

Read

Genesis 14:18-20

Psalm 110:1, 2, 3, 4

1 Corinthians 11:23-26

Luke 9:11b-17

LIVING THE WORD

Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

June 23, 2019



REFLECTION

Has your schedule ever been so packed with activities that you did not know how you would get enough sleep, enough food, or enough time to accomplish all the things you had to do? Luke reports that Jesus, in the midst of his time healing those who needed to be cured and while in the middle of trying to take a break with the disciples, asks the disciples to feed five thousand people. They react in disbelief as any of us would. How does he have the energy? So, they gather what people have: five loaves and two fish. Not only does Jesus find the energy to perform the miracle of feeding the five thousand but there are twelve wicker baskets left overflowing with bread and fish. The crowds are satisfied both spiritually and physically. The next time you feel overwhelmed by your schedule and the amount of responsibilities you have, take a moment to convert the stress to an abundance mentality. Not only can you do your responsibilities well, you might find a way to serve others and make their day better just as Jesus was able to do on that day long ago.



ACTION

Contact a local bakery or bread company and see if they might donate loaves of bread to your youth group so that you and your friends can make sandwiches for the homeless. Ask your youth group leader, parish, school, or family to purchase sandwich fixings, lunch bags, pretzels, fruit, and bottles of water or juice. Create an assembly line. While you make these sandwiches and lunches, talk about today's Gospel reading and how you are contributing to creating an abundance mentality. For about \$100, you should be able to feed about 200 people and have a wonderful time connecting to others while you do it!



Listen to the song,

"Share Your Bread with the Hungry"
by Leon C. Roberts and David Haas.



[www.youtube.com/
watch?v=yoxeeKNXw8I](http://www.youtube.com/watch?v=yoxeeKNXw8I)

? QUESTIONS

- ❖ What do today's readings teach you about the Christian life?
- ❖ How can you think more abundantly instead of focusing on stresses in your life?
- ❖ What would it be like to be in the crowd receiving the loaves and fishes?



June 23, 2019

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

LECTIONARY #169C

Genesis 14:18-20

Psalm 110:1, 2, 3, 4

1 Corinthians 11:23-26

Luke 9:11b-17

Prepare for the Word

The following elements may be used by the catechist, teacher, or youth minister to prepare to facilitate today's session with teens. You may integrate this information into the reflection and discussion on today's readings.

Leader's Context

With five thousand men (we do not know the total number in the crowd because Luke does not tell us how many women and children were present) to feed, all the Twelve have are five loaves and two fish. Jesus asks the Twelve to divide the masses into groups of fifty, and without arguing about whether or not there would be enough food, the Twelve follow his instructions. Jesus took, blessed, and broke the provisions, and the disciples share them. Everyone ate. Everyone was satisfied. Even more could have shared in the meal Jesus provided. Such is how Jesus feeds us in the Eucharist today. There is always enough of Christ for others to join the assembly.

Q FOCUS: *Jesus fed a crowd miraculously just as he feeds us miraculously with the Eucharist.*

Liturgical Calendar Connection

On Corpus Christi, we walk in the afterglow of Easter Time, in company with the Risen Lord. This time, the Blessed Sacrament is exposed in a monstrance: the Lord's glory is not hidden but visible to all. Corpus Christi is one of the most Catholic of days, an expression of our faith in the Real Presence of Christ in the Blessed Sacrament.

Church Teaching Connection

"In the humble signs of bread and wine, changed into his body and blood, Christ walks beside us as our strength and our food for the journey, and he enables us to become, for everyone, witnesses of hope. If, in the presence of this mystery, reason experiences its limits, the heart, enlightened by the grace of the Holy Spirit, clearly sees the response that is demanded, and bows low in adoration and unbounded love" (*Ecclesia de Eucharistia*, 62).

Hear the Word

Use this resource, a Lectionary, or a Bible to proclaim the reading. The book should be held reverently or placed on a lectern. If possible, light a candle that is placed near where the Gospel will be proclaimed. Gesture for teens to stand.

Gospel Acclamation

Use the same musical setting that is used in your parish or at school Masses. Teens may help with music and proclaim the Gospel.

Alleluia, alleluia.

Gospel

Luke 9:11b-17

Reader: A reading from the holy Gospel according to Luke.

All: Glory to you, O Lord.

All make the Sign of the Cross on their forehead, lips, and heart.

Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured. As the day was drawing to a close, the Twelve approached him and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here." He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people." Now the men there numbered about five thousand. Then he said

to his disciples, “Have them sit down in groups of about fifty.” They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.

Reader: The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Everyone may be seated.

Reflect on the Word

When beginning the reflection and discussion about today's readings, first refer to the handout for today. Ask teens what they learned about themselves and about Christian discipleship from performing the action for the week and journaling. Ask teens about the readings of the day: What struck them? What do they think the readings mean? How do the readings affect their own lives? Then begin the following reflection:

Today for our Gospel reflection, we'll use our imaginations to put ourselves into the Gospel scene. I'll guide you with questions to think about, but don't answer them out loud. Just think about the question and imagine in your head what's happening. After we're done, we'll have a short discussion about the process and the Scripture.

As the Gospel opens today, Jesus is preaching and healing. In other words, going about his usual business! I want you to close your eyes for a moment, and imagine you are there.

- ▶ Why are you there?
- ▶ Are you one of the ones who needs a cure?
- ▶ Or maybe someone who is hanging on Jesus' every word? *(Pause.)*
- ▶ Look around. Whom else do you see? Are there families around? Animals? *(Pause.)*

The Apostles approach Jesus. You overhear them telling Jesus to send everyone away.

- ▶ What does their mood seem like?
- ▶ Are they worried, or matter of fact? How do you feel, knowing they want to send you away? *(Pause.)*

You lean in closer to see if you can find out more. You hear Jesus tell the disciples to give out food themselves, and you almost chuckle out loud. No matter where you look, there is no end to the tousled hair and headscarves! You hadn't realized there were so many people here.

▶ How could Jesus think the disciples could feed everyone?

Even if they opened an inn, it would take forever. You hear the disciples say something about five loaves and two fish, and you see them gesturing at baskets on the ground and then at the crowd. Your eyes scan the people again.

- ▶ What is their mood like?
- ▶ Are people peaceful, or restless? *(Pause.)*

You missed what Jesus said, but now the disciples are having everyone sit in groups of about fifty. You're gathered together with about ten other families, and introduce yourselves as the disciples finish directing everyone.

- ▶ How does it feel to be sitting on the ground?
- ▶ Is it packed dirt, or is there some grass?
- ▶ What do you notice about the others you're sitting with? *(Pause.)*

A hush falls over the crowd, and everyone is looking at Jesus. You see him murmuring, but now you're too far away to hear his exact words. He's probably saying the blessing over the food. You see him lift up and break the bread and the fish, and put them back into the baskets.

- ▶ What do you notice about Jesus?
- ▶ Does his face change when he prays?
- ▶ Is his hair in his eyes?
- ▶ What is he saying to those nearest to him? *(Pause.)*

A disciples hands your group a basket. When it comes to you, you breathe in deeply.

- ▶ What does the bread smell like? The fish? How does it taste?
- ▶ How are your companions enjoying the bread and fish? *(Pause.)*

You are the last one to eat, and are surprised to see there is food left. Soon the disciples come to gather it, and you realize you weren't the only group with leftovers.

► **What is the disciples' reaction?**

When they are finished, watch how they approach Jesus.

► **How is Jesus interacting with them?**

► **How do you feel being present here today?**
(Pause.)

Have the teens open their eyes, and lead them in discussion.

► **How was the exercise?**

► **Did anything surprise them?**

► **Is this a method they may use again?**

Wrapping It Up

Consider these points to conclude the discussion and reflection. Integrate the thoughts and ideas that surfaced during the discussion as well as the "Church Teaching Connection" on page 222.

What in your life seems too small (like a few loaves and fish) to offer God?

What practical needs do you worry about meeting? How can offering them to God help?

How can seeing something as a gift from God lead someone to be more generous?

Act on the Word

Being and Sharing the Body of Christ

You will need paper and writing materials. You will also want to write the dismissal text on the board or on a sheet of paper or flip chart.

When we receive Christ in the Eucharist, he dwells in us in a unique way and we have the responsibility to be Jesus to others once we leave Mass. The word *Mass* is translated from a Latin word *missa*, which comes from the Latin dismissal at the end of Mass, *ite missa est*, which means "Go, it (the assembly) is sent." We are sent to bring Jesus to a world hungry for the nourishment that Jesus brings. The graces and spiritual nourishment we receive in the Eucharist we need to extend to others. Write the four options for dismissal at the end of Mass on the board or on a sheet of newsprint:

1. **Go forth, the Mass is ended.**
2. **Go and announce the Gospel of the Lord.**
3. **Go in peace, glorifying the Lord by your life.**
4. **Go in peace.**

Ask teens to choose one of the four dismissals and to write down some of the ways in which they can follow that command to bring the graces they received in the Eucharist to others after they leave Mass. How can they be Christ for others? When they are finished, have them share their thoughts with another person.

Closing Prayer

*Loving God,
help us be the living sacraments of your Son,
giving witness to all we meet
of his loving presence,
and of his kingdom where he lives
and reigns for ever.
Amen.*

For Next Sunday

To help teens prepare for next Sunday's Mass, print, email, or share on a blog or social media the handout found on the next page. The JPG and PDF files are available at www.ltp.org/lwgr. Encourage teens to attend Mass with family or friends.