



## MUSIC FOR THE LITURGY

Sunday, June 19, 2022

The Most Holy  
Body And Blood Of Christ

4:00 PM  
8:00 AM  
10:00 AM

Gathering: At The Lamb's High Feast BB 166

Responsorial Psalm (Psalm 103)

*Loving and forgiving are you, O Lord;  
slow to anger, rich in kindness, loving  
and forgiving are you.*

Preparation Let All Mortal Flesh Keep Silence  
BB 194

Mass Parts Mass Of Creation

Communion One Bread, One Body BB 337  
Eat This Bread BB 334

Recessional: Lord, You Give The Great Commission  
BB 378



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

## 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!

## PLEASE HELP US!

As you leave church, kindly take your Bulletin with you - or return it to the basket at the entrance of the Church, return your music book and Mass card to their proper place, and pick up after yourself as you leave.

## ✠ PARISH TITHING ✠

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  
JUNE 12, 2022

WILL APPEAR IN NEXT WEEK'S BULLETIN



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 <http://stlukenh.org>, click on the Parish Giving logo, and follow the easy registration instructions.

## UPCOMING SECOND & SPECIAL COLLECTIONS

June 19	Fuel
June 26	Works of the Holy Father
July 3	Property Management
July 10	No Second Collection

### 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

### 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	\$18.75	\$19.50	\$21.00
\$10.00	\$12.50	\$13.00	\$14.00
\$5.00	\$6.25	\$6.50	\$7.00

## ✠ PARISH NEWS ✠

### COVID UPDATE

#### Be Safe! Be Considerate of Others!

The choice to wear or to not wear a mask is left up to individuals and their discretion. Those persons who have not been vaccinated should be especially mindful of their own safety and the safety of others, especially those vulnerable to communicable disease.

A hand sanitizer station will remain at the main entrances of the church doors for the time being for parishioners' convenience.

Anyone who has been recently exposed to COVID 19 or any other communicable disease should not attend public services of any kind. Those sick should remain at home until such time as they are healthy.

#### Liturgy online or on TV...

**Boston Catholic Television**                      **catholicvt.org**  
Sunday Mass from Notre Dame  
                         catholicvt.org/masses/notre-dame-mass  
**Salt & Light TV**                                      saltandlighttv.org  
**Eternal Word Television**                                      ewtn.com

### SUPPORT CATHOLIC CHARITIES NH

At the beginning of May, we held our Annual Appeal for Catholic Charities NH. Catholic Charities of NH helps hundreds of New Hampshire residents and families overcome hardship and create better paths forward. **It's not too late!** To bring more positive, lasting change to your New Hampshire neighbors in need, visit [www.cc-nh.org/everything](http://www.cc-nh.org/everything). Thank you for participating in our Annual Appeal!



### ALTAR SERVERS WANTED!

School students 3<sup>rd</sup> 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](mailto:fr.albert@stluketheevangelist.net)



### BLESSING OF FATHERS

A special blessing of Fathers will be given at all Masses on the weekend of **Father's Day, June 19, 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.

### 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 [jtremlay@stluketheevangelist.net](mailto:jtremlay@stluketheevangelist.net). If you're new to our parish, registration forms are available at the entrances of both churches. Registration forms can also be found on our website at <http://stlukenh.org>.

### AMAZONSMILE FOUNDATION

**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 [www.amazonsmile.com](http://www.amazonsmile.com). For questions, please call the Parish Office at 603-382-8324. Be sure to choose:

**St Luke the Evangelist Parish, Plaistow.**

### ST. LUKE THE EVANGELIST WEBSITE

Visit our website to view our  
Weekly Church Bulletin and  
Upcoming Parish Events:  
<http://stlukenh.org>

### WHILE AWAY THIS SUMMER...

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

## ✠ WEEKLY CALENDAR ✠

### Monday, June 20

9:00 AM Vacation Bible School *Plaistow*

### Tuesday, June 21

9:00 AM Vacation Bible School *Plaistow*

6:00 PM Finance Council Meeting *Plaistow*

### Wednesday, June 22

#### **Holy Angels Church**

#### **Open All Day For Prayer**

9:00 AM Vacation Bible School *Plaistow*

7:00 PM The Creed *Plaistow*

### Thursday, June 23

8:30 AM – 8:30 PM Eucharistic Adoration *Newton*

9:00 AM Vacation Bible School *Plaistow*

1:30 PM The Creed *Plaistow*

### Friday, June 24

9:00 AM Vacation Bible School *Plaistow*

### Saturday, June 25

3:00 PM Sacrament of Reconciliation *Plaistow*

## 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](mailto:csmith@stluketheevangelist.net).

## MEN OF ST. JOSEPH

Our ministry aims to emulate St. Joseph and become better husbands, fathers, sons and brothers. There are no dues and the Men of St. Joseph do not participate in projects or other volunteer efforts as a group, but instead, gather together for sharing among men to help them be a better person, a better family man, and a better member of the Church. Join us on Saturday morning, **July 16, 2022 from 8:00 to 9:00 AM** in the parish hall on the Plaistow campus.



Find us on:  
**facebook®**

St. Luke the Evangelist is now on Facebook! Go to [www.facebook.com/stlukenh.org/](http://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.

## ✠ MASS INTENTIONS ✠

### Saturday, June 18 ~ The Most Holy Body and Blood of Christ

*Gn 14:18-20; 1 Cor 11:23-26; Lk 9:11b-17 (Vigil)*

4:00 PM Deceased Members of the Fogel Family and Frank Kelcourse by Elaine Kelcourse

*Plaistow*

### Sunday, June 19 ~ The Most Holy Body and Blood of Christ

*Gn 14:18-20; 1 Cor 11:23-26; Lk 9:11b-17*

8:00 AM Shirley Kern by Jack and Barbara Brotz

*Newton*

10:00 AM Eva Raymond and Stephen Huberdeau by Linda Huberdeau

*Plaistow*

### Monday, June 20 ~ Weekday

*2 Kgs 17:5-8, 13-15a, 18; Mt 7:1-5*

8:00 AM People of the Parish

*Newton*

### Tuesday, June 21 ~ Aloysius Gonzaga, Religious

*2 Kgs 19:9b-11, 14-21, 31-35a, 36; Mt 7:6, 12-14*

8:00 AM For Michael and his recovery

*Plaistow*

### Wednesday, June 22 ~ Paulinus of Nola, Bishop;

John Fisher, Bishop, and Thomas More, Martyrs

*2 Kgs 22:8-13, 23:1-3; Mt 7:15-20*

6:30 PM People of the Parish

*Plaistow*

### Thursday, June 23 ~ Nativity of John the Baptist

*Is 49:1-6; Acts 13:22-26; Lk 1:57-66*

8:00 AM People of the Parish

*Newton*

### Friday, June 24 ~ The Most Sacred Heart of Jesus

*Ez 34:11-16; Rom 5:5b-11; Lk 15:3-7*

*No Mass*

### Saturday, June 25 ~ The Immaculate Heart of the

Blessed Virgin Mary

*Lam 2:2, 10-14, 18-19; Lk 2:41-51 (Day)*

*1 Kgs 19:16b, 19-21; Gal 5:1, 13-18; Lk 9:51-62 (Vigil)*

4:00 PM Yvette Caron by Norma Amshey

*Plaistow*

### Sunday, June 26 ~ Thirteenth Sunday in Ordinary Time

*1 Kgs 19:16b, 19-21; Gal 5:1, 13-18; Lk 9:51-62*

8:00 AM Betty Nappi by the Stanley family

*Newton*

10:00 AM Eleanor Knowles by the Knowles family

*Plaistow*



Mass Times for travel

**masstimes.org**

"come to me all of you"

- Matthew 11:28



### **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 at the parish office for more information.



The Sanctuary Candle in Mary, Mother of the Church will burn this week in loving memory of **Kathleen Anne McCarthy**

### **VIGIL LIGHT**

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

**Moses Tucker**

by Bill Tucker



The Sanctuary Candle in Holy Angels Church will burn this week in loving memory of **Paul Antkowiak** by his family

### **THE GOD MINUTE**

Every morning a small group of priests, religious, and lay people start their day in prayer. Soft music, sacred scripture, and a thoughtful reflection are weaved into a 10-minute prayer called "The God Minute." It's then uploaded for you to access and pray along with us on your own time. And it's free. Listen with your coffee in the morning, while driving to work, or taking a walk. See how easy and beautiful prayer can be!

[www.thegodminute.org](http://www.thegodminute.org)

The **Rite of Christian Initiation of Adults** 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.

### **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](mailto:csmith@stluketheevangelist.net).

### **YOUTH CONFIRMATION**

Students in Junior High or High School who have not celebrated the Sacrament of Confirmation and would like to prepare to receive the sacrament, contact Cathy Smith at 603-382-8324, ext. 305, or email her at [csmith@stluketheevangelist.net](mailto:csmith@stluketheevangelist.net).

### **EUCCHARISTIC 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](mailto: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	603-382-8324
Parish Prayer Line	603-382-8324 x 314
St. Vincent de Paul Society	603-382-8324 x 315
St. Luke's Food Pantry	603-819-4949
Preschool	603-382-9783
Presentation of Mary Convent	603-382-2744

Fr. Albert Tremblay	<a href="mailto:fr.albert@stluketheevangelist.net">fr.albert@stluketheevangelist.net</a>
Cathy Smith	<a href="mailto:csmith@stluketheevangelist.net">csmith@stluketheevangelist.net</a>
Joyce Szczapa	<a href="mailto:jszczapa@stluketheevangelist.net">jszczapa@stluketheevangelist.net</a>
Jackie Tremblay	<a href="mailto:jtremblay@stluketheevangelist.net">jtremblay@stluketheevangelist.net</a>
Val Barczak	<a href="mailto:mvmbarczak@comcast.net">mvmbarczak@comcast.net</a>
Parish Council	<a href="mailto:parishcouncil@stluketheevangelist.net">parishcouncil@stluketheevangelist.net</a>

## ✧ Community News ✧



### 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.**

### St. Vincent de Paul Society



#### Your “Dropped Dollar” Hard At Work

Thank you for your continued support of the St. Vincent de Paul Society! Please know that your “dropped dollars” are being used wisely to help the poor in our area. Your generosity does not go unnoticed.

Drop-a-Dollar in the St. Vincent de Paul box on your way out of church.

Remember ~ 100% of your donation is used to help those who need a hand up, not a hand out.

Our next meeting on **Wednesday, July 20 at 7:00 PM.**

We meet downstairs in the Church Hall in Plaistow.

**New members are always welcome!**

If you seek assistance or need information about the St. Vincent de Paul Society, call 603-382-8324 x315.

**Hear, OH LORD, and answer me  
for I am poor and needy.**

### FIAT AND QUO VADIS DAYS VOCATION CAMPS

Do you know where your life is going? The Lord Jesus has a great plan for your life! High school age young men and women (ages 14-18) are invited to attend our upcoming vocation camps to look at the Lord's call in your life while having lots of fun. **Fiat Days for young women is held July 25-28 and Quo Vadis Days for young men is held August 8-12.** For more information and to register, please visit [liveinblackandwhite.com](http://liveinblackandwhite.com).



### ALL ABOARD FOR FUN AT VBS!

CLIMB ABOARD THE ROCKY RAILWAY for the best week of summer! New Friends, Amazing Experiments, Creative Games, Super-Fun Snacks, Surprising Adventures, Incredible Music! Vacation Bible School will take place from **9:00 AM to 12:00 Noon on June 20, 21, 22, 23, and 24.** For more information, or to register, call Joyce Szczapa at 603-382-8324, ext. 303 or email her at [jszczapa@stluketheevangelist.net](mailto:jszczapa@stluketheevangelist.net).

### ALCOHOLICS ANONYMOUS

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



### DO SOMETHING GOOD WITH US

The Knights of Columbus are a vital and vibrant part of the St Luke the Evangelist Parish.

We welcome any practicing Catholic man, 18 or older, to join the Knights.

We are sons, fathers, husbands and grandfathers, whose main purpose is charitable works in support of our parish and community.

Where there is a need, there is a Knight.

Joining is simple – talk to a brother Knight, contact Dan Sullivan at 603-770-4803, email him at [dans49@comcast.com](mailto:dans49@comcast.com), or you can now join online: [www.kofc.org/joinus](http://www.kofc.org/joinus).

**THE KNIGHTS OF  
COLUMBUS  
ST. JUDE COUNCIL  
#6617  
[www.kofc6617.org](http://www.kofc6617.org)**



## Solemnity of the Body and Blood of Christ



The question of exactly when the eucharistic gifts become Christ's Body and Blood has commanded attention and debate for centuries.

From the supper at Emmaus, disciples have cherished the Eucharist as the clearest sign of the Risen Lord's abiding presence.

Yet, beginning in the Middle Ages, and for nearly a thousand years laypeople in the West seldom received Communion, and even then only under the form of bread. For that reason, knowing when Christ became present at Mass was a key to spiritual life, since the ordinary way of worship was looking at the consecrated Host raised high over the priest's head rather than eating it. Medieval scholars, who were all members of the clergy, naturally looked at the Eucharistic Prayer and the cherished memory of the words and deeds of Jesus at the Last Supper, called the "Institution Narrative." The winning answer in the debate was keyed to the words of the priest: "This is my body."

Today, the answer can be found in the Catechism of the Catholic Church, but also by observing the liturgy. The Catechism says that as soon as the Institution Narrative begins, the Lord is present in the elements of bread and wine. That is why the universal law of the church directs the assembly to kneel for this part of the Eucharistic Prayer, even though in the United States we are already kneeling at that point.

The ritual direction in the Missal says that after the Institution Narrative, the "priest holds the consecrated host and shows it to the congregation." The postures and gestures and texts of the liturgy are clear that the transformation is already complete midway through the Eucharistic Prayer.

The same question never captured the attention of the Eastern Catholic and Orthodox traditions. For them, the critical moment has always been the epiclesis, or the calling down of the Holy Spirit on the gifts of bread and wine and the assembly. The priest extends his hands over the gifts and asks the Holy Spirit to "change them for us into the Body and Blood of Christ." For an Eastern Christian, that's the critical moment.

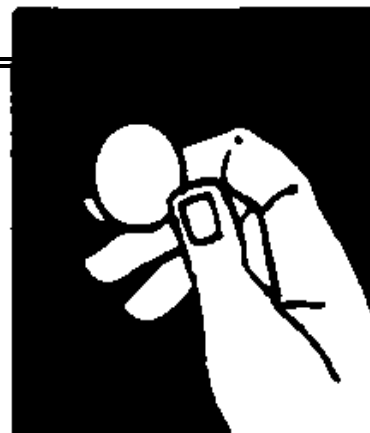
But there is a deeper, more personal question. *At what point do we become the Body and Blood of Christ?* The bread and wine are not consecrated for their own sake, after all, but for the good of the Church and for the world. The question is worth thinking over. Maybe knowing the answer to "when" the bread and wine are transformed will lead to the more critical and personal question as to "why" the Lord comes to us in Holy Communion.

*By Rev. James Field. This article appeared in the September 2009 issue of U.S. Catholic (Vol. 74, No. 9, page 41).*

**On Sunday, June 12, the Solemnity of the Body and Blood of Christ, the Church pauses to thank God for the gift of the Eucharist, and to contemplate the REAL PRESENCE of the Risen Christ in the Bread and Wine consecrated at Mass. At the 10 am Liturgy on Sunday, we will end our Sunday Eucharist with public adoration of the Blessed Sacrament with public adoration in church until Noon. All are invited to remain in church for a time to pray in the presence of the Eucharistic Lord.**

## CATHOLIC COMMUNION

by Paul Turner



Non-Catholic visitors to Catholic parishes often complain that they may not join in communion at Mass. Many other denominations welcome all who profess faith in Christ to the communion table, but Catholics have always restricted who shares the meal. For those who practice hospitality at home by setting an extra place at the table for visitors, the Catholic custom gives offense.

**However, Catholic communion is just that, a sign of Catholic unity. The Eucharist symbolizes our union with God - but also our union with one another.**

Many groups use a symbol to identify their members. Students wear school jackets. Scouts earn medals. These customs give groups signs of association. When a new member joins the group, the symbol frequently becomes part of the rite of initiation, a sign of transition and a source of pride. Those baptized in other communions who make a profession of faith with us may be received into the full communion of the Catholic church. Their communion becomes the high point of their transition into membership.

Ordinarily, Catholics do not share communion at other churches nor do other believers share communion in Catholic churches. *Exceptions exist but they are rare.* In danger of death, for example, or in some grave necessity, non-Catholics might receive permission from a Catholic bishop to receive communion. If they do not have regular access to their own minister, ask for Catholic communion on their own and express a Catholic faith in the Eucharist, they may obtain permission to receive communion.

Theologians debate the possibilities for full communion, while ordinary families find themselves separated by what often appears to them as small differences in their beliefs. The more unity we find among ourselves, the closer all Christian churches will come to resolving the differences.



## 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 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.*

***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?***

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.

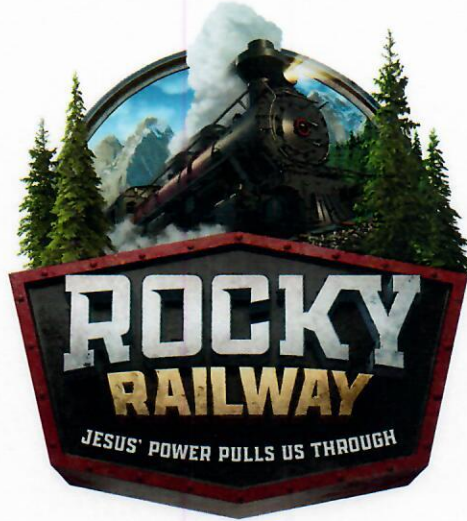
To eat Jesus’ body and drink His blood is to enter into a true encounter with the person of Jesus. This is the full meaning of the Eucharist. It is a dynamic meeting with the Risen One. But it is not a solitary experience. We do not come to the Eucharist simply as isolated individuals, but rather as 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....***



# Climb aboard for...



## The best week of the summer!

New friends • Amazing experiments • Creative games  
Super-fun snacks • Surprising adventures • Incredible music

Location: St. Luke the Evangelist Parish-Plaistow  
(church name)

VBS will last from: June 20-21-22-23-24  
(VBS dates)

Each day's fun begins at: 9 AM  
(VBS starting time)

The VBS day ends at: NOON  
(VBS ending time)

For more information, call: 603-382-8324 Ext. 303  
(church phone number)

Register online here: jszczapa@stluketheevangelist.net  
(web address)



# Maybe ....

## it's time

### To re-connect with your Church

### To re-new yourself and others through the unique power of the Holy Spirit who guides us in Love and Truth.

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

- ✓ Maybe you weren't ready when you were sixteen years old.
- ✓ Maybe you didn't want to be pressured into it by your family and peers.
- ✓ Maybe you weren't sure that Catholic is who you wanted to be.
- ✓ Maybe you were just beginning to doubt that what you were taught as a child -- about God, Jesus, the Holy Spirit, the Virgin Mary, the Eucharist, the saints, eternal life -- was all too good to be true.
- ✓ Maybe you were overwhelmed with school commitments, personal disappointments, and feeling that God really didn't care if you were Catholic anyway.

Sessions begin  
soon!

God *does* care about you. *For some reason*, God chose you 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 own choice.

# Confirmation.

If you are 18 or over and were never Confirmed, contact the Parish Office. 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.**

Saint Luke the Evangelist Parish, Newton-Plaistow  
603 382 8324. [www.stlukenh.org](http://www.stlukenh.org)



# Bringing Home the Word

*Most Holy Body and Blood of Christ (C)*

June 19, 2022

## The Miracle of the Eucharist

By Fr. Mark Haydu, LC

One of the most interesting representations of the Last Supper is a depiction from the Master of Fossa. This scene typically is illustrated much like da Vinci's *The Last Supper*—all the apostles sitting on one side of the table. In this rare interpretation, Jesus directly distributes the host to his apostles, reminding us of how we receive Communion today.

This rendering could be a nod to the feast of Corpus Christi, solemnly approved some thirty years earlier by Pope Clement V in 1311 in response to a eucharistic miracle in an Umbrian

town. A German priest, struggling with his belief in the Real Presence of Christ in the Eucharist, was celebrating Mass in Orvieto. After the consecration, the host turned to flesh and began to bleed. He wrapped up the Eucharist and brought it to the bishop in a nearby town. After confirming its authenticity, a miracle was declared.

Hundreds of documented eucharistic miracles help confirm our faith in the Eucharist. Should you question the belief that Christ's Body and Blood are really present in the Eucharist, perhaps reading about these miracles would help.

In this image, the Master of Fossa's scene of the Last Supper is placed directly beneath the painting of the crucifixion, in this way reminding us that the Mass and Eucharist make present to us today the power of Jesus' death. By receiving Communion, we unite ourselves with Christ and the events of the passion, death, and resurrection. For this reason, many Catholics silently repeat before receiving him, "My Lord and my God." +

*By receiving Communion,  
we unite ourselves  
with Christ and the events  
of the passion, death,  
and resurrection.*

### *A Word from Pope Francis*

Humans all over the world today need nourishment. And this nourishment is not just to satisfy physical hunger. There are other hungers—for love, ...for life, for affection, ...for forgiveness, for mercy. This hunger can be satiated only by the bread that comes from above.

National Eucharistic Congress of India,  
November 12, 2015



## Sunday Readings

### **Genesis 14:18–20**

Melchizedek, king of Salem, brought out bread and wine. He was a priest of God Most High.

### **1 Corinthians 11:23–26**

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

### **Luke 9:11b–17**

[Jesus] said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have."

### REFLECTION QUESTIONS

### QUESTIONS REFLECTION

- When I receive the Eucharist am I mindful of the privilege of this great gift?
- Does Communion give me the strength to serve others?

# Simple Yet Profound

By Fr. Donald Willard, CSsR

**W**e're all aware of the need to nourish our bodies. The right nourishment comes from eating the right foods in the right quantities at the right times. For example, a person can eat an entire chocolate cake right before he goes to bed. It may satisfy his hunger, but it will do little to nourish his body. A person who continues this practice for several weeks may start having difficulties with his physical health.

The same principle applies to spiritual nourishment. The key to proper spiritual nourishment is that we receive the right nourishment in the right quantities at the right time. For example, the living Word of God as found in Scripture offers nourishment, but if I try to read the entire Bible in one afternoon I probably won't retain much information or gain proper understanding. I may actually damage my spiritual well-being because of personal biases, misunderstanding, and poor interpretation.

So, what is the best balance of spiritual nourishment for the most effective and healthy spiritual life? I can think of no better example than the one we experience at Mass. In this celebration we find two tables, the table of the Word and the table of the Eucharist. The living Word of God is proclaimed, and we receive instruction in its meaning. We don't need a lot of Scripture in one setting; we need just enough to lead us to a spiritual insight for the day. The homily inspires and



teaches us how the Word of God can transform our lives. Then we offer prayers and petitions, putting that Word into practice.

As we move to the table of the Eucharist, we bring forth gifts that symbolize our hopes, dreams, fears, thanksgivings, and memories. We give our lives to God, who through the power of the Holy Spirit transforms our gifts into the body, blood, soul, and divinity of Jesus Christ. A divine exchange has taken place.

Our life is given to God, and God gives us back the life of his son, Jesus Christ. We find our daily bread—spiritual nourishment in him. We are filled with divine life that transforms us into the fullness of who God wants us to

be. Here we find the source of strength to witness in faith, hope, and charity and to nourish the world with the love of God.

Each time we approach the eucharistic celebration, we are renewed, strengthened, enlightened, empowered, and transformed. It is spiritual nourishment from true spiritual food. The meal is simple and profound, but then again, that is how God always speaks to our hearts. +

*So, what is the best balance of spiritual nourishment for the most effective and healthy spiritual life? I can think of no better example than the one we experience at Mass.*

## PRAYER

*One Lord of all, we give thanks and praise for the gift of yourself in the meal of the Eucharist. Though many, we are made one in your life. You are our one bread, our one body, our one Lord of all in this one world. Thank you. Amen.*

—From *Celebrating the Gospels: A Guide for Parents and Teachers*, by Gaynell Cronin

## WEEKDAY READINGS

June 20–25

**Monday**, Weekday:

2 Kgs 17:5–8, 13–15a, 18 / Mt 7:1–5

**Tuesday**, St. Aloysius Gonzaga:

2 Kgs 19:9b–11, 14–21, 31–35a, 36 / Mt 7:6, 12–14

**Wednesday**, Weekday:

2 Kgs 22:8–13; 23:1–3 / Mt 7:15–20

**Thursday**, Nativity of St. John the Baptist: Is 49:1–6 / Acts 13:22–26 / Lk 1:57–66, 80

**Friday**, Most Sacred Heart of Jesus:

Ez 34:11–16 / Rom 5:5b–11 / Lk 15:3–7

**Saturday**, Immaculate Heart of the Blessed Virgin Mary: Lam 2:2, 10–14, 18–19 / Lk 2:41–51

Bringing Home  
the **Word** 

June 19, 2022

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