

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 19, 2022



REFLECTION

Take. Bless. Break. Give. Jesus Christ, the Bread of Life, feeds five thousand hungry people through these ordinary, holy movements. He didn't perform a multiplication magic trick. Jesus did what he's called to do: fill, nourish, and sustain. And he calls us to do the same.

At first, Jesus gives the disciples the task of feeding the crowd. The responsibility to feed the hungry rests on us. Neighbor to neighbor, we must care for each other. When it is clear that they cannot accomplish the task on their own, Jesus shows them how to take care of one another. Following Jesus' model, we are called to take what we have, thank God for it, and then share those gifts with others.

Today's Solemnity of the Most Holy Body and Blood of Christ celebrates the centrality of the Eucharist in the Catholic life, our ultimate source of life and blessings. It reminds us of the nourishment we receive in word and sacrament when we gather as community for Mass. It also reminds us of the many people who lack food; the unjust social systems that limit access to food for some and not others; and the Christian call that must flow from the

Eucharist: feed the hungry. As a eucharistic people, we gather together for liturgy inside the church and are sent out to be Christ's hands and hearts—to be the church—in the world.

ACTION

What better way to honor the Most Holy Body and Blood of Christ than to feed a person who is hungry? Local food shelves often need volunteers, especially during the summer months when regular volunteers go on vacation. Reach out to a local food bank to see how you can contribute. They may need a hand sorting donations, giving out food, or collecting the food itself.



Catholic Charities offers many opportunities for outreach and service. Find one near you and volunteer: <https://www.catholiccharitiesusa.org/find-help/>

QUESTIONS

- ❖ What do today's readings teach you about the Christian life?
- ❖ What does the Body and Blood of Christ mean in your life?
- ❖ How can you contribute to the building up of Christ's body on earth this week?



June 19, 2022

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

LECTIONARY #169

Genesis 14:18-20

Psalms 110:1, 2, 3, 4

1 Corinthians 11:23-26

Sequence: *Lauda Sion*

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

Today's solemnity reminds us of the abundant love God has for all people. When we eat of Christ's Body and Blood in the Eucharist, we are following his command and drawing closer to God. We find our life in him and are nourished for our eternal life. Like the lambs offered by the ancient Hebrew families in Egypt at the Passover, Christ the Lamb of God protects us and saves us. We know Jesus' abundance through the Eucharist, which is founded upon his sacrificial death and resurrection. The smallness of the loaves and fish in a crowd of thousands in today's Gospel is a model of the more miraculous and widespread sharing of nourishment that happens by Christ's Body and Blood is shared in the Eucharist. In the Body and Blood of Christ we find the glorious abundance of our Lord and his great love for us.

Q FOCUS: *Our Lord's sacrifice is freely given to us.*

Liturgical Calendar Connection

Corpus Christi is observed after Trinity Sunday each year. This means that its date moves each year, in accordance with the counting of days rendered from Easter's date. Because Easter is a movable date, many other liturgical celebrations that are connected to the timing of Easter are different every year. Ash

Wednesday is found by counting backwards from Easter, similar to the dates for the Sundays of Lent. The Ascension, Pentecost, and this week and last week's solemnities are found by counting forward from the date of Easter. Some dates in the liturgical year are fixed however, like the date of Christmas. Consider how liturgical time is different from calendar time (or the way we mark time for non-Church related events). Talk about how the liturgical year affects your sense of regular calendar time.

Church Teaching Connection

The Eucharist is meant to be a source of nourishment for the faithful; we grow in our faith through the Eucharist, and we receive grace through this (and all) sacraments. When we attend Mass, Jesus is present in the Scripture readings, he is present in the person of the priest, and he is present in the Eucharist. He is also present in the gathered assembly. We interact with the presence of Christ by our participation in the liturgy (see *Sacrosanctum concilium*, 7).

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 we observe the Solemnity of the Most Holy Body and Blood of Christ, which is known as Corpus Christi. The words *Corpus Christi* in Latin mean "Body of Christ." Our Gospel reading today is about the tremendous abundance we have through Christ, who gave to us his own body and his own blood.

In today's reading we hear the familiar story of the loaves and the fishes. Thousands of people gathered to hear and see Jesus, and he fed the crowd with five loaves and two fish. How is such an event possible? Clearly, this is a miracle, an act of God. It is possible through the abundance of love that Jesus has for his people. When we read this story we are struck by numbers—how is it that so many people can be fed by so little food? We realize that this

miracle is one that took place in the time and place of Jesus' ministry, but it's also a miracle that still takes place in our lives every single day. This is because Jesus' abundance is something that has no end, and it's something that has space and grace for every person on earth.

► **In what ways do you see Jesus' abundant love being spread throughout the world today?**

Jesus' earthly ministry was limited to a short time and limited location on the earth. However, Jesus' ultimate giving of self was not limited to time and place. Jesus gave to us his very body; he allowed for himself to suffer and die on the cross, and it was done freely for each human person created and who would be created in the future. Jesus did not hold back the sacrifice that was needed to repair our relationship with the Father. The life of Christ is what gave us the gift of salvation.

► **How does Christ's sacrifice demonstrate abundant love?**

The abundance of Christ's love means that the gift wasn't limited to his time or his disciples, it was meant for all people, for all time. Christ's abundance is so full, and so encompassing that nobody is left out. Christ's one body is enough for all of us. His sacrifice on the cross is enough for all humanity to find salvation. In the Gospel, two fish and five loaves fed thousands. In Jesus' sacrifice, we witness one man, one broken body offered to fulfill everyone's hunger for salvation. Through Christ's act, our sins are forgiven, our spirits are renewed, and our relationship with the Father is restored. Although Christ offers this salvation to all people in all times, we have to be willing to accept it, to trust him, and to follow his will for our lives.

► **What are some things that you or people your age can do to accept Christ's offer of salvation?**

As today's solemnity reminds us, we experience and accept Christ's abundant love and salvation in the Eucharist. When Christ instituted the Eucharist at the Last Supper and fulfilled in his death and resurrection, he instructed the apostles to continue that sacramental act. The event happened in one place at a particular time in history. However, through the miracle of God's abundant love made manifest in the

ministry of the Church, we can encounter it in the Eucharist. Masses are held everywhere around the world and throughout history; in those masses, the abundance of Christ is present in the Eucharist. Christ does not run out, he is wholly present in each one of these Eucharistic celebrations. When we receive the Eucharist, we receive the body, blood, soul, and divinity of our resurrected Lord. Jesus has given us himself to feed our souls and nourish us on our journey to salvation.

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 210.

Our Lord has endless and abundant love for us.

Jesus' abundance is witnessed throughout Scripture and continues today.

Jesus worked miracles for his people.

Act on the Word

Jesus Feeds His People

For this activity, you will need Bibles or printouts of the readings listed in the activity below.

In today's activity the young people will examine Scripture passages about the Eucharist or that have Eucharistic themes.

Divide the teens into small groups or pairs. Give each group one or two of the following Scripture passages. You can add other passages if you would like to suit the needs of the number of groups.

- ✦ Matthew 26: 17-30 The Passover with the Disciples
- ✦ Mark 6: 34-44 Feeding the Five Thousand
- ✦ Mark 8: 1-10 Feeding the Four Thousand
- ✦ Mark 14: 12-25 The Passover with the Disciples
- ✦ Luke 22: 14-20 The Institution of the Lord's Supper
- ✦ Luke 24: 13-35 The Walk to Emmaus
- ✦ John 2: 1-12 The Wedding at Cana
- ✦ John 6: 22-59 The Bread from Heaven

Within the groups, give the students a list of questions meant to foster discussion about the passages. When they've finished discussing in the groups, ask them if they'd like to share any insight with the larger group. Here are some questions:

- ✦ How does this passage teach us about Christ feeding his people or meeting their needs?
- ✦ How are we fed by Jesus today?
- ✦ In what ways did Jesus nourish his disciples so they could in turn nourish others in the faith?
- ✦ What do we learn about Jesus and his abundance from this passage?
- ✦ There are times when, due to illness or emergency, we cannot attend Mass, and we cannot receive the Eucharist. How is our faith sustained through such trials?
- ✦ During the COVID-19 pandemic, you may not have been able to attend Mass in your region. How did that absence challenge your faith and in what ways did you grow in your faith?

Closing Prayer

Lord God,
you gave us your Son
so that we may feed on the Eucharist,
the everlasting memorial of love
and thanksgiving.
May we always share your gifts
as we seek to renew the face of the earth
to bring about your reign.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
one God, for ever and 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.