

During this unprecedented time in our world's history, we offer you the following material for your praying and reflecting on God's Word.

Introduction - June 19, 2022

Today is the Solemnity of the Most Holy Body and Blood of Christ. The feeding of the 5,000 is the only one of Jesus' miracles to appear in all four Gospels. In Luke's version, the feeding is not the result of Jesus' compassion for the crowd but is instigated by the disciples. They wanted Jesus to send the crowd away to town. Instead Jesus tells the disciples to give them some food on their own. The passage is meant to remind us of two feedings in the Old Testament: the feeding of the Israelites in the desert and Elisha's feeding of 100 people with 20 loaves in 2 Kings 4:42-44. It is also connected to the institution of the Eucharist. Jesus takes bread, looks up to heaven, blesses the bread, breaks it, and then gives it to the disciples. In using this exact language, Luke is reminding his readers that in this miracle Jesus is doing more than feeding hungry people as God did for the Israelites and as the prophet Elisha did as well. The bread he gives is his body, which he will continue to give as often as the community breaks bread in remembrance of him in the Eucharist.

Lectio Divina with the Sunday Gospel

Lectio Divina means 'divine reading'. It is a way to pray using the holy scriptures in a step-by-step process. Gather the entire family around and make the sign of the Cross. Light a candle.

Leader: "Holy Spirit, you inspired the authors of Sacred Scripture to write what you wanted us to know for the sake of our salvation. Inspire us now to hear those words not only with our ears, but our hearts, so that we might know your saving Word for us today."

- Have one person **read** the scripture slowly, out loud and have a few moments of silence afterwards. (It may be helpful for everyone to have a copy of the reading).
- **Read** the scripture again out loud and choose a single word or short phrase that touches, speaks or surprises you. Share with everyone.
- **Read** the scripture out loud one more time and discuss what is happening directly in the text.
- **Meditate** on what God is doing now in our lives through this text.
- **Respond** to what God is doing through prayer.
- **Contemplate** on what God is asking of me through this text and how to use these words as a gift for others through my actions.
- After a period of silence, end with the Sign of the Cross.

(see over)

The Holy Gospel for June 19, 2022

A reading from the Holy Gospel according to Luke.

Jesus spoke to the crowds about the kingdom of God,
and healed those who needed to be cured.

The day was drawing to a close,
and the twelve came to him and said,
“Send the crowd away,
so that they may go into the surrounding villages
and countryside,
to lodge and get provisions;
for we are here in a deserted place.”

But Jesus said to them,
“You give them something eat.”
They said, “We have no more than five loaves and two fish-
unless we are to go and buy food for all these people.”

For there were about five thousand men.
And Jesus said to his disciples,
“Make the people sit down in groups of about fifty each.”
They did so and made them all sit down.
And taking the five loaves and the two fish,
he looked up to heaven, and blessed and broke them,
and gave them to the disciples to set before the crowd.

And all ate and were filled.
What was left over was gathered up,
twelve baskets of broken pieces.

The Gospel of the Lord.

(see over)

Family Activities

- ❖ Share a meal with the entire family this week. In the Bible, meals are seen as much more than a means to satisfy a physical need. The Hebrew people viewed eating a meal as a way of expressing and strengthening their relationship to one another under God's covenant. Reflect on how that is similar to receiving the Eucharist at church?
- ❖ Reflect on the phrase “You are what you eat.” What does this mean? We believe that the bread and wine is transformed into the Body and Blood of Jesus Christ. Christ himself has become our food. And when we consume it, we become the Body of Christ. How does/ should that fact transform you?
- ❖ In today’s scripture, Jesus uses the same actions that we adopt during the Sacrament of the Eucharist - taking bread, looking up to heaven, blessing, breaking, and sharing. By taking the bread himself, Jesus is personally involved in the action of feeding and nourishing the people. In looking up to heaven, he shows his unity and in turn, our’s, with the Father. In blessing the bread, Jesus demonstrates his “saying well” of not only the bread but also what is implied in the bread – the feeding of the people. And finally in his giving and sharing, he shows that he continues to bestow his gifts on others. Then Jesus has his disciples be a part of his action by their distribution. When you participate in the Eucharist, reflect on each of these actions and their deeper meanings.
- ❖ The Hebrew word **zikaron** means remembering and re-enacting and making present again. Jesus wanted his disciples to celebrate his saving death, and to remember how he had brought about our salvation. In **zikaron**, they were able to make present the Lord Jesus’ giving of himself – his Body and Blood. They were able to take up the bread and the cup, and he would be present with them again as they proclaimed his death, until he comes again. They would be able to be one with Him at His table and receive Him once again. How awesome is it that our God wants to be with us always?

Prayer:

**O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray, so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves the fruits of your redemption.
Who live and reign with God the Father in the unity of the Holy Spirit,
God, for ever and ever. Amen**