to-celebrate-corpus-christi-as-a-family/>

SOURCE AND SUMMIT

Today is the Solemnity of the Most Holy Body and Blood of Christ. At one time, this day was called Corpus Christi, the Latin words for "the Body of Christ." In the most recent revision of our liturgical rites, the name for this day is expanded to be a more complete reflection of our Eucharistic theology.

In our reading for today, we read the account of the Last Supper found in the Gospel of Mark. It begins with the instructions that Jesus gave to his disciples to prepare their Passover celebration. It then goes on to give an account of the Last Supper.

The Gospel of Mark describes Jesus' Last Supper with his disciples as a celebration of the Jewish feast of Passover. The Jewish celebration of Passover is a memorial to and a ritual participation in the defining moment of Israel's history. It celebrates God's deliverance of his people from slavery in Egypt. The Passover meal includes many ritually important elements, such as unleavened bread, lamb, and bitter herbs. Each food item recalls an aspect of the Exodus event. The instructions for the preparation of this meal are carefully prescribed in the Law of Moses. It is a central obligation of the Jewish faith tradition to celebrate this meal and to give thanks to God for his deliverance and protection.

In the description of the Passover meal found in today's Gospel, however, Mark omits many elements of the Jewish Passover meal. Instead he describes only those elements he believes to be most essential to the Christian Eucharist: Jesus took bread, blessed the bread, broke the bread, and shared it with his disciples. Similar words and actions follow as Jesus shares the chalice with his disciples. This bread now shared is Jesus' own body. Those who drink from the chalice are invited to share in a new covenant which will be sealed by Jesus' own blood. Mark's Eucharistic theology looks forward to the Kingdom of God that Jesus inaugurates.

The Gospel for today reminds us that the Eucharist is a memorial of Christ's sacrifice on the cross. We believe that Jesus is truly present to us in the elements of bread and wine. Each time we celebrate this sacrament, we prepare for the Kingdom of God. This celebration, as the Second Vatican Council taught us, is the source and summit of the Christian life.

Adapted from Loyola Press: Sunday Connection

Check
this
out

LIGHT OF HOPE DIOCESAN MISSION 2024

23 Canadian Missionaries from Catholic Christian Outreach™ (CCO™) will help to facilitate a mission here in the diocese from 12th – 16th June, aimed at all age groups, which will include activities across the diocese such as meeting & greeting parishioners after morning Masses, Lightfever, Street Outreach, Encounter event for Young Adults, Music, Prayer and Testimony, training sessions and Pilgrim Walks in Mount Mellera. For more info go to www.waterfordlismore.ie/mission2024



THREE-IN-ONE!


Did you ever wonder what it would be like to witness a miracle?


A genuine "I-can't-believe-that-just-happened-that's-impossible!" kind of a miracle? Yet at every single Mass the greatest miracle we could ever imagine takes place in front of us - Jesus, Truly God, transforms the Bread and the Wine offered by the priest into His own Body and Blood. It's what we call Transubstantiation - a big word for an even bigger mystery! The accidents / appearance of the bread and wine remain, but the substance / reality of Jesus' true presence is there.

It's a difficult thing for us to grasp, definitely! The Lord asks us to look at the Eucharist with the eyes of faith. We believe because He shared this mystery with us, and He is Truth. But did you know, that over 135 Eucharistic miracles that have taken place all over the world? In some cases, the appearance of the bread and wine changed too into real flesh and real blood, scientifically tested! Check out our [Eucharistic Mystics, Miracles and Martyrs Resource](http://www.miracolieucaharistic.org) on our webpage or go to www.miracolieucaharistic.org designed by Carlo Acutis for even more stories!

This week's Challenge:

- 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."

 The Truth about the Eucharist (Fr Mike)

 Remembrance (Communion Song): Matt Maher

To the Heights Youth Resource also available



Family Prayer

Prayer before Holy Communion:

O my God, help me to make a good Communion. Mary, my mother, pray to Jesus for me. All you holy Angels and saints, pray for me. My dear Angel Guardian, lead me to the altar of God.

EVENTS

Light of Hope Diocesan Mission 2024: 12th - 16th June at locations across the diocese. *More info on* www.waterfordlismore.ie/mission2024

Camp Creideamh: June 9th - 15th. A one week residential full-board camp for teenagers: fun, friendship and growing in faith. Sports, Arts & Crafts, Catechesis. For more info: www.campcreideamh.ie or ring Fr Roche on 086 9972539

Diocesan Pilgrim Walk: Mount Mellera Sunday 16th June, assemble for prayer with monks at 2pm. *More info on* www.waterfordlismore.ie/mission2024

Campa Mhuire Mhathair Catholic Summer Camps for Primary School Children: Ardmore and Tramore in July. (Also in Killarney and Mitchelstown). Music, Action Songs, Arts & Crafts, Games, Prayer and a whole lot of fun! *More info on* <https://www.holyfamilymission.ie/campa-mhuire-mhathair/>

Have you subscribed yet to our Diocesan newsletters and events bulletin? Receive them direct to your inbox!

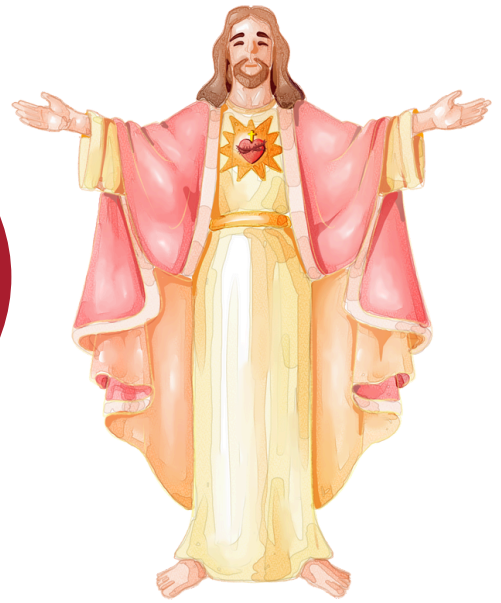
Click the **Subscribe Button** OR go to www.waterfordlismore.ie/resources

- Faith@Home / Let's Dive In Newsletters (faithathome@waterfordlismore.ie) WEEKLY
- To the Heights Youth Newsletter (youthministry@waterfordlismore.ie) WEEKLY
- Check it Out! Diocesan Events Bulletin (events@waterfordlismore.ie) FORTNIGHTLY





Sacred Heart Resources for your Home



- Did you know June is the month dedicated to the Sacred Heart of Jesus?

<https://www.catholicnewsagency.com/news/251588/why-is-june-the-month-of-the-sacred-heart-of-jesus>



- The Feast of the Sacred Heart is celebrated 19 days after Pentecost.



- Maybe you've heard of the Apostleship of Prayer or the Pope's Worldwide Prayer Network. Learn more here.

<https://issuu.com/popesprayernet/stacks/8ff4f0c24fda48e9ab0e2f72f63fcff0>



- If you're looking for resources to throne (Honour) the Sacred Heart in your school, home, or work, visit: <https://welcomehisheart.com/>

Youtube Resources



Sacred Heart of Jesus Convent - ProEcclesiaSancta



Catholic Kids Media



Catholic Icing



Ascension Presents



Printable Activities



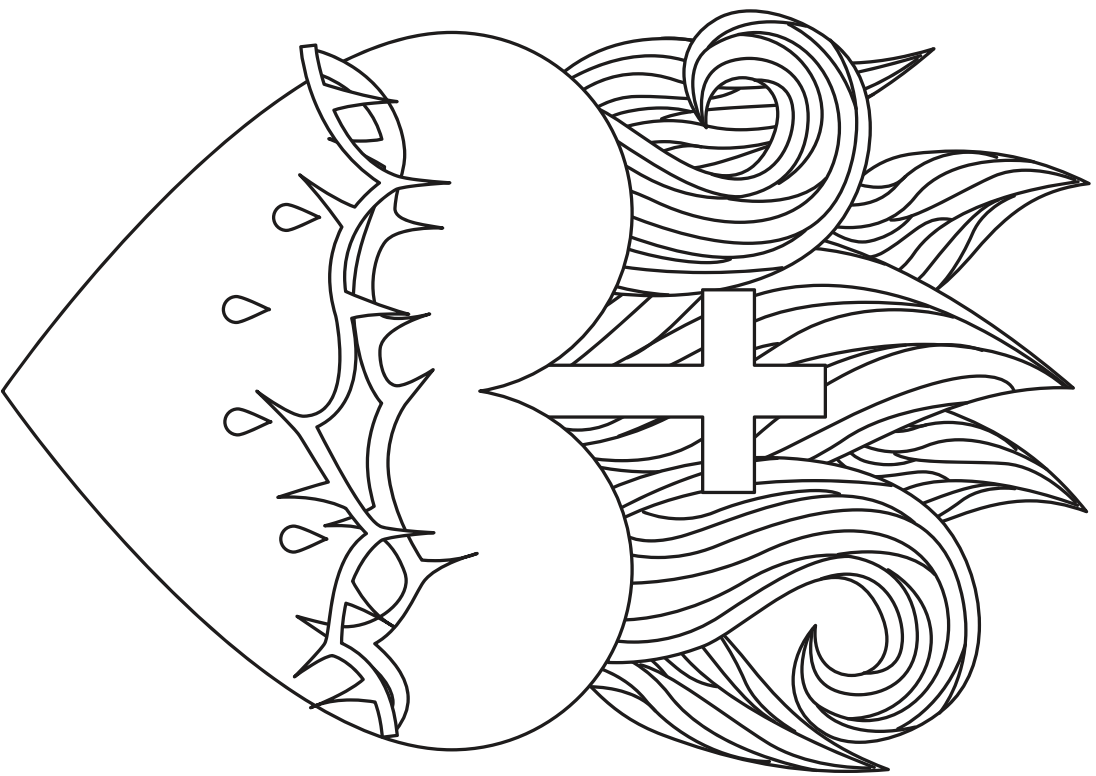
Sacred Heart and Immaculate Heart Activities
www.thereligionteacher.com/activities-sacred-immaculate-heart



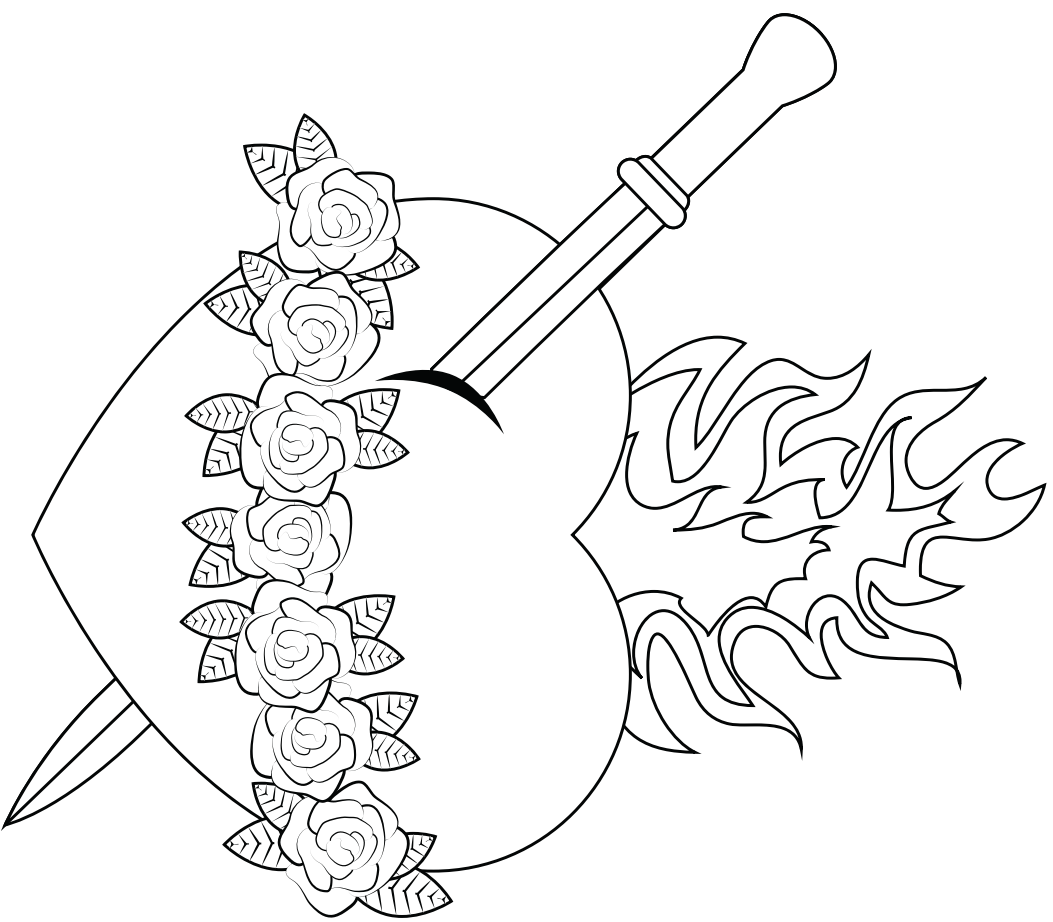
Look to Him and Be Radiant - June Roundup
www.looktohimandberadiant.com
(also great for Corpus Christi resources!)



O Sacred Heart of Jesus,
I place all my trust in You!



**Sacred Heart of Jesus,
I place all my trust in you!**



**Immaculate Heart of Mary,
pray for us!**