



CELEBRATING AT HOME

## THE MOST HOLY BODY AND BLOOD OF CHRIST

*The real presence of Jesus in us (Luke 9:11-17)*



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### Sign of the Cross

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen**

The Lord is here, present among us.

**We are gathered with the whole Church  
in this moment of prayer.**

### Preparing to hear the Word

We have been called by God  
to be the Church,

**the Body of Christ in this world.**

We are not a building, but a people,  
gathered and grounded in

**the Word of God,  
the love of Christ,  
and the unity of the Holy Spirit.**

Lord Jesus, you are

**the Bread of Life,  
the Wine of Compassion,  
the Word made flesh.**

### Scripture Reading *(Luke 9:11-17)*

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late in the afternoon when the twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to the disciples to distribute among the crowd.

They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

### Reflection - *The real presence of Jesus in us*

Today's feast celebrates the enduring sign of Christ's presence with us in the Bread and Wine of the Eucharist.

It also celebrates Christ's presence with us in the community of the Church. The Eucharist is our sacrament of communion, not only with Christ and God, but also with all those called into the Christian community. Our communion binds us to one another in a sacred union of mind and heart with Jesus.

The word 'communion' means to share in common. In Holy Communion what we share in common with God and each other is Jesus Christ present in the Bread and the Wine. Another meaning of 'communion' is to be of one mind and heart. It is the Holy Spirit who keeps us in communion of mind and heart with God, with Christ and with each other.

We are very used to thinking about the Real Presence of Jesus being in the Blessed Sacrament. But the real presence of Christ is also in the community when it gathers in his name to feast on the Word of Scripture, to recall what Jesus said and did at the Last Supper (not only the words over bread and wine, but also the washing of the feet), when it shares the food of the Eucharist together, when it goes out and continues to break and pour out that food in acts of loving kindness, in soothing and nourishing words which brings others to life.

The Eucharist is not only an object to be looked at, *but an action to be done* so that the living presence of Jesus continues to touch and heal.

Maybe we need to think more deeply about the real presence of Jesus being in real, living human beings. Bread and Wine have no eyes to gaze with love, no face with which to smile, no mouth to speak soothing words, no arms to hold the grieving and the sick, or to lend a hand, no ears to hear the pain. But we do.

So we are called to become the Eucharist that feeds those around us with the nourishment of breadth of heart and vision, respect, love, compassion, hope and forgiveness.

May we become what we receive. *(St Augustine)*

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### Prayers of Intercession

Eternal God,  
as we recognise and honour the presence of your Son  
in the Eucharist,  
**may we also recognise and honour his presence in  
each other.**

May we break the Bread in justice and peace,  
**and share the Cup in kindness and love.**

Show us how to feed the hungers of our world,  
**and to bring life to your people.**

### Lord's Prayer

Formed by the teaching and example of Jesus,  
we pray:

**Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.**

### Closing Prayer

Gracious God of beauty, truth and goodness,  
you redeem and renew us.  
Continue to live deeply within us and through us  
so that your love and healing  
can continue to touch and transform our world.  
Through Christ our Lord.  
**Amen.**

### Blessing

May the grace of our Lord, Jesus Christ,  
the love of God,  
and the fellowship of the Holy Spirit,  
**remain with us always.**



# Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



**The Carmelites**  
Australia & Timor-Leste

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