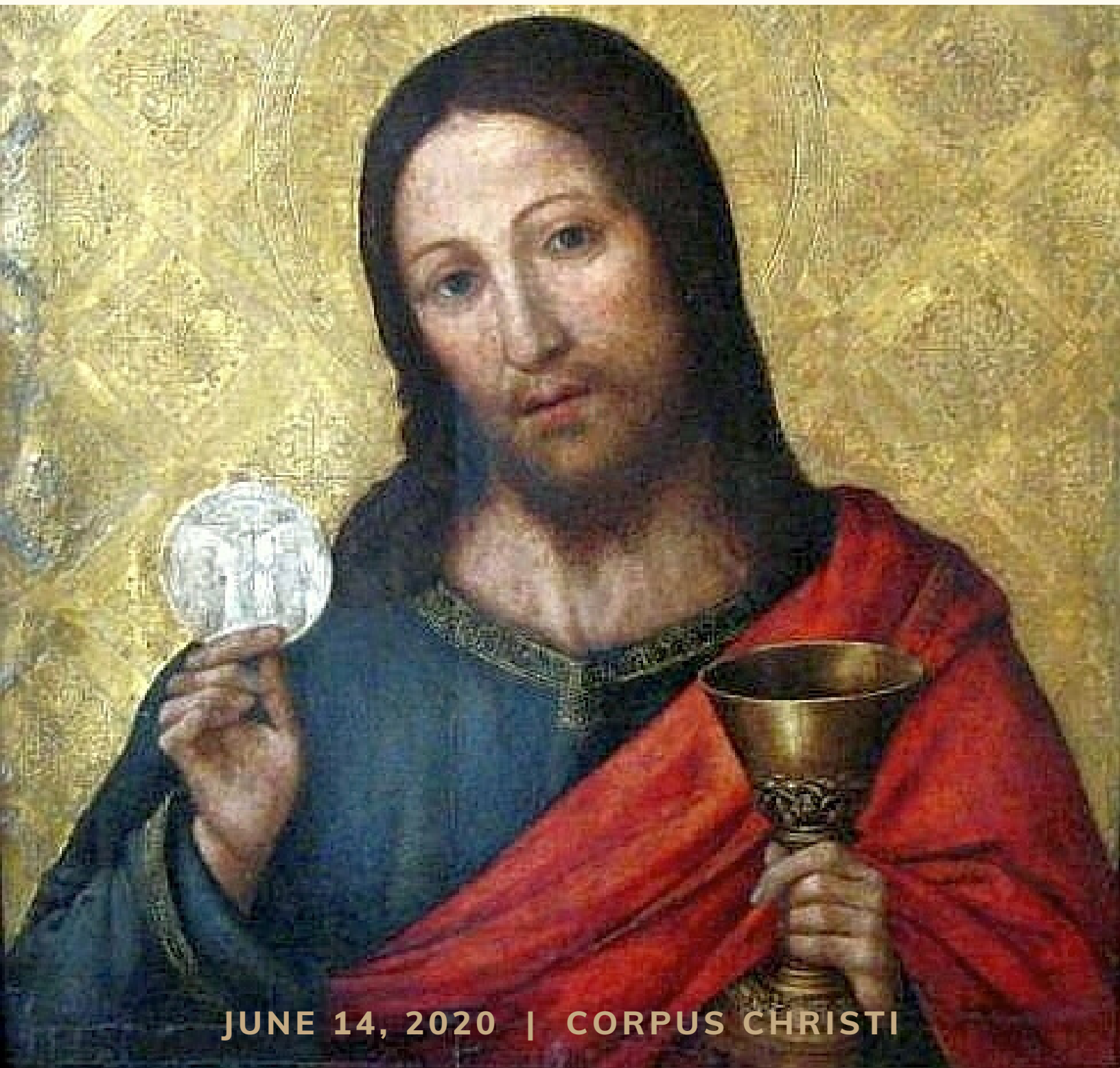


I AM THE LIVING BREAD THAT CAME DOWN FROM HEAVEN



JUNE 14, 2020 | CORPUS CHRISTI

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- 02** Participate Hymns and Readings
- 07** Process Going Deeper into Scripture
- 08** Practice Living the Faith from Day to Day
- 09** Kids Celebrate and Learn the Faith as a Family

PREPARE

Each Sunday we are called to "keep holy the Sabbath." Although that may look different right now, we will still come together as an Our Lady of Hope family through the gift of technology.

We hope that this guide helps you reclaim Sundays as a day of rest. The Lord invites us to stop our work and our worrying, and instead find rest and be renewed in Him. In modern culture, Sunday has become a day to "catch up" on everything that didn't get done during the week, and any time left over is often seen as an opportunity to "get ahead" for next week. But we've been given the opportunity to remember what Sunday is really about. During this pandemic, the Lord is calling us back to Himself, offering us a chance to reclaim the gift of the Sabbath in our homes and in our families.

"WHERE TWO
OR THREE ARE
GATHERED
TOGETHER IN
MY NAME,
THERE I AM IN
THE MIDST OF
THEM."

A basic principle for observing the Sabbath is to only do things that can be considered "rest" or "worship." Below are a few ideas to consider. Maybe pick just one thing to focus on this Sunday, then next Sunday keep that practice in addition to a second one. And then the next Sunday add a third, to slowly over time begin to enter into this great gift of the Sabbath more and more.

KEEP THE LORD AT THE CENTER Read the Mass readings ahead of time, participate in Mass, make more time for prayer, spend some extra time in silence focusing on the Lord.

TRY NOT TO WORK Resist the urge to check your email, or catch up on a few things, and leave it for Monday.

PLAN AHEAD Take care of what needs to be done before Sunday, so plan the rest of your week to make sure you get the laundry done, have gone grocery shopping, etc. so you don't have to do any of it on Sunday.

SPEND THE DAY "SCREEN FREE" Try to stay off social media, internet news, and your phone as much as possible. If you can't make it the whole day try to go for at least a few hours.

BE INTENTIONAL WITH OTHERS If you live with others (ie. family, roommates), is there something you can do together like play a game or go on a hike? If you live alone, can you reach out to a good friend and catch up?

LEISURE, NOT ENTERTAINMENT Try to do things that are life giving; binge-watching a favorite show or playing video games for hours rarely leaves anyone with a new zeal for life. Read a good book, go on a long walk, develop a hobby.

PARTICIPATE

HYMNS

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ENTRANCE: AT THE LAMB'S HIGH FEAST WE SING

Ad regias Agni dapes,
Tr. by Robert Campbell, 1814-1868, alt..
Jakob Hinte, 1622-1702

At the Lamb's high feast we sing
Praise to our victorious King,
Who hath washed us in the tide
Flowing from his pierced side:
Praise we him whose love divine
Gives his sacred blood for wine,
Gives his Body for the feast,
Christ the victim, Christ the priest.

Where the paschal blood is poured,
Death's dark angel sheathes his sword;
Israel's hosts triumphant go
Through the wave that drowns the foe.
Praise we Christ, whose Blood was shed,
Paschal victim, paschal bread;
With sincerity and love
Eat we manna from above.

Mighty Victim from on high,
Hell's fierce pow'rs beneath thee lie;
Thou hast conquered in the fight,
Thou hast brought us life and light:
Now no more can death appall,
Now no more the grave enthrall;
Thou hast opened Paradise,
And in thee thy saints shall rise.

Easter triumph, Easter joy, / These alone do sin destroy.
From sins pow'r do thou set free / Souls newborn, O Lord, in thee.
Hymns of glory, songs of praise / Father, unto thee we raise:
Risen Lord, all praise to thee / With the Spirit ever be.

OFFERTORY: PRAISE WE CHRIST'S IMMORTAL BODY

Thomas Aquinas, 1225-1274
Tr. by Melvin. L. Farrell, 1930-1986
Tr. (c) 1964, WLP

Praise we Christ's immortal body,
And his precious blood we praise;
Born of royal Virgin Mother,
He shall reign for endless days!
Dying once to save all nations,
Evermore he wins our praise!

On the eve of that last supper,
Breaking bread with chosen friends,
He obeys the Law's directions
Even as the old Law ends.
Now he hands the Twelve a new bread;
His own flesh with their flesh blends!

Humbly let us voice our homage
For so great a sacrament;
Let all former rites surrender
To the Lord's New Testament;
What our senses fail to fathom,
Let us grasp through faith's consent!

Coming forth from spotless Maiden
He for us was born a man!
Sowing seeds of truth among us,
he fulfilled the Father's plan;
Then his final night upon him,
Wondrously that night began!

By a word, the Word embodied
Changes common bread and wine;
Bread becomes his holy body,
Wine is made his blood divine!
Though this truth evades the senses,
Faith unveils the sacred sign!

Glory, honor, adoration
Let us sing with one accord!
Praised by God, almighty Father;
Praised by Christ, his Son, our Lord;
Praised by God the Holy Spirit;
Triune Godhead be adored! Amen.

COMMUNION: O LIVING BREAD FROM HEAVEN

Collection of Hymns, 1757, London
Felice de Giardini, 1716-1796

O living bread from heaven, how well you fed your guest!
The gifts that you have given have filled my heart with rest.
O wondrous food of blessing, O cup that heals our woes,
My heart, this gift possessing, with praises overflows!

You gave me all I wanted, this food can death destroy;
And you have freely granted the cup of endless joy.
O Lord, I do not merit, the favor you have shown,
And all my soul and spirit bow down before your throne.

Lord Jesus, here you led me within your holiest place,
And here yourself have fed me with treasures of your grace;
And you have freely given what earth could never buy.
The bread of life from heaven that I may never die.

Lord, grant me that, thus strengthened with heav'nly food, while here
My course on earth is lengthened, I serve with holy fear,
And when you call my spirit to leave this world below,
I enter, through your merit, where joys unmingled flow.

RECESSIONAL: SING PRAISE TO OUR CREATOR

William C. Dix, 1837-1898
Rowland H. Richard, 1811-1887

Alleluia! Sing to Jesus! His the scepter, his the throne;
Alleluia! His the triumph, His the victory alone;
Hark! the songs of peaceful Sion Thunder like a mighty flood;
Jesus out of ev'ry nation Hath redeemed us by his blood.

Alleluia! Bread of Angels, Thou on earth our food, our stay;
Alleluia! Here the sinful Flee to thee from day to day;
Intercessor, friend of sinners, Earth's Redeemer, plead for me,
Where the songs of all the sinless Sweep across the crystal sea.

Alleluia! Not as orphans Are we left in sorrow now,
Alleluia! He is near us, faith believes nor questions how:
Though the cloud from sight received him,
when the forty days were o'er,
Shall our hearts forget his promise, "I am with you evermore"?

Alleluia! King eternal, Thee the Lord of lords we own;
Alleluia! Born of Mary, earth thy footstool, heav'n thy throne:
Thou within the veil hast entered, robed in flesh,
our great High Priest:
Thou on earth both Priest and Vicitm in the Eucharistis feast.

PARTICIPATE

GIVING

Even though we are not together physically, you are still able to give. We are grateful for all the generous and sacrificial gifts you give as acts of faith during these difficult times. Please consider taking this opportunity to move to [Faith Direct](#), our parish's online giving platform. If you prefer to give using your offertory envelopes, checks may be mailed to the parish office or dropped off during business hours.

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You. Amen.

ST MICHAEL THE ARCHANGEL

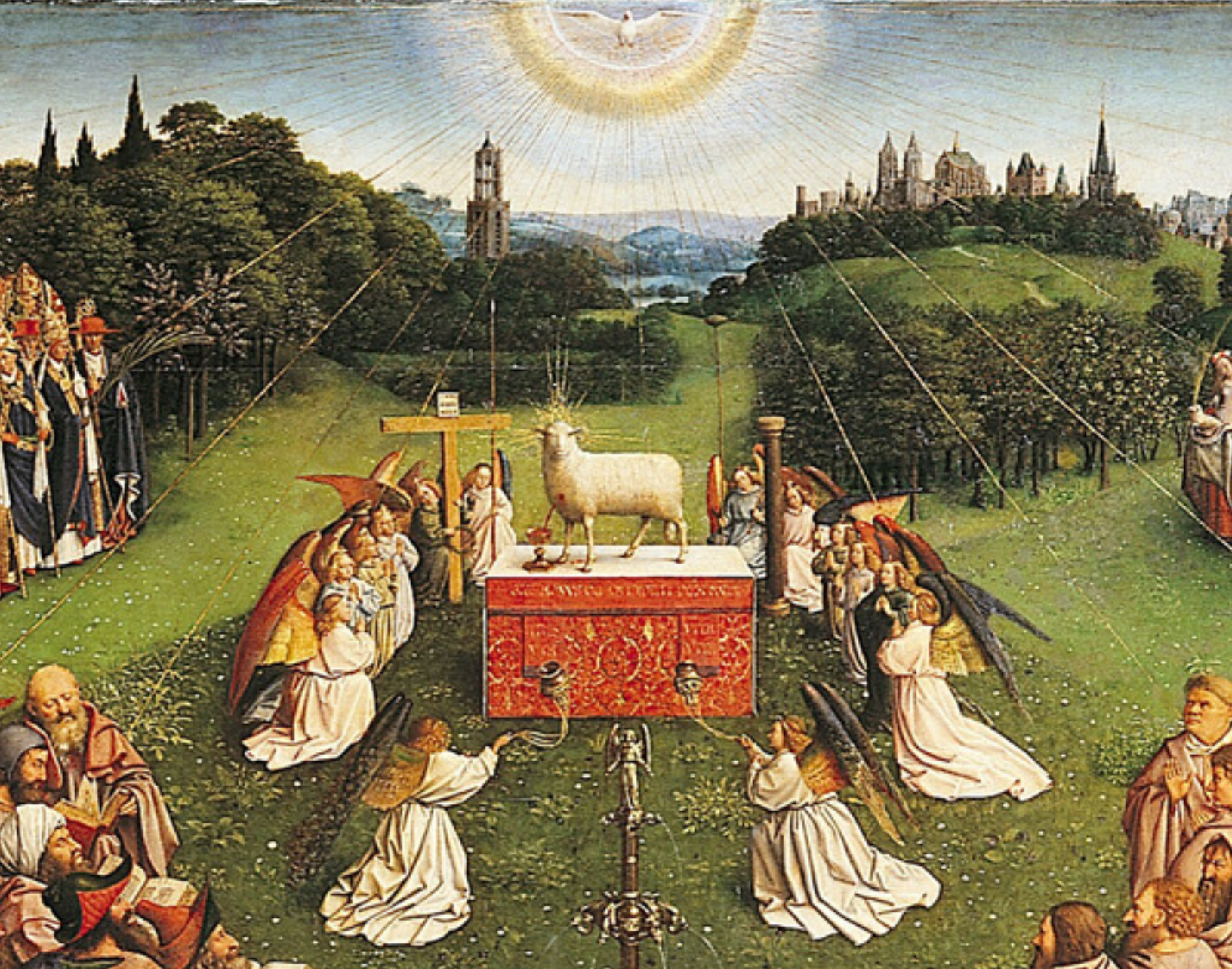
St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts,
by the power of God, cast into hell Satan, and all the evil spirits
who prowl about the world seeking the ruin of souls. Amen.

PRAYER FOR THE CHURCH

Most holy Virgin Mary, Mother of God, immaculate in body and soul,
look kindly on your children who implore your powerful prayers.
The wicked serpent fiercely continues to attack and ensnare us,
the poor children of Eve.

Dear Blessed Mother, our queen and our advocate, our Lady of Hope,
who has crushed the head of the enemy,
receive the petitions we place before you today;
especially for the victims of abuse and all human cruelty,
for the holiness of our clergy, and for healing within our Church.

We implore your prayers, O gracious Advocate,
that we may never fall to the snares of the devil,
that we may arrive at the gates of salvation,
and that amidst so many dangers, each one of us may once again
become a sign of God's holiness for all the nations of the world. Amen.



READINGS

[CLICK HERE FOR THE FULL TEXTS](#)

FIRST READING

Deut. 8:2-3, 14B-16A
God's Care

RESPONSORIAL PSALM

Psalm 147:12-15, 19-20
R/. Praise the Lord, Jerusalem.

SECOND READING

1 Cor. 10:16-17
The Body of Christ

ALLELUIA

I am the living bread that came down from heaven, says the Lord: whoever eats this bread will live forever.

GOSPEL

John 6:51-58
Bread of Life Discourse

PROCESS

The gospel for Corpus Christi proclaims loudly the Real Presence of Christ at Mass. Miraculously, though bread and wine seem to be seen, somehow and mysteriously Our Lord is truly present: "For my flesh is meat indeed: and my blood is drink indeed" (John 6:56). In this discourse to the crowd, He gives His most astounding claim: the Presence of God – the Glory of the Lord – is no longer to be found in the Temple only, nor is it lost due to sin, but God has returned as the manna in the desert, broken and given for His people to have eternal life. He is here. Now. In every church and chapel, waiting for us.



This week's Gospel reflection is from OLOH seminarian James Joseph.

For Reflection

The Real Presence is not abstract or symbolic. Our Lord makes no effort to moderate His language when the crowd does not accept this "hard saying" (6:60). He lets them go. His disciples only are left to say they will not leave, and confess, as St. Peter does, "Lord, to whom shall we go? thou hast the words of eternal life" (6:69). His words later at the Last Supper fulfill this earlier promise: "Take ye, and eat. This is my body" (Mt 26:26). His last words at the Ascension confirm it: "I am with you all days, even to the consummation of the world" (28:20). Not a mere symbol, nor my presence in some ethereal way, but really here. That is what makes churches special, different even from the beauties of nature. He is not merely here through His creation of Beauty and Truth, but here much more deeply, bodily. Because He said He would be, for love of us.

It is astounding every time I think of it, perhaps because I am a convert and did not grow up with the Mass and the Eucharist, that God every day obeys the words of a mere man, takes on the appearance of a bit of bread and a drop of wine, and subjects Himself by doing so to the whims of our physical world. What would He not do to teach us to be humble! As I write these words in the rectory, He is below the floorboards of this room in the chapel. The Real Presence begins to astound if it is given even a rudimentary amount of thought. Do not say, "God is here," but "God is *here*."

Now that most of us are able to get to Mass again (thanks be to God!), it would be very helpful to renew the fire in our hearts for God in the Blessed Sacrament. Time with the Blessed Sacrament is like incense burned up – productively useless but pleasing to God and helpful to us. Our Lord longs for us to "waste time" with Him.

How often do we really appreciate His Presence? Do we come into church without thinking, or do we see Him in the tabernacle and immediately thank Him for His loving presence? This is what makes our genuflections acts of reverence instead of empty gestures. If we truly believe the God is really present, how could we not fall down and worship Him?

PRACTICE



Questions for Reflection

Do I believe that Jesus is truly present in the Eucharist?

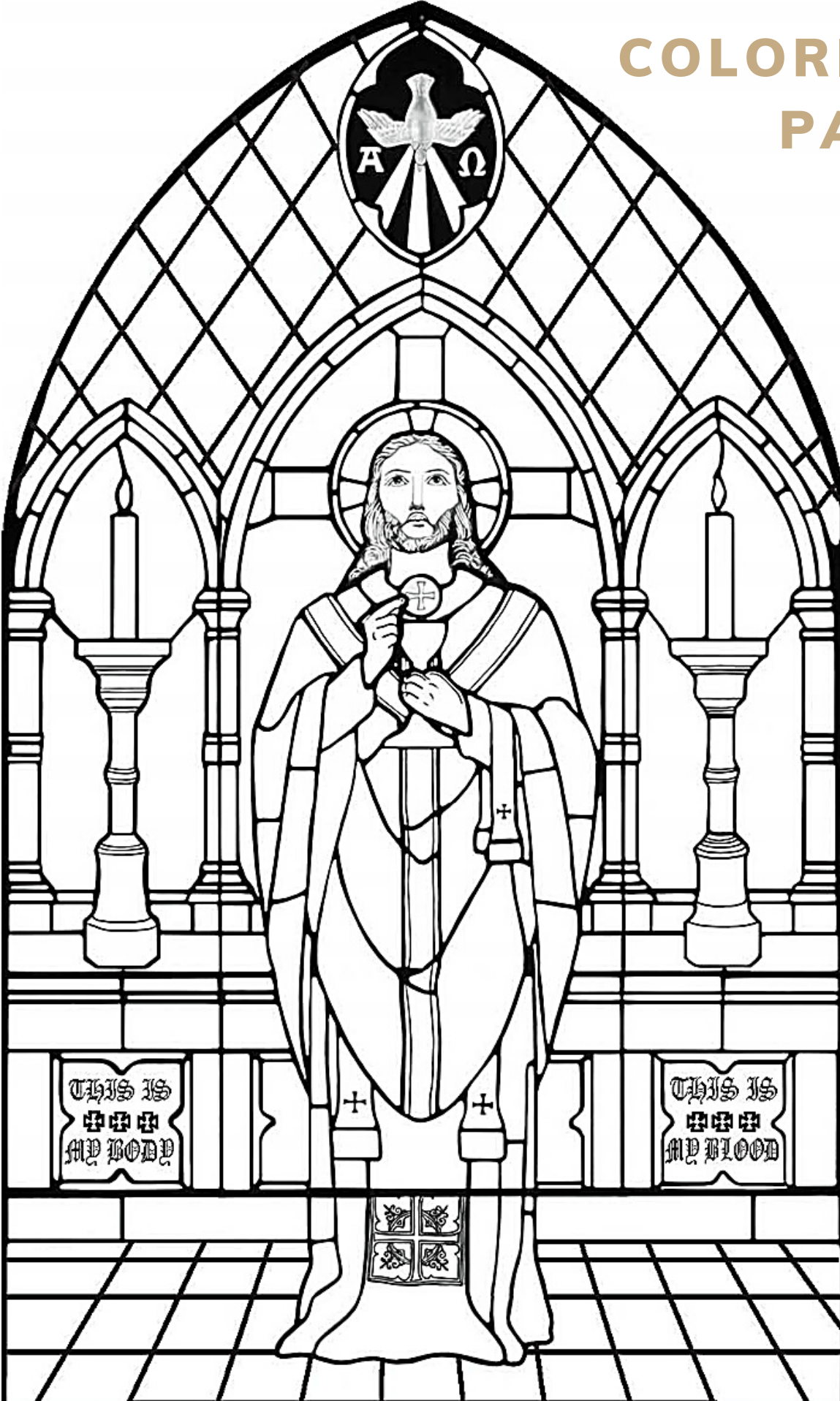
When I receive Our Lord in the Eucharist, have I confessed all my mortal sins? Have I kept the fast for at least an hour before?

After I receive communion, do I spend at least a few minutes giving thanks to Jesus for coming to be with me? Do I take a moment to quietly accept and return His love for me?

Do I spend time in prayer as often as I am able with the Blessed Sacrament? Do I want to grow in my desire to spend time with Him?

Challenge: Spend at least 30 minutes in prayer before Jesus in the Eucharist this week. As Seminarian James says in his reflection, "Our Lord longs for us to 'waste time' with Him." He is always present to us in the tabernacle, but we have the opportunity to worship in an even more special way on Thursdays, when Jesus is exposed in the monstrance for Eucharist Adoration.

COLORING
PAGE



Blessed Sacrament