



**Solemnity of the Most Holy Body  
and Blood of Christ (Corpus Christi)**  
**June 22, 2014**

## **Sunday Liturgy Guide for the Church of the Poor in the Spirit of the New Evangelization**

**The Church of the Poor, through the Basic Ecclesial Communities, nourished by the Body and Blood of Jesus, fulfills her identity as the Body of Christ when, like Jesus, she allows her body to be broken and her blood shed as food and drink of the people!**

Let us celebrate today the Feast of the Most Holy Body and Blood of Christ, popularly known to us as Corpus Christi. This is a meaningful feast for all of us. In our participation in the life and love of the Holy Trinity here on earth, we are nourished and strengthened by our heavenly food: the Body and Blood of Christ! As we celebrate this feast, and make the Body and Blood of Christ our daily sustenance, let us continue to reflect on the mission of Jesus. PCP-II says:

### **“7. To Liberate from Sinfulness**

**(53)** While the Apostles were to follow the love of Jesus for the poor, they were also to fulfill his mission to liberate the people from sinfulness. For Jesus entered a sinful world to convict it of sin. He liberated people from their enslavement to selfishness, relativized the idols of money and power, and insisted that only God should be adored and served. God, he said, is to be loved with our whole heart, soul, mind, and strength, and we are to love our neighbor as ourselves. He stigmatized as a fool the rich man who had thoughts only for himself and for his possessions. ‘What profit is there,’ he

### **Introductory Rites**

#### **Greeting**

**P:** In the name of the Father, and of the Son, and of the Holy Spirit.

**C:** *Amen.*

**P:** The grace of our Lord Jesus Christ, the love of God and the fellowship with the Holy Spirit, be always with you.

**C:** *And with your spirit.*

asked, ‘for one to gain the whole world and forfeit his life?’ He liberated people by forgiving their sins, by his exorcisms, by his healing power. Thus he demonstrated that ‘the liberation and salvation brought by the Kingdom of God come to the human person both in his physical and spiritual dimensions.

**(54)** Jesus freed people from their fears and anxieties by assuring them of God’s mercy and providence. He freed them from a slavish respect for institutions. But Jesus did not only act and speak against evil. He prayed. He brought his task before his father in prayer to draw Him the strength to do battle against evil. And what he did, he taught to his disciples. There is evil, he said, that can be cast out only by prayer. And he taught them to pray, ‘Deliver us from evil.’”

As a BEC community, reflect on the indicators of a “sinful world” around you which you must convict as sin. What are the indicators of your “enslavement to selfishness” (personal sin) and of your idolatrous regard for money and power (social sin)? On the other hand, what are the contrasting indicators that show your reverence, worship and service to the one and only God, and to nothing and to no one else besides? Are you truly liberated because you have been freed from a “slavish respect for institutions”? Have you been strengthened against evil by prayer, the prayer that says: “Deliver us from evil”? ■

## Introduction and Welcome

P: Dear brothers and sisters: let us continue to celebrate our life with joy and thanksgiving as Church, as a community of God's people. Today, we especially pray for the grace that we may more intensely receive the Body and Blood of Christ as our nourishment and source of strength in our daily life struggles for a better world, in anticipation of the fullness of the Kingdom.

## Penitential Act

P: Brothers and sisters, let us now ask God to forgive us our sins, so that we can become worthy to celebrate these great mysteries.

P: I confess...

C: *to almighty God....to pray for me to the Lord our God. Amen.*

P: Lord, have mercy.

C: *Lord, have mercy.*

P: Christ, have mercy.

C: *Christ, have mercy.*

P: Lord, have mercy.

C: *Lord, have mercy.*

P: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

C: *Amen.*

## Gloria

Glory to God in the Highest!

And on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, Almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord,

you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

## Collect

P: Let us pray: 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 experience in ourselves the fruits of your redemption, who live and reign with God the Father in the unity of the Holy Spirit, one God, forever and ever.

C: *Amen.*

## LITURGY OF THE WORD

### First Reading: Deut 8:2-3, 14b-16a

L: A reading from the Book of Deuteronomy.

Moses said to the people: "Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD.

"Do not forget the LORD, your God, who brought you out of the land of Egypt, that place of slavery; who guided you through the vast and terrible desert with its saraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to your fathers."

L: The Word of the Lord.

C: *Thanks be to God.*

**Commentary on Deut 8:2-3, 14b-16a:**

The desert is both a real place of testing and at the same time a symbol for the formation of one's freedom and conscience. In the desert, one must choose between hunger and death, fidelity to God and idolatry, good and evil. It is in the desert experience that one chooses to be free, freedom as fundamental moral option between good and evil, and not just to choose one from among many. It is on the level of the heart, of conscience, that one also discovers the real food for life: to hear and obey God's word. But this ultimate choice for the manna, the food from heaven, does not exclude the contribution of the sciences for the formation of the whole person, including one's depth, one's conscience. For truly the laws of nature, and their discovery as science, are actually keys to understanding better the word that comes from the mouth of God.

**Responsorial Psalm: Ps 147:12-13, 14-15, 19-20**

**R: Praise the Lord, Jerusalem. or R: Alleluia.**

Glorify the LORD, O Jerusalem; praise your God, O Zion. For he has strengthened the bars of your gates; he has blessed your children within you.

**R: Praise the Lord, Jerusalem. or R: Alleluia.**

He has granted peace in your borders; with the best of wheat he fills you. He sends forth his command to the earth; swiftly runs his word!

**R: Praise the Lord, Jerusalem. or R: Alleluia.**

He has proclaimed his word to Jacob, his statutes and his ordinances to Israel. He has not done thus for any other nation; his ordinances he has not made known to them. Alleluia.

**R: Praise the Lord, Jerusalem. or R: Alleluia.**

**Commentary on Ps 147:**

This is a song of gratitude and a hymn of praise. In this second part of the psalm, the city of Jerusalem is exhorted to praise God for what he has done. He has given security to the city, blessed its inhabitants with children and assured them of generations; he has protected them with his peace, therefore they are prosperous. Because Yahweh loves them and they are his favorites!

**Second Reading: 1 Cor 10:16-17**

L: A reading from the First Letter of St. Paul to the Corinthians.

Brothers and sisters: The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

L: The Word of the Lord.

C: *Thanks be to God.*

**Commentary on 1 Cor 10:16-17:**

Paul warns the Christian community in Corinth of the dangers of idolatry, based on the past experiences of Israel which Paul now freely interprets in the light of the Christ-event. All the transgressions of the past, which indicated the possibility of idolatrous worship, led to lessons that prepared the present generation to the worship of the true God in Jesus Christ. To drink from the cup is to participate in the self-giving of Jesus; to eat of the bread is to participate in the unity and communion of the community which is the Body of Christ. The Eucharist is both a celebration of our concrete unselfish way of serving the people and of our being a new community

equal in dignity and in solidarity with one another as different parts of one body. The idolatrous and demonic worship that must be rejected is that worship of hegemonic powers that rule with injustice and oppression, preventing the people from becoming a community that loves and serves.

## Sequence

Lo! The angel's food is given to the pilgrim who has striven; See the children's bread from heaven, which on dogs may not be spent. Truth the ancients types fulfilling, Isaac bound, a victim willing, Paschal lamb, its lifeblood spilling, manna to the fathers sent.

Very bread, good shepherd, tend us,  
Jesus, of your love befriend us, You  
refresh us, you defend us, Your eternal  
goodness send us In the land of life to  
see. You who all things can and know,  
Who on earth such food bestow, Grant us  
with your saints, though lowest, Where  
the heavenly feast you show, Fellow  
heirs and guests to be. Amen. Alleluia.

### Alleluia Verse:

**R: Alleluia, alleluia!** I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever.

**R: Alleluia, alleluia.**

### Gospel: John 6:51-58

P: The Lord be with you.

C: *And with your spirit.*

P: A reading from the Holy Gospel according to John.

C: *Glory to you, O Lord.*

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give

is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

P: The Gospel of the Lord.

C: *Praise be to you, O Lord Jesus Christ.*

### Commentary on John 6:51-58

Jesus applies Israel's experience of the manna in the desert to himself. This time, he himself is the food and drink, in his flesh and blood, in his concrete person and way of living, as the God who nourishes his people today and for eternal life to come. His being the true nourishment for eternal life is always linked to the Cross where he died into the sin of injustice that he did not commit; where he was lifted up and glorified as the conqueror of sin and death.

Join Fr. Ben Alforque, MSC of the Missionaries of the Sacred Heart in **GOSPEL BREAK**, a short yet entertaining and insightful discussion of this Sunday's Gospel on YouTube.

Visit [gospelbreak.wordpress.com](http://gospelbreak.wordpress.com). Or scan this QR code with your Smartphone or tablet.



**Homily: The Church of the Poor, through the Basic Ecclesial Communities, nourished by the Body and Blood of Jesus, fulfills her identity as the Body of Christ when, like Jesus, she allows her body to be broken and her blood shed as food and drink of the people!**

Summary of the Sunday Reading Message	Concrete description of the poor people and their situation	Reflection/ Points for reflection/ Call/ Challenge
Homily: The Church of the Poor, through the Basic Ecclesial Communities, nourished by the Body and Blood of Jesus, fulfills her identity as the Body of Christ when, like Jesus, she allows her body to be broken and her blood shed as food and drink of the people!	In your experience in your GSK and in your society, what are the concrete obstacles that prevent you from enjoying Christian freedom and the dignity of the human person? Cite examples where the ruling elite are the ones determining your choices and mis-educating your conscience.	The Eucharist is the highest expression of our loving communion with God, with one another and with the whole of creation. It is also the greatest source of strength and inspiration that would empower us to stay close to Jesus and his Cross, to love him and his cause!

**Profession of Faith**

A: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God,

begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

**Prayers of the Faithful:**

P: Dear sisters and brothers, let us now joyfully and humbly ask our Father to grant us the grace to live up to our identity as the Body of Christ, ready and willing to be broken and pierced so that we can be life and nourishment for others. For every prayer let our response be: Lord, nourish us always with the Body and Blood of your Son.

**R: Lord, nourish us always with the Body and Blood of your Son.**

L: Let us pray for the Church: that being a Church of the Poor spread all over the world, she may continue to help liberate people from their enslavement to selfishness, relativize the idols of money and power, and insist that only God should be adored and served and to love our neighbor as ourselves. Let us pray to the Lord.

**R: Lord, nourish us always with the Body and Blood of your Son.**

L: For our Holy Father, Pope Francis I, for the bishops, priests, deacons, for those in consecrated life and for all those who are entrusted with the care and administration of the church as People of God: that they may continue to set up structures of care that help liberate people from fears and anxieties, and from a “slavish respect for institutions” so that they will become more happy, creative and daring in giving witness to your mercy and providence. Let us pray to the Lord.

**R: Lord, nourish us always with the Body and Blood of your Son.**

L: For world leaders and all those entrusted with governance and administration of the goods of the earth: that they may promote educational and training programs that will help free our children and youth from selfishness, engage them in volunteerism and social involvement for radical social change and genuine community transformation. Let us pray to the Lord.

**R: Lord, nourish us always with the Body and Blood of your Son.**

L: For all of us, inhabitants of the earth and citizens of heaven: that we may help each other see our sinfulness due to our personal acts of egoism and due to the influence and pressures of social structures that are infested with the culture of corruption, deceit and exploitation and be inspired to transform them in the spirit of the New Evangelization. Let us pray to the Lord.

**R: Lord, nourish us always with the Body and Blood of your Son.**

L: For our beloved dead: that in the forgiveness of their sins, they may find eternal rest in the heart of our Lord and Savior Jesus Christ. Let us pray to the Lord.

**R: Lord, nourish us always with the**

**Body and Blood of your Son.**

L: For our special intentions, in the silence of our hearts. (*pause*)... Let us pray to the Lord.

**R: Lord, nourish us always with the Body and Blood of your Son.**

P: Lord God, these are the prayers we present to you today. We thank you for the gift of the Body and Blood of your Son, which we receive in the Sacrament of the Eucharist. We ask you to help us hunger for more of his presence, receive him daily in our lives, and be empowered by him to create a community centered in his word, Eucharistic presence and his way of the Cross. We ask this through same Christ our Lord.

R: *Amen.*

## LITURGY OF THE EUCHARIST

### Preparation of the Altar and the Gifts

P: Blessed are you, Lord God of all creation, ....

C: *Blessed be God forever.*

P: Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

C: *May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.*

### Prayer over the Offerings

P: Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present.

Through Christ our Lord.

C: *Amen.*

### Prayer of the Eucharist

P: The Lord be with you.

C: *And with your spirit.*

P: Lift up your hearts.

C: *We lift them up to the Lord.*

P: Let us give thanks to the Lord our God.

C: *It is right and just.*

P: It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For he is the true and eternal Priest, who instituted the pattern of an everlasting sacrifice and was the first to offer himself as the saving Victim, commanding us to make this offering as his memorial. As we eat his flesh that was sacrificed for us, and, as we drink his Blood that was poured out for us, we are washed clean.

And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end we acclaim:

*A: Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

### **Acclamation**

P: The mystery of faith.

**When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

*(Concluding the Eucharistic Prayer, the priest says:)*

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.

C: *Amen.*

### **Communion Rite**

The Lord's Prayer

### **Doxology**

C: *For yours is the kingdom, and the power, and the glory forever and ever.*

### **Sign of Peace**

P: Lord Jesus Christ, who said to your Apostles; Peace ... Who live and reign for ever and ever.

C: *Amen.*

P: The peace of the Lord be with you always.

C: *And with your spirit.*

P: Let us offer each other the sign of peace.

### **Breaking of the Bread**

A: *Lamb of God, you take away the sins of the world ... grant us peace.*

### **Communion**

P: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

A: *Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.*

### **Prayer after Communion**

P: Let us pray: Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign forever and ever.

C: *Amen.*

*(Procession of the Sacred Host may follow, without a blessing to end it. When there is no procession, the Solemn Blessings may be said.)*

### **Final Blessing**

P: The Lord be with you.

C: *And with your spirit.*

P: Bow down for the blessing:  
May the peace of God, which  
surpasses all understanding, keep  
your hearts and minds in the  
knowledge and love of God, and of  
his Son, our Lord Jesus Christ.

C: *Amen.*

P: And may the blessings of  
almighty God, + the Father, and  
the Son, and the Holy Spirit, come  
down upon you and remain with  
you forever.

C: *Amen.*

### **Dismissal**

P: Go and announce the Gospel of  
the Lord.

C: *Thanks be to God.* ■

Please help us continue publishing  
this Missalette with your donation.

Any amount is appreciated  
no matter how small.

Thank you!

Account Name:

Communication Foundation for Asia  
Metrobank V-Mapa, Sta. Mesa, Manila

Branch:

SA# 3306-509-480

BDO Old Sta. Mesa Road, Manila Branch:

SA# 7090-042-836

Please fax deposit slip to 713-2736

We are located at # 4427 Old Sta. Mesa St.,  
Sta. Mesa, Manila

**The Church  
of the Poor,  
through the  
Basic  
Ecclesial  
Communities,  
nourished by  
the Body and  
Blood of  
Jesus,  
fulfills her  
identity as the  
Body of Christ  
when, like  
Jesus, she  
allows her body  
to be broken  
and her blood  
shed as food and  
drink of the  
people!**