

MUSIC FOR THE LITURGY

Sunday, June 22, 2025

**The Most Holy
Body And Blood Of Christ**

Gathering: Gather Your People BB 310

Responsorial Psalm (Psalm 103)

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

Preparation: Our Blessing Cup BB 346

Mass Parts: Mass Of Creation

Communion: Take And Eat BB 364

Recessional: Lord, You Give The Great Commission
BB 394

✠ 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!

June 15, 2025

Offertory	\$7,142.16
Fuel	\$1,860.14



UPCOMING SECOND COLLECTIONS

June 22	No Second Collection
June 29	Works of the Holy Father
July 6	Property Management



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.

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.

You can also use your smart phone to scan the QR code below. The link will take you directly to Parish Giving so you can donate.



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. Thanks for being attentive and respectful!

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

THE BODY AND BLOOD OF CHRIST

We will spend a few moments immediately following the 10:00 Liturgy on **Sunday, June 22** in Plaistow in prayerful adoration of the Blessed Sacrament as the Church honors the Eucharist that day. The Blessed Sacrament will remain exposed for prayer on June 22 until noon.

Please note our Plaistow church is open each Wednesday from 8:30 am through 6:30 PM Liturgy for private prayer before the Blessed Sacrament. We also have Eucharistic Adoration at our Newton church on Thursdays each week from 8:30 am – 8:30 PM.



Come Join the Christmas Elves!

Tuesday July 22nd - 6:00 to 8:00 pm
Holy Angels Hall

Join the Elves to create tags for this year's Christmas Giving Tree and help provide 500+ tags to label gifts for the neediest in our communities.

What you could bring to help:

- Christmas &/or greeting cards (used or new) with nothing on the inside cover
 - A sharp pair of scissors to cut card stock
- Optional:
- Any plastic or cardboard shapes easy to trace & cut out
 - A hole punch (single is best)
 - A cutter to make rounded corners
 - Ribbon/fancy string (small pieces at least 10" long are fine)
 - Colored Sharpie Fine Point Pens

Optional items will be on hand.

Please RSVP to Elaine at: ekindle2000@gmail.com (so we can be sure to have enough ice cream!)

FAITH & FRIENDS DAY

An invitation to high school students
Come hang out and have fun with your friends and spend time together in Mass and adoration. Lawn games, bbq dinner, make your own ice cream sundaes and more!

THURSDAY, JUNE 26
11 AM - 6:30 PM

SAINT MARY MAGDALEN CENTER
former Magdalen College
511 KEARSARGE MOUNTAIN ROAD, WARNER

COST: \$15 INDIVIDUAL / \$25 FAMILY
FOOD: BRING A PICNIC LUNCH / DINNER PROVIDED
*BYO picnic blanket, sunscreen, and bug spray

FUN & GAMES • EUCHARISTIC ADORATION • MASS • BBQ DINNER

For more information, contact Karen Hettrick, Director of Parish Faith Formation
(603) 663-0176 • Khettrick@rcbm.org
Please register here by June 20: <https://form.jotform.com/RCBM/faith-friends>



THIRSTING FOR GOD?

Do you know someone not baptized or baptized in a non-Catholic Christian tradition and who is thirsting for what it means to become Catholic? Are you that person?

Do you know someone already Catholic but has not yet receive Confirmation and Communion? They may be thirsting too! The Order of Christian Initiation of Adults (OCIA) is a place to ask questions and seek understanding. Contact Father Albert at 603-382-8324 for more information.

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 ✠

<u>Sunday, June 22</u>		
11:00 AM	VBS Volunteer Meeting	<i>Plaistow</i>
<u>Monday, June 23</u>		
9:00 AM	Vacation Bible School	<i>Plaistow</i>
<u>Tuesday, June 24</u>		
9:00 AM	Vacation Bible School	<i>Plaistow</i>
<u>Wednesday, June 25</u>		
Holy Angels Church Open All Day for Prayer		
9:00 AM	Vacation Bible School	<i>Plaistow</i>
<u>Thursday, June 26</u>		
8:30 AM – 8:30 PM	Eucharistic Adoration	<i>Newton</i>
9:00 AM	Vacation Bible School	<i>Plaistow</i>
<u>Friday, June 27</u>		
9:00 AM	Vacation Bible School	<i>Plaistow</i>
<u>Saturday, June 28</u>		
3:00 PM	Sacrament of Reconciliation	<i>Plaistow</i>



The Sanctuary Candle in Mary, Mother of the Church will burn this week for the Intentions of
Robin Thompson
by Barb and Jack Brotz

FAREWELL CATHY SMITH

We will gather as a community to bid farewell to our Pastoral Associate Cathy Smith on **July 13 from 2:00 to 4:00 PM** in the Church Hall in Plaistow. All are welcome to attend.

Anyone who wants to help with the reception that day is welcome to gather with Father Albert on **Sunday, June 22 at 12:15 PM** in the Parish Hall for a brief meeting.

FAREWELL AND THANKS, MR. JIM

After 7 years as our school custodian, "Janitor Jim" has entered retirement. Many thanks to Him Edwards who has spent so many hours making our school sparkle for our students and teachers. We will be listing an open position for the school custodian in a few weeks.

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.

✠ MASS INTENTIONS ✠

Saturday, June 21 ~ 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 In Honor of Jesus Christ, the Righteous Judge
Plaistow

Sunday, June 22 ~ The Most Holy Body And Blood Of Christ

Gn 14:18-20; 1 Cor 11:23-26; Lk 9:11b-17
8:00 AM Betty Nappi (Birthday Remembrance)
by the Stanley family
Newton
10:00 AM Jesselyn and Donald Driscoll
by their family
Plaistow

Monday, June 23 ~ Weekday

Gn 12:1-9; Mt 7:1-15
8:00 AM Robert Huberdeau
by Paula and Steve Fournier
Newton

Tuesday, June 24 ~ The Nativity of John the Baptist

Is 49:1-6; Acts 13:22-26; Lk 1:57-66, 80
8:00 AM Eric Antkowiak by Bob and Alice Litwinovich
Plaistow

Wednesday, June 25 ~ Weekday

Gn 15:1-12, 17-18; Mt 7:15-20
6:30 PM Daniel and Sara Dube by Sr. Diane Dube, pm
Plaistow

Thursday, June 26 ~ Weekday

Gn 16:1-12; 15-16; Mt 7:21-29
8:00 AM All Souls Intentions
Newton

Friday, June 27 ~ The Most Sacred Heart Of Jesus

Ez 34:11-16; Rom 5:5b-11; Lk 15 3-7
No Mass

Saturday, June 28 ~ The Immaculate Heart of the

Blessed Virgin Mary;
Irenaeus, Bishop, Martyr, and
Doctor of the Church

Gn 18:1-15; Mt 8:5-17 (Day)
Acts 12:1-11; 2 Tm 4:6-8, 17-18; Mt 16:13-19 (Vigil)
4:00 PM In Honor of Jesus Christ the Righteous Judge
Plaistow

Sunday, June 29 ~ Peter and Paul, Apostles

Acts 12:1-11; 2 Tm 4:6-8, 17-18; Mt 16:13-19
8:00 AM Anthony Szematowicz by Barb and Jack Brotz
Newton
10:00 AM Fran "Mama" Lewis
by the Knights of Columbus
Plaistow





New Hampshire Catholic Appeal 2025

This year's New Hampshire Catholic Appeal continues; we hope you'll help us meet our goal of \$47,579.00! As of June 9, we raised \$19,195.00 toward our goal. More information will be announced about the Catholic Appeal. Thank you for your support!

HOLY FAMILY PILGRIMAGE

Holy Family Pilgrimage - **July 28-31, 2025**. Travel with us and our Spiritual Director Father Rijo Johnson, SDV, as we visit some of the most beautiful churches and shrines in Quebec, Canada during this 4-day, 3-night pilgrimage. \$750.00 per person, includes double occupancy room in a Four-Star Hotel, (single, triple and quadruple rates also available), travel by air-conditioned coach bus, 8 meals, all entry fees, taxes and gratuities (except driver tip). **PASSPORT BOOK/ PASSPORT CARD REQUIRED**. If you would like an application or have any questions, please call or email Maria Castellano, 603-398-6745, mysticalrosepilgrimage@gmail.com.

CURSILLO

The Cursillo weekend is an invitation for you to experience the love of Jesus Christ on a more personal level and to bring this love and joy into your daily life. For more information, contact Rick or Kathy Garon at 603-490-5222 or 603-490-8090.

THE COMPASSIONATE FRIENDS

The Compassionate Friends (TCF) of Greater Newburyport provides support for bereaved families after the loss of a child, grandchild, or sibling – any age, any cause. Our monthly support meetings are held in the Immaculate Conception Parish Center in Newburyport, MA, Room 209 from 7:30 to 9:00 PM on the fourth Monday of the month. Barbara J. Hopkinson is founder and chapter leader. Contact Barbara for questions at 617-410-6309 or info@abutterflysjourney.org.

SAFETY AND SECURITY

Our Parish properties are active places, where traffic and parked vehicles are a constant presence in the ebb and flow of a busy week. It is important to remember that because of the activity on both campuses, it is easy for someone looking for a quick deed to find a vehicle. **Please be sure to lock and secure your vehicle when you are parked on either campus.** If possible, secure valuables out of sight or make sure valuables in an open bed truck are secure. We have requested extra police presence in our lots during Masses, but patrols can only do so much. Each of us are responsible for making sure, as best we are able, that our vehicles are safe and secure. Anyone seeing something or someone unusual in the lots is welcome to contact the local police.

ADORERS NEEDED AT 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 is a great source of grace for us as a parish family. We have many who have made the commitment to spend an hour each week with our Eucharistic Lord. Adoration takes place each Thursday in Newton from 8:30 AM to 8:30 PM. We also need people at all times so we can have 2 people at each hour. 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	603-382-8324
Parish Prayer Line	603-382-8324 x 314
St. Luke's Outreach Ministry	603-382-8324 x 315
St. Luke's Food Pantry	603-819-4949
Preschool	603-382-9783

Fr. Albert Tremblay	fr.albert@stluketheevangelist.net
Cathy Smith	csmith@stluketheevangelist.net
Joyce Szczapa	jszczapa@stluketheevangelist.net
Jackie Tremblay	jtremblay@stluketheevangelist.net
Val Barczak	mvmbarczak@comcast.net



MONTHLY FOOD DRIVE

**Sponsored by the Knights of Columbus
St. Jude Council #6617**

The Knights of Columbus and Saint Luke the Evangelist Food Pantry would like to thank our parishioners for the ongoing support to feed those in need. Shopping lists and bags are provided on the 3rd week of every month with the general collection of non-perishable items happening the following (4th) weekend. Food donations can also be left in the plastic totes at the rear of either church or brought to the Parish Office any time they are open. Prefer not to shop? Gift cards or checks can be made out to Saint Luke Food Pantry anytime. Your generosity and support are greatly appreciated!

KNIGHTS OF COLUMBUS HAPPENINGS

**St. Luke's Scholarship
Presented by Knights of Columbus**

This year's recipient is Molly Richardson. Molly has been a volunteer teacher in our Religious Education program and Vacation Bible School. She has also been a volunteer for the Christmas Fair and has participated as an Altar Server. Molly has been very active with the Girl Scouts and the Timberlane Marching and Symphonic Bands. She just graduated with many honors from Timberlane and will be attending Norwich University this Fall pursuing a degree in Psychology. Congratulations to Molly!!!

If you want more information about the Knights, including our Associate membership program, contact Dan Sullivan at 603-770-4803 or at dans49@comcast.net.

**THE KNIGHTS OF
COLUMBUS
ST. JUDE COUNCIL
#6617**



ALCOHOLICS ANONYMOUS

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

VACATION BIBLE SCHOOL

Parents – Mark your Calendars!

Parents – Please mark your calendars and save these dates - **June 23 to June 27** - for your children to attend *True North Vacation Bible School*.

Vacation Bible School is for children aged 4 to 12 and will run from 9:00 AM to 12:00 Noon, Monday through Friday in the Plaistow Church Hall.

To register, or for more information, contact Joyce Szczapa at jszczapa@stluketheevangelist.net or call her at 603-382-8324, ext. 303.



Saint Luke the Evangelist OUTREACH MINISTRY

Your "Dropped Dollar" Hard At Work

Thank you for your continued support of the St. Luke Outreach Ministry! Please know that your "dropped dollars" are being used wisely to help the poor in our area. Your generosity does not go unnoticed.

**Thank you for your continued generosity
in supporting our**

Annual Walk for Your Neighbor.

The Walk was very successful.

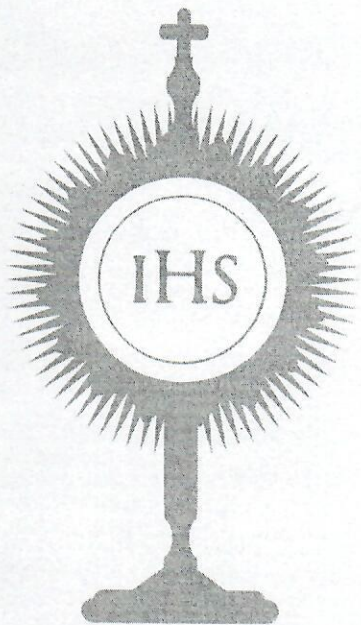
**The money raised will go directly into the
hands of our community neighbors in need!**

Our next meeting is on **Wednesday, July 16 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 St. Luke's Outreach Ministry, call 603-382-8324 x315.

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

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.

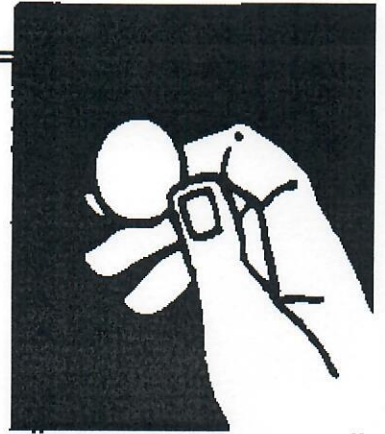
But there is a deeper, more personal question. *At what point do we become the Body and Blood of Christ?* The bread and wine are not consecrated for their own sake, after all, but for the good of the Church and for the world. The question is worth thinking over. Maybe knowing the answer to "when" the 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 22, 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.

SAINT LUKE PARISH NEW HAMPSHIRE CATHOLIC APPEAL FREQUENTLY ASKED QUESTIONS

What is the New Hampshire Catholic Appeal: Future of our Faith II?

The New Hampshire Catholic Appeal (NHCA) is a combined campaign and fundraising effort with the parishes and ministries of the Church in New Hampshire.

What ministries and needs will be included in the New Hampshire Catholic Appeal?

The following will be funded by the NHCA:

- Catholic Education and Catholic Schools
- Seminarians, Deacons, and Vocations
- Priest Retirement
- *Parable* magazine
- Parish needs (Parish to Parish Support Fund and individual parish support)
- Missionaries abroad and multicultural ministry in N.H.
- Catholic University of America and the United States Conference of Catholic Bishops
- Catholic Charities NH

Many of these needs and ministries were previously funded through second collections. These second collections have been eliminated or consolidated into the NHCA. Parishioners can still give to any of these causes and programs separately, though it does not count towards the overall NHCA Parish goal.

➔ *Gifts to Catholic Charities NH separately do not count toward the Catholic Appeal Parish Goal.*

Saint Luke the Evangelist Parish 2025 goal is \$47,579.00

How are the goals for each parish determined?

The parish NHCA goal is calculated as 10% of the parish average assessable income over the last three fiscal years.

If the parish goal is exceeded, does the parish get to keep the amount raised over the goal?

Yes. The NHCA will allow parishes to keep 90% of their revenue over their set goal for the first three years of the appeal.

What happens if a parish does not make their goal?

If a parish does not reach its goal, it will be assessed (billed) the remainder.

Why should I give to the New Hampshire Catholic Appeal if I already give to my parish?

Your participation helps the entire Church in New Hampshire where the needs are the greatest – recruiting new priests, evangelization, the vulnerable, and more. Your support makes these ministries possible that no one parish could support on its own. Your gift demonstrates your commitment to the greater Church. We are many parts in the Diocese of Manchester but one body in Christ with a common mission.

Does my parish have to support the NHCA?

Yes. Each parish in the diocese has a set goal which represents the parish share of the total Appeal. A good faith effort is requested of all parishes. Additionally, individual parishes can benefit significantly by retaining any funds raised over their set goal; administering fewer second collections; and parishes will see a reduction in fees and administrative costs (assessments) paid to the Diocese.

How much should I give?

Charitable giving reflects our Christian stewardship of treasure. Giving back to God, either through contributions to your parish, the New Hampshire Catholic Appeal, or other worthwhile charities, should require a sacrifice, one that recognizes God's generosity to us individually. Therefore, your gift is a personal decision between you and God and should be made after careful reflection. Please consider the dollars you have donated in the past to the six discontinued 2nd collections plus the Catholic Charities NH special collection and the *Parable* magazine drive to help you determine how much to give. The pledge and recurring gift option may make this amount feasible.

Should I make a pledge, recurring gift, or a one-time gift?

Making a pledge or a recurring gift allows you to spread your gift over several months, which may make it easier for you to budget, and may also allow you to give a larger gift.

How Should I Give?

There are many ways that you can give to the New Hampshire Catholic Appeal.

- Donate online with credit/debit card.
- Pledge – submit your pledge (through the gift envelope, or online)
 - All check pledges will receive a monthly reminder.
- Recurring Gift – set up a monthly recurring gift (through the gift envelope, or online)
- Check – make checks payable to the **New Hampshire Catholic Appeal**.
- Cash may be sent in using the gift envelope, but we encourage check or credit card.
- Donate stock – call (603) 663-0136 for broker instructions.
- Donate through your IRA – contact your IRA administrator and have your gift sent directly to the Office of Development and Communications at 153 Ash Street, Manchester, NH 03104 – include your name, and the parish you want the gift credit to go towards.

Can Saint Luke parishioners donate using our online giving platform used for parish offertories?

No. Saint Luke the Evangelist Parish electronic giving is not connected to the NH Catholic Appeal. This is because of the complications of reporting to the Diocese and the tax-deductible reporting that must be done for all donations. One can scan the QR code on the NHCA brochure and immediately access electronic giving opportunities.



Bringing Home the Word

Most Holy Body and Blood of Christ (Corpus Christi) (C)

June 22, 2025

Eat and Drink

Sr. Dianne Bergant, CSA

Bread and wine, the basics for most Mediterranean diets, are featured in the readings for this feast. They were the gifts that were offered to God Most High by the priest-king Melchizedek, as stated in Genesis. Because these gifts represent the staples of life, such a sacrifice was offered because it symbolized the offering of life itself. Who was this mysterious man who blessed Abram, when Abram usually blessed others? We have no answer.

This theme of bread and wine shifts a bit in the gospel passage. There, the meal consisted of bread and fish, traditional

fare of fisher folk. Hence, this meal also symbolized life. We stand open-mouthed when we realize the multitude of people who were fed on such a sparse amount of food. How could this happen? Mystery abounds!

In the first reading, the essence of life is offered to God. In the gospel, the essence of life is offered to the people. It is in Paul's letter that we find the high point of the readings and of the feast itself. There, Paul proclaims what was probably one of the earliest eucharistic formulas of the early Church. It ends with an admonition from Christ himself: "Do this in remembrance of me" (1 Corinthians 11:24). Here, the bread and wine that was first offered to God, and then offered to the people, is the very Body and Blood of the Lord Jesus Christ. This remembrance of his death is really a celebration of life. The mystery here is incomprehensible. †



The multitude were fed on a sparse amount of food. How could this happen?

A Word from Pope Francis (1936–2025)

Our eucharistic adoration comes alive when we take care of our neighbor like Jesus does. There is hunger for food around us, but also for companionship; there is hunger for consolation, friendship, good humor; there is hunger for attention; there is hunger to be evangelized.... We need to eat and *feed others*.

ANGELUS, ROME, JUNE 19, 2022



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

- Do I worry about not having enough?
- How can I live as if I believe in abundance?



The History of Corpus Christi

Around 1209, a group of holy women in Liège, Belgium, established a center dedicated to eucharistic piety. These women were convinced that the Lord desired the celebration of a new feast dedicated to the reserved sacrament of the altar. This feast became known

as Corpus Christi. For this feast, St. Thomas Aquinas composed beautiful hymns that expertly combined dogma with devotion.

With its rich eucharistic liturgy and procession, the feast of Corpus Christi is an occasion of special praise and thanksgiving offered to the Father in the name of all creation, and of special thanksgiving for the institution of the Eucharist, in which Christ's Body is the bread of life.... The Corpus Christi procession is a solemn act of public adoration and praise.... In many Catholic towns, houses are decorated

for this procession. There are beautiful arrangements of flowers, especially before the four altars where the gospels are chanted and the solemn Benediction is given. Church choirs and musicians also perform.... The Corpus Christi procession is a kind of cosmic liturgy. Symbolically, it invites all creatures to join in the Church's joy, gratitude, and praise. Thus, festivity and solemnity combine in this eucharistic celebration and procession.

**Church processions
symbolize our
pilgrimage to our
final destination.**

Church processions, but particularly the Corpus Christi procession, symbolize our pilgrimage on the road to our final destination, with Christ accompanying us, for he is the Way and our final home. The feast of Corpus Christi is still a major feast in the Church today and reverently celebrated by

Catholic communities around the world. †

From *Forty Hours: Eucharistic Adoration*, a Redemptorist Pastoral Publication, Liguori Publications (828737). To order, call 800-325-9521 or visit Liguori.org.

Wisdom from Catholic Update

From *"Eucharistic Adoration: Drawing Closer to Jesus"* by Kathleen M. Carroll

For Catholics, the Eucharist is no mere symbol of Jesus; we believe that the consecrated host is actually the Body, Blood, soul, and divinity of Christ. Receiving Communion at Mass is our best opportunity to fully experience Christ within our parish communities. We come to the table of the Lord with our fellow believers and become one collective body as we share in Jesus' sacrifice in a tangible way. Eucharistic adoration gives us a chance to be with our Savior one on one...and bring to him all our cares, concerns, prayers, hopes, and thoughts. We set aside a special time, a respite from our hectic lives, to create a personal space in which to meet Our Lord.

Catholic Update—a subscription newsletter published eleven times a year—explores Church tradition and teaching on contemporary topics. Liguori.org • 800-325-9521



God of abundance, as we are fed in the Eucharist, may we be mindful of the unspoken hungers of those around us. We pray in Jesus' name. Amen.

The Redemptorists

WEEKDAY READINGS

June 23–28

Monday, Weekday:

Gn 12:1–9 / Mt 7:1–5

Tuesday, Nativity of St. John the Baptist:

Is 49:1–6 / Acts 13:22–26 / Lk 1:57–66, 80

Wednesday, Weekday:

Gn 15:1–12, 17–18 / Mt 7:15–20

Thursday, Weekday: Gn 16:1–12, 15–16 or 16:6b–12, 15–16 / Mt 7:21–29

Friday, Most Sacred Heart of Jesus:

Ez 34:11–16 / Rom 5:5b–11 / Lk 15:3–7

Saturday, Weekday:

Gn 18:1–15 / Mt 8:5–17