



*Light and
Love in the
darkness*

CELEBRATING AT HOME BODY AND BLOOD OF CHRIST

*The real presence
of Jesus in us (Jn 3:16-18)*

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when we cannot gather together as we usually do to celebrate the Eucharist. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. 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 at this time.

CELEBRATING AT HOME BODY AND BLOOD OF CHRIST

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 (John 6:51-58)

Jesus said to the Jews:

‘I am the living bread which has come down from
heaven. Anyone who eats this bread will live
forever; 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 will 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.

Reflection - *The real presence of Jesus in us*

It seems a bit odd to be celebrating the Feast of the
Body and Blood of Christ at a time when so many
cannot attend Mass and receive the Eucharist. Yet I
think that this time has actually been a blessing for
us.

When what we have been used to suddenly
changes, it is challenging. It is hard to deal with the
sense of loss. But if we can transcend the moment
it can become an opportunity. I'm thinking of the
many people, faced with new situations over the
past few months, who saw new opportunities.

Wine-makers producing hand sanitiser.

Restaurants and cooking schools producing meals
for vulnerable people. Clothing manufacturers
making face masks. They didn't try to do what
they had always done. They did something new,
practical and useful with what they had.

That's what we have been doing over these past
weeks, too. We have been allowing ourselves to
feast on the words of the Gospel, to explore the
mystery of God's action within our hearts and our
call to be God's love in the world.

We are very used to talking 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 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*)

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.

As we fast from Eucharist at this time,
help us feast on your Word.

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.