COVID-19 IS STILL AROUND!

According to the Diocese of Manchester and the best practices outlined by the State of New Hampshire, masks are strongly recommended for all who are able to wear them.

The obligation to attend Sunday Liturgy remains suspended in the Diocese of Manchester for all who are health compromised. No person who has been ill or exposed to someone who is ill should be attending Liturgy.

Anyone who has had recent symptoms of fever, any respiratory symptoms (runny nose, nasal congestion, sore throat, cough, shortness of breath), chills, severe fatigue or changes in sense of smell or taste may have been exposed to COVID-19. Testing is encouraged. Please refrain from attending any liturgical service.

Liturgy online or on TV...

Boston Catholic Television catholictv.org Sunday Mass from Notre Dame

catholictv.org/masses/notre-dame-mass Salt & Light TV saltandlighttv.org Eternal Word Television ewtn.com

COVID VACCINE CONCERNS

Beware of fake news! There are reports that call into question the moral and ethical validity of Covid-19 vaccines. Do not be misled. **Right click** on the following tab and **open** the hyperlink to read what the Bishops of the Unites States are saying about the moral permissibility of the current Covid-19 vaccines:

Click Here for the Memo

SANCTUARY CANDLES

The Sanctuary Candles in both Newton and Plaistow may be offered in memory or honor of a loved one. The suggested offering for each is \$10.00. Please call the Parish Office at 382-8324.



Out of respect for the Lord and in consideration of fellow parishioners, please remember to silence or turn of your cell phones during Mass. Thank you!

Suggested Weekly Contribution Based on Income				
Annual Income	5% Commitment annually/ weekly	3% Commitment annually/ weekly		
\$100,000	\$5,000/\$100	\$3,000/ \$60		
\$75,000	\$3,750/\$75	\$2,250/\$45		
\$60,000	\$3,000/\$60	\$1,800/\$36		
\$50,000	\$2,500/\$50	\$1,500/\$30		
\$40,000	\$2,000/\$40	\$1,200/\$24		
\$30,000	\$1,500/\$30	\$900/\$18		
\$25,000	\$1,250/\$25	\$750/\$15		
\$15,000	\$750/\$15	\$450/\$9		

Our Parish needs to take in \$9700.00 each week in order to make ends meet. This amount represents an adjusted budget offertory of \$8500.00 per week plus the combination of budgeted Property and Fuel second collections (\$4800.00 per month divided into 4 weeks or \$1200.00 weekly). Your weekly contribution helps ensure that the Parish remains a vibrant community. Please remember to submit your weekly gift even if you will be away. Consider signing up for electronic giving (see below). Especially in these trying times, your Parish depends on your responsible stewardship and support!

COLLECTION AMOUNTS FOR MAY 30, 2021 WILL APPEAR IN NEXT WEEK'S BULLETIN



simple, secure, convenient,

Saint Luke the Evangelist Parish uses **Parish Giving** to provide parishioners with an opportunity to make your offertory and other contributions through Electronic Funds Transfer (EFT). Parish Giving is a simple, secure, and convenient way to manage your stewardship without weekly envelopes and without worries. This program is available to parishioners at no cost. Log on to the St. Luke the Evangelist Parish website at <u>http://stlukenh.org</u>, click on the Parish Giving logo, and follow the easy registration instructions.

UPCOMING SECOND & SPECIAL COLLECTIONS

June 6	Property Management
June 13	No Second Collection
June 20	Fuel
June 27	Works of the Holy Father
July 4	Property Management

Suggested Weekly Contribution Based on a Percentage Increase					
Your Current Offertory Contribution	25% Increase	30% Increase	40% Increase		
\$75.00	\$93.75	\$97.50	\$105.00		
\$50.00	\$62.50	\$65.00	\$70.00		
\$40.00	\$50.00	\$52.00	\$56.00		
\$35.00	\$43.75	\$45.50	\$49.00		
\$30.00	\$37.50	\$39.00	\$42.00		
\$25.00	\$31.25	\$32.50	\$35.00		
\$20.00	\$25.00	\$26.00	\$28.00		
\$15.00	\$18.70	\$19.50	\$21.00		
\$10.00	\$12.50	\$13.00	\$14.00		
\$5.00	\$6.25	\$6.50	\$7.00		

✤ PARISH NEWS ♣

FOR OUR RECORDS

We need your help to keep our records current. If there are any births, deaths, marriages, moves, or address changes in your family, please notify the Parish Office at 603-382-8324 or by email at jtremblay@stluketheevangelist.net. If you are new to our parish, registration forms are available at the entrances of both churches. You can also find a registration form on our website at http://stlukenh.org.

BABY BOTTLE CAMPAIGN June 20 to July 4, 2021

The Pregnancy Care Center (PCC) offers loving, confidential support to those facing an unplanned pregnancy. The goal of the PPC is to journey alongside women to let them know they are not alone. Additionally, they provide sexual integrity education, post abortion counseling, and material assistance (baby items, food). The PCC has locations in Haverhill, Lawrence, and Lowell, MA. On **June 20**, we will begin a Baby Bottle (Envelope) Campaign which will be used to raise funds for the PCC ministry. Please visit www.pccfriends.org to fill a virtual baby bottle or use the addressed baby bottle envelopes provided to mail in your donation. Be sure to note St. Luke the Evangelist on your check. Thank you!



Maybe it's time

To re-connect with your Church To re-new yourself and others through the unique power of the Holy Spirit

If you are a baptized Catholic, have received your First Communion, but decided against Confirmation as a teen, mabe NOW IS THE TIME for you to reconsider **Confirmation**.

God *does* care about you. *For some reason*, God chose you to be born into a family that would

to be born into a family that would bring you to the Catholic Church for Baptism. So maybe – just maybe – now...it's time...to make your <u>own</u> choice. **Confirmation.** If you are 18 or over and were never Confirmed, contact the Parish Office (603-382-8324) or <u>www.stlukenh.org</u>. With little time and reflection, practicing Catholics can be prepared to celebrate the gift of the Spirit in their lives. **Maybe it's your time.**

NEWTON CAMPUS CLOSING

With painting scheduled for the buildings on the Newton campus **beginning the week of May 24**, all Liturgies held at Newton are moved to Plaistow for the duration of the project. This means that daily Mass at Newton will be transferred to Plaistow, and Thursday Eucharistic Adoration will also transfer to Plaistow. This does not change Sunday Liturgy, which will continue to be celebrated at 8 am in Newton as usual. Please visit our Parish website at <u>www.stlukenh.org</u> for further updates.



BLESSING OF FATHERS

A special blessing of Fathers will be given at all Masses on the weekend of **Father's Day**, **June 20, 2021**.

SUPPORT OUR ADVERTISERS!

We appreciate the gracious support of our bulletin by our Advertisers! Please be sure to support our advertisers by calling them first. If you have a business and would like to place an ad, call 1-800-333-3166, ext. 161.

EVICTION & EMERGENCY RENTAL ASSISTANCE

If you or someone you know are facing eviction or need emergency rental assistance, help is available. Please call Catholic Charities at 603-889-9431.

ALCOHOLICS ANONYMOUS

A Men's AA Step Meeting is being held on Sunday mornings from 7:00 to 8:00 AM at the St. Luke the Evangelist Parish Hall (Holy Angels). Masks are required. Bring your own coffee. For more information, call Joe at 617-921-9899.

AmazonSmile.com is the same market platform as Amazon.com, but with the added benefit of allowing customers to donate 0.5% of the price of items purchased to a charitable organization. Please register today to start shopping and donating at <u>www.amazonsmile.com</u>. For questions, please call the Parish Office at 603-382-8324. Be sure to choose:

St Luke the Evangelist Parish, Plaistow.

WHILE AWAY THIS SPRING...

We appreciate all of you who remember to send in your Parish Offertory during the Spring even when on vacation or visiting other parishes. Thank you for remembering that our expenses also continue through the Spring months. We invite others to consider doing the same before or even after you return home.

Plaistow

✤ WEEKLY CALENDAR ✤

7:00 PM Knights of Columbus

<u>Wednesday, June 9</u> Holy Angels Church Plaistow open for private prayer all day

Thursday, June 108:30 AM – 8:30 PMEucharistic AdorationPlaistow

Saturday, June 123:00 PMSacrament of ReconciliationPlaistow

Because of COVID restrictions, many Parish events and groups are currently cancelled. We will begin more Parish programs, with all precautions, as restrictions ease.

RESTROOM BREAKS DURING MASS Attention Parents

Please be sure to accompany your young children when they need to use the restroom during Mass. This is for their safety and your peace of mind!

PRAYER LINE

St. Luke's offers a prayer line as a resource for those seeking prayer assistance. To submit your prayer request please call Cathy Smith at 603-382-8324, ext. 314 or email her at csmith@stluketheevangelist.net.



ST. LUKE THE EVANGELIST FOOD PANTRY

Thank you for your generosity towards the hungry of our area!

Non-perishable food or personal care items are always needed – donations can be dropped off at Church or are welcome at the Parish Office during regular business hours.

Cash donations for food are always welcome – make checks payable to *St. Luke the Evangelist Food Pantry*. All donations to the Food Pantry go toward helping the needy of our communities. **Call the Pantry at 819-4949** for more information.

<u>Saturday, J</u>	lune 5 ~ The Most Holy Body & Blood of Christ		
<i>Ex 24:3</i> - 4:00 PM	8; Heb 9:11-15; Mk 14:12-16, 22-26 Stanley Plonowski by Pat Zakiewicz		
Plaistow Sunday, June 6 ~ The Most Holy Body & Blood of Christ Ex 24:3-8; Heb 9:11-15; Mk 14:12-16, 22-26			
8:00 AM	Thomas Antczak by the Burge family		
0.007.00	Newton		
10:00 AM	Michael Gerard Lyons (4 th Anniversary) and Bryan Paul Lyons (1 st Anniversary) by Gerard Lyons <i>Plaistow</i>		
<u>Monday, Jι</u>	ine 7 ~ Weekday		
	1-7; Mt 5:1-12		
8:00 AM	People of the Parish		
	Plaistow		
<u>Tuesday, J</u>	une 8 ~ Weekday		
	18-22; Mt 5:13-16		
0.00 AIVI	Jeanne Tobin by the Lanctot family Plaistow		
Wednesday	γ, June 9 ~ Ephrem, Deacon and Doctor of the Church		
2 Cor 3:	4-11; Mt 5:17-19		
6:30 PM	Daniel O'Leary by Susan Ronan		
	Plaistow		
Thursday.	June 10 ~ Weekday		
2 Cor 3:	15—4:1, 3-6; Mt 5:20-26		
8:00 AM	People of the Parish		
	Plaistow		
Friday, June 11 ~ The Most Sacred Heart of Jesus			
Hos 11:	1, 3-4, 8c-9; Eph 3:8-12, 14-19; Jn 19:31-37		
	No Mass		
<u>Saturday, J</u>	lune 12 ~ The Immaculate Heart of the		
	Blessed Virgin Mary		
	14-21; Lk 2:41-51 (Day) 2-24; 2 Cor 5:6-10; Mk 4:26-34 (Vigil)		
4:00 PM	Gemma Martin by Joseph Bettencourt		
	Plaistow		
Sunday Ju	ne 13 ~ Eleventh Sunday in Ordinary Time		
Ez 17:22	2-24; 2 Cor 5:6-10; Mk 4:26-34		
8:00 AM	Richard John Powierza by Mary Anne Downs		
	Newton		
10:00 AM	Jesselyn Driscoll by her family		
	Plaistow		



JUNE 6, 2021

▼ FAITH FORMATION & PARISH INFORMATION **▼**



We're looking for new members! Have you ever wondered what the St. Vincent de Paul Society is all about? Our meetings are held on the <u>3rd Wednesday at 7 PM</u> of each month. New members are always welcome. We look forward

any questions you may have. Please contact SVdP Secretary, Jim Edwards, at (603) 642-5236 or jimmy69180@hotmail.com to find out if our meeting is live at the church hall or virtual on ZOOM.) If you seek assistance or need information about the Society, call (603) 382-8324, ext.315. Visit us on our Facebook page at http://www.facebook.com/pg/SVDPSL

MARRIAGE IN THE CHURCH

Did you know that all Catholics are required to be married in the Church as a condition of the validity of their marriage?



Any Catholic married in a civil ceremony (JP) or in any religious ceremony other than a Catholic one (unless specifically excepted by the Bishop) is not living out the Sacrament of Marriage in its fullness according to the teaching of the Church. Contact Father Albert in the Parish Office for more information and assistance – there are ways in which your situation might be resolved!



VIGIL LIGHT

The Vigil Light in front of the Blessed Mother Icon at Mary Mother of the Church will burn in loving memory of

> Thomas Antczak by the Burge family



The <u>**Rite of Christian Initiation of Adults</u>** is the process by which people become members of the Roman Catholic Church. Be a good agent of welcome and evangelization! If you or someone you know is interested in inquiring about becoming a member of the Roman Catholic Church, contact Cathy Smith in the Parish Office.</u>

ADULT CONFIRMATION

Are you an adult who has been Baptized and received Eucharist, but has not celebrated the sacrament of Confirmation? The adult Confirmation process is an opportunity to complete the Sacraments of Initiation. If you would like to prepare for Confirmation, or if you have questions, call Cathy Smith at 603-382-8324, ext. 305 or call Cathy Smith at 603-382-8324, ext. 305 or email her at

csmith@stluketheevangelist.net.

ADORATION

We are truly blessed to have times for Adoration of Our Lord in our Parish. This time of prayer and intercession is not only a source of great grace for the individual, but it is a great source of grace for us as a parish family, as well.

We have many who have made the commitment to spend an hour each week with our Eucharistic Lord, **but** we need more people so there will be at least two people at each hour. We are also looking for people who would be able to substitute.

Newton – Thursday 8:30 AM – 8:30 PM

If you can commit to one hour a week in Adoration of our Lord, or if you can be a substitute, please contact Cathy Smith at 603-382-8324, ext. 305 or email her at csmith@stluketheevangelist.net.

The Church in Plaistow is open all day on Wednesdays for people to stop by and pray before the presence of Jesus in the tabernacle.

✤ PARISH DIRECTORY ✤

Parish Office Parish Prayer Line St. Vincent de Paul Society St. Luke's Food Pantry Preschool Presentation of Mary Convent 603-382-8324 603-382-8324 x 314 603-382-8324 x 315 603-819-4949 603-382-9783 603-382-2744 Fr. Albert Tremblay Cathy Smith Joyce Szapa Jackie Tremblay Val Barczak Parish Council fr.albert@stluketheevangelist.net csmith@stluketheevangelist.net jszczapa@stluketheevangelist,net jtremblay@stluketheevangelist.net mvmbarczak@comcast.net parishcouncil@stluketheevangelist.net

page four 957

Parish News ~ Youth News ~ Around The Diocese



ALTAR SERVERS WANTED!

School students 3rd grade and up – adults and families are all welcome!

If you would like to become an altar server, or if you have served before and would like to resume serving, please contact Fr. Albert at 603-382-8324 or fr.albert@stluketheevangelist.net

CONGRATULATIONS!

The Diocese of Manchester has ordained Deacons David Gagnon and Joseph Moynahan as Priests for service in the Diocese on **Saturday**, **June 5** at Saint Joseph Cathedral in Manchester. Please pray for the newly ordained deacons and priests of the Diocese.

WORLDWIDE MARRIAGE ENCOUNTER

To support married couples during this time of social distancing, **Worldwide Marriage Encounter** is sponsoring virtual marriage experiences. Some are on weekends and there are



seven sessions on weekdays from 7:00 to 9:30 PM. Couples will explore their individual personality styles, improve listening and communication skills, understand God's plan for their marriage, and learn how to keep their relationship a priority. Registration is limited and a \$100 application fee is required. For more information, or to apply, visit <u>www.wwmema.org</u>.

Invite God into your marriage on the next Worldwide Marriage Encounter experience on Thursdays/Mondays, July 8-29, 2021.

St. Thomas Aquinas High School

St. Thomas Aquinas High School in Dover, NH is a college prep School of Excellence. We are happy to offer campus visits and tours throughout the spring and summer months, and we are still accepting applications for Fall 2021. For more information about the admission process or to schedule a visit, please contact us at admission@stalux.org.



St. Luke the Evangelist is now on Facebook! Go to www.facebook.com/stlukenh.org/ or St. Luke the Evangelist Parish – Newton/Plaistow and give us a Like! Please invite fellow parishioners & friends to do the same.

PARISH OFFICE CLOSED

The Parish Office will be **closed on Wednesday, June 16**. The office will reopen at 8:30 AM on Thursday, June 17.



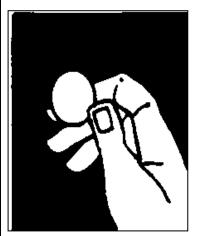
The Sanctuary Candle in Holy Angels Church will burn this week in loving memory of **Michael Gerard Lyons** (4th Anniversary) and **Bryan Paul Lyons** (1st Annivesary) by Gerard Lyons

CATHOLIC CHARITIES NH HOSTING UNEMPLOYMENT ONLINE SUPPORT GROUP

For those who may be struggling with job loss – or looking for the next opportunity – Catholic Charities NH is offering a free online support group to help you effectively navigate the complex job search process. *"Unemployed: What Now? How do I Find A Job?"* is a five-part series where you will learn and share best practices around targeting prospective employers, resume writing and interviewing, as well as how to best apply your unique skills to your own search. The program will be held via Zoom for five consecutive Thursdays (at 10:00 AM) starting June 24. To register, visit <u>www.cc-nh.org/unemployment</u> or call 603-752-1325.



OUR COMMUNION: OUR PEACE AND OUR PROMISE



In our life together as Catholic Christians, we rejoice in the great gift of the Holy Eucharist. We believe as a Church that Jesus is always present in our world, but Christ is especially present when we gather for worship. The primary day for gathering is Sunday, when we celebrate the resurrection of Jesus. When we come together for Sunday Liturgy, we believe as Catholics that Jesus is "truly present" in the Word, in the Sacrament, in the gathered Assembly and in the person of the priest.

Jesus tells us to eat his flesh and drink his blood. We must avoid an overly literalistic understanding of these words. We do not literally eat flesh or

drink blood. Jesus' command to eat his body and drink his blood can only make sense if we understand the words body and blood as designating the whole person, the real glorified Christ as he exists today in our midst.

How do we approach this great moment? It should be with reverence and with the knowledge that the Lord calls each of us - and all of us as a community - to enter into the mystery of the Lord's dying and rising. A few things are important about our reception of communion:

The Church calls us to fast from all food and drink at least one hour before receiving. This is more of a spiritual exercise than an ascetical practice. When fasting, our minds, bodies and spirits are better prepared to receive the gifts God gives us.

We all "receive" communion from the hands of another.

"Taking" communion is not part of the Catholic perspective on the sacrament of the Eucharist. Jesus feeds us... we are needy and unworthy. That feeding comes through the ministry of another of our brothers or sisters. The Bishops of the United States We believe as a Church that Jesus is always present in our world, but he is especially present when we gather for worship.

How do we approach this great moment?

have authorized two methods of receiving communion under the form of the host: on the tongue, or in the hand. One should determine one's preference, and after a bow of the head in reverence to the sacred Host, respond "*Amen*," open the mouth or have a "throne" made with one's two hands open to receive the Body of the Lord. *The host is then immediately consumed*.

In the Diocese of Manchester, our Bishop has made it clear that a sign of adoration before receiving the Eucharist is a wonderful way of showing reverence and awe before the Holy Gifts God gives to us. *A simple bow of the head is indicated in the 2001 General Instruction of the Roman Missal.* One then receives the Eucharist standing, joined in procession with the whole Assembly gathered - in communion with the Church. Any gestures or actions which detract from this communion are distracting and a serious sign of dis-union with the Assembly gathered and praying together.

Continued on next page...

The assembly is encouraged by the Church to receive from the cup, after having the cup withdrawn for centuries. This in no way detracts from the belief that the "whole Christ, body, blood, soul and divinity" is present in either element of the Eucharist. The Church's return to a common cup follows the very words of Jesus, "take and eat... take and drink..." and the instructions and admonitions of the great Christian teachers such as Paul of Tarsus and Augustine of Hippo. *Receiving from the cup means first bowing one's head in a gesture of adoration, responding "Amen" to the minister, and then drinking from the cup.*

There is no scientific evidence at all of any person "catching something" from this act. In fact, you are more likely to catch cold from sitting next to a family member at home than from sharing in the cup at communion time. *Receiving under both forms is a fuller and better sign of our participation in the Eucharistic action. Eating and drinking fulfills in the best way possible the commands of the Lord Jesus.*



Receiving from the cup means just that. Self-intinction (dipping the host into the cup yourself) is not part of our observance and breaks the communal sharing of the Eucharist in a serious way. While intinction is used in some places, it is not a preferred way of receiving communion according to our U.S. Bishops, and **NEVER** in the Catholic Church is a communicant allowed to complete this action on his or her own. *We receive communion as a holy gift from God.* Our conduct in receiving should show how important we believe that gift to be.

Children who are not of the age to receive (7 by law in the Church) should not receive communion. This means that parents have to keep an eye on little ones - while still respecting their desire to "join the procession." **DO bring up children in the communion procession**, and have them cross their arms over their chest, and the priest or minister of communion will simply bless them. *Parents should never "share" communion they have received with their young children.* While on the surface a pious act, it breaks up the unity supposed by the sharing of the Eucharist. When they have reached the proper age and are prepared, children are admitted to communion for the first time. That day is a highlight in the lives of many a Catholic boy and girl, as well it should be.

To eat Jesus' body and drink His blood is to enter into a true encounter with the person of Jesus. This is the full meaning of the Eucharist. It is a dynamic meeting with the Risen One. But it is not a solitary experience. We do not come to the Eucharist simply as isolated individuals, but rather as persons who are members of a community, as persons who are the Body of Christ. The Eucharist is not just Jesus with me, but Jesus with us, and all of us with one another. And we are not together hiding from the world: We are Christ's body in the world God created, every day, every hour of our lives.

In a word, Jesus' presence is not static: He is not satisfied just to be there. He is there to act dynamically in order to change our lives. In the Eucharist we meet Christ, and are challenged by his presence in the assembly of his people. He is present to make us whole people. He is there to bring harmony and peace into our lives, our families, our country, and our world. He comes to make us experience ourselves as his body in the world.

We receive communion as a holy gift from God....

© Rev. A.J. Tremblay, obl. SB 2004 Rev. 2017

Saint Luke the Evangelist

Religious Education 2021-22

The Parish is anticipating returning to our regular Religious Education Programs in the Fall of 2021. Currently enrolled families have been sent a mailing with Registration materials, Registration materials are available at the Church entrances.

All our programs may have to contend with a restrictions involving social distancing and the wearing of masks. Since we are always looking to protect each other, students will have to observe these practices if they continue to be mandated by our Diocese.

Students K – 8 should be registered for Religious Education on Sunday morning.

Beginning in the Fall we will resume our Religious Education program for students in K - 8 with Sunday dismissal at the 10:00 am Liturgy at Plaistow. As in years past, students will be dismissed at the beginning of Liturgy for their own Liturgy of the Word downstairs in the Hall, then they will proceed to their group meetings in individual classrooms. They will return to church at the time of the recitation of the Creed for the rest of the Liturgy.

Sacramental Preparation will also return in the Fall. Students in the second grade are eligible to celebrate the Sacrament of Reconciliation, and students in the third grade are eligible to celebrate the Sacraments of Confirmation and Eucharist.

The Parish will sponsor a program ready for older students who may have "missed" Sacramental celebrations, and programs as needed for students with special needs. Contact Cathy Smith or Father Albert in the Parish Office for more information about these opportunities.



Beginning this Fall our Parish will also offer a resource session for all high school age students immediately following the 10:00 am Liturgy at Plaistow. This program is designed to offer high school age students an opportunity for learning and discussion about our Catholic tradition. In addition, these sessions may also lead to helping students who wish to receive the Sacraments of the Church, especially the Sacrament of Confirmation. Registration for the High School Resource Program is open to all high school students and can be found on the Religious Education Registration Form.

Our Parish program depends on volunteers who give of themselves and so witness by deeds of service to the Way of the Lord Jesus. We welcome adults to help the Religious Education Program as a Catechist, Aide, Hall All volunteers must complete a Diocesan Monitor or Substitute. Application, a mandated Diocesan Child Safety program and a background check.

Adults are welcome to consider any of our Adult Faith Formation programs offered in person or remotely, please consult the Bulletin or call Cathy Smith, our Pastoral Associate, for more information.

> Please contact the Parish Office at 603.382.8324 or visit stlukenh.org for more information



Bringing Home the Word

Most Holy Body and Blood of Christ (Corpus Christi) (B) June 6, 2021

Jesus' Amazing Gift

By Fr. Mark Haydu, LC

The beautiful painting, *Lament Over the Dead Christ* by Giovanni Bellini, shows the great care and reverence with which Joseph, Nicodemus, and Mary Magdalene place the body of Christ in the tomb. Yet it is also a symbol of the delicacy and devotion with which we should receive Jesus, who comes down to us on the altar at Mass.

His Body and Blood were shed to create a New Covenant, a new pact of love between God and people. In the Old Testament, God ordered that the blood of sacrificed animals be sprinkled on the

Sunday Readings

Exodus 24:3-8

[Moses] took the blood and splashed it on the people, saying, "This is the blood of the covenant which the LORD has made with you."

Hebrews 9:11-15

He entered once for all into the sanctuary, not with the blood of goats and calves but with his own blood, thus obtaining eternal redemption.

Mark 14:12–16, 22–26

[Jesus said,] "This is my blood of the covenant, which will be shed for many."

people as a way to seal a pact with him, thus gaining forgiveness of their sins. As if to say, may I be as this calf or goat if I ever fail to obey and live up to your commands.

In the New Covenant, God sent his own Son to be the sacrificial victim to seal our covenant of love with the Father. Before the blood was sprinkled, we consume his Body and Blood in the Eucharist as Jesus commanded: Do this in memory of me. Take this, all of you, and eat. Take this, all of you, and drink. If goat blood could express a covenant in the Old Testament, how much more powerful to unite us with God is the blood of his only begotten Son! How much more powerful to forgive us and communicate God's overpowering love!

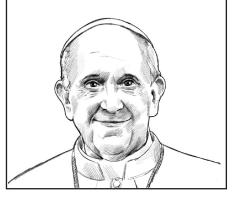
Jesus lays down his life sacramentally again in this Mass. Let us receive his Body and Blood with purity and devotion, aware of the amazing gift and the miracle that happens in our presence. +

Christ's Body and Blood were shed to create a New Covenant, a new pact of love between God and people.

A Word from Pope Francis

The Eucharist satisfies our hunger for material things and kindles our desire to serve. It raises us from our comfortable and lazy lifestyle and reminds us that we are not only mouths to be fed, but also his hands, to be used to help feed others.

—Corpus Christi Homily, June 14, 2020





- How well do I prepare my heart and mind to receive Jesus in the Eucharist?
- Do I take time to visit him in the tabernacle or at adoration to show him my love and gratitude?

With God, Keep It Real

By Kathleen M. Basi

hen my husband and I found out we were expecting our first child, a friend wrote us a note. "Your life is forever changed," she said. "You will learn a whole new meaning for prayer. I never prayed so much and so hard as I do now that I have children."

Shew was right, but the way it plays out in my life is quite different from the picture my mind drew when I first read those words. Her comment evoked a mental image of deep breaths, long pauses, and fervent, eyes-closed, kneesto-the-carpet prayers for my children.

That is not how my life looks.

With four children in three schools, volunteer commitments, and working from home, I rarely have time to retreat to a quiet corner and kneel in prayer. Rather, I feel the presence of God as a quiet partner standing by my side, ready to leap in at a moment's notice. On any given day I toss a variety of mental whispers over my shoulder:

- What should I tackle next?
- Grant me patience!
- What is the "natural" consequence to THAT behavior?
- *Give me the right words.*
- Help me to be bigger than myself.
- That was amazing, God. Just amazing.



The hallmark of a healthy relationship is authenticity. Our human relationships are not based on one form of communication. Depending on what is going on in our lives, we may interact with our closest friends in person, by phone, or on social media, and each of those encounters has a unique character that enriches us.

The same is true of our relationship with God. I sometimes feel guilty about those prayers I toss over my shoulder. How dare I, a lowly human being, talk to the Creator of the universe out of the corner of my mouth? Shouldn't I carve out more time for traditional, more concentrated forms of prayer? Yet in those encounters, God is with me in a way that is wholly authentic for this season of my life.

Too often we try to put prayer—and God with it—in a box. We think of him as out there somewhere rather than looking for his presence close at hand. God wants us to seek him out in all the circumstances of life—not just when the stars align for concentrated, knees-tothe-carpet time. And if that means prayer takes on an unconventional form, that's OK. As James said in his letter to the tribes of Israel: "Draw near to God, and he will draw near to you" (James 4:8). +



Lord, out of brokenness and weakness you saved my life. Help me to embrace my weakness so that I can walk in solidarity with the poor and suffering.

—From Hopeful Meditations for Every Day of Easter through Pentecost, Rev. Warren J. Savage and Mary Ann McSweeny

The hallmark of a healthy relationship is authenticity.



June 7–12

Monday, Weekday: 2 Cor 1:1–7 / Mt 5:1–12

Tuesday, Weekday: 2 Cor 1:18–22 / Mt 5:13–16

Wednesday, Weekday: 2 Cor 3:4–11 / Mt 5:17–19 Thursday, Weekday: 2 Cor 3:15—4:1, 3–6 / Mt 5:20–26

Friday, The Most Sacred Heart of Jesus: Hos 11:1, 3–4, 8c–9 / Eph 3:8–12, 14–19 / Jn 19:31–37

Saturday, The Immaculate Heart of the Blessed Virgin Mary: 2 Cor 5:14–21 / Lk 2:41–51



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