

THEME If we stopped eating we would die; we need food and drink to survive. Today's feast reminds us that Christ has left us a permanent memorial of his death and resurrection – the sacrament and sacrifice of the Eucharist. This really is his Body and Blood – the necessary staple diet of every Christian.

PENITENTIAL RITE

- Forgive us, Lord, when we are lukewarm and carelessly prepared to meet you in your word and sacrament. Lord have mercy. **Lord have mercy.**
- Forgive us, Lord, when we fail to recognise your presence in your living word and sacrament. Christ have mercy, **Christ have mercy.**
- Forgive us Lord, when we fail to recognise your continued presence in the community of faith and fail to serve each other. Lord have mercy. **Lord have mercy.**

GLORIA

OPENING PRAYER - Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom, where you live with the Father and the Holy Spirit, one God, for ever and ever.

LITURGY OF THE WORD OF GOD

First Reading – Deut. 8v.2-3; 14-16. The author exhorts the people to remember they are God's people who need to nourish themselves on his word. Do not forget all the Lord has done for you.

'Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

Responsorial Psalm - Psalm 147 ® O praise the Lord, Jerusalem

O praise the Lord, Jerusalem! Zion, Praise your God
He has strengthened the bars of your gates;
he has blessed the children within you. ®

He established peace on your borders, he feeds you with finest wheat.
He sends out his word to the earth and swiftly runs his command. ®

He makes his word known to Jacob, to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. ®

Second Reading - 2 Cor.10v.16-17. In the Eucharist we all share the same bread, and so, however many we are, we form one body in Christ.

'The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.'

Alleluia, alleluia! I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever. Alleluia!

Gospel – John 6v.51-58. As food and drink nourish the body, so Christ nourishes us for this life and everlasting life.

'Jesus said to the crowd: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said.

Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

Fr Philip's ADDRESS WILL BE AT THE END, on a separate recording.

CREED: Apostles Creed

PRAYER OF THE FAITHFUL

Celebrant: As one body we pray to the Living Father who gives life to the world.

Reader: Let us pray for all Christians: that the celebration of the Eucharist may form them into a community of love.

We pray for all Christians with whom we do not share our Eucharistic table, that by professing one Baptism and one Lord, we may become one in Christ.

We ask the Lord to heal divisions that have prevented his followers from sharing the Eucharist and have caused Christians to persecute each other.

We pray for those who serve us in ministry at the altar. May they grow in love of Christ, present in the Eucharist.

Let us pray for those who are hungry for love; the lonely, the afflicted and those without shelter May our sharing in the Eucharist move our hearts in compassion for them.

We pray for the sick, especially Nichola Berry, Ken Davis Russell Pipe and Maria Everett in hospital and Michael Denny, Janice Ross, Billy Carter, Jessica Mercer, Joan Hill, Elizabeth Routledge and Keith Forsdyke.

We ask the Lord to bring all the dead to the joy of the heavenly feast where they will be with him for ever. We remember especially Joan Rogers, Eileen Wren, Edith Pelham, Kenneth Gray, Peter Williamson, Peter Gowlett, Eva Baker, Cecily Garrard, Margaret Stannard, Jean Taylor, Jean Davey, Katherine Fletcher, Frederick Aldridge, Ernest Abbot, Fr John Drew, Leslie Clarke, Eileen Gray and Arthur Clements, whose anniversaries occur at this time.

We pray to the Mother of the Church and the Mother of all the people. It was her consent that formed the Body of Jesus. **Hail Mary full of grace the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.**

S I L E N C E

All: Lord God, you have shown yourself as Father, Son and Holy Spirit. We pray to you knowing that all truth and goodness are in you. We make our prayer through your Son, Jesus Christ our Lord. Amen

ACT OF SPIRITUAL HOLY COMMUNION

Dear Lord, since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. Let nothing ever separate me from you.

ANGELUS

BLESSING ✠

Fr Philip Writes: Thought for this week

“Before Communion the Sacred Bread does not look as if Christ is present in it. After Communion we Christians do not always look as if Christ is present in us.” (Frank Sheed)

Church to open for private prayer

As from Monday 15th June, St Mary’s church will be open every day from 11.00 am to 4.00 pm for private prayer. I met our Churchwardens Andrew and Chris on Wednesday and we conducted a thorough risk assessment, using the C of E template. It is important that everyone maintains the strictest hygiene and distancing directions. **PLEASE:**

- do not enter if there are any Covid symptoms in your household;
- enter only through the North porch;
- keep 2 metres apart from anyone in another household;
- use hand sanitiser: stations are each side of the porch door;
- sit or kneel only where pews are marked with a sticker ○ (Blessed Sacrament chapel & South side of Nave)
- only 1 person in the Holy Cross Chapel at a time
- do not cross any barriers; they are there to minimise risk;
- do not stop to talk to others inside the church during these times;
- If you need to use the toilet, please clean it thoroughly afterwards.

Thank you to all those who have provided cleaning equipment and the enthusiastic band who have worked so hard throughout the past few days each ‘team’ or person cleaning a different part of the church in designated time slots. That is still ongoing, but already it looks so much better.

Mass Readings this week: 11th Week in Ordinary Time (Divine Office – Psalter Week 3)

MON: 1 Kings 21 v 1-16. Matt 5 v 38-42. Intention: Those falsely accused

TUE: 1 Kings 21 v 17-29; Matt 5 v 43-48 Int: All victims of trafficking

WED: 2 Kings 2 v 1, 16-14. Matt 6 v 1-6, 16-18. Int: A deeper prayer life

THUR: Ecclesiasticus 48 v 1-14. Matt 6 v 7-15. Int: All searching for forgiveness

FRI: MOST SACRED HEART OF JESUS (Solemnity)

Deut 7 v 6-11; 1 John 4 v 7-16; Matt 11 v 25-30. Int: All searching for faith

SAT: St Alban 2 Chron 24 v 17-25; Luke 2 v 41-51. Int: Conversion of England

Next Sun: 12th Sunday of Year A

Jer. 20 v 10-13; Romans 5 v 12-15; Matt 10 v 26-33.

Please continue to pray for one another, as I do for you – and continue to contact me about any pastoral need or prayer requests.

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