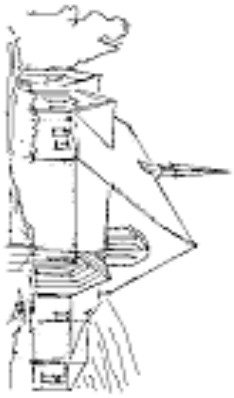


St. Joseph's Family Activities



CORPUS CHRISTI

6th – 12th June 2021

stioe.fam.activities@email.com

“This is my body; this is my blood.”

This Sunday we reflect more deeply on the gift of Holy Communion.

At every Mass we are united to Jesus in a very intimate way, but sometimes we can receive Him on “autopilot.” The Solemnity of Corpus Christi is a wonderful moment to help our families to really ponder on and be thankful for Jesus’ self-gift to us in the Eucharist.

This solemnity goes back to 1264, when Pope Urban IV (1261-1265) declared it to be a solemnity of the whole Church. Every year, after all the Easter solemnities have finished, we can rejoice in the miracle of the Eucharist, through its own special feast.

Sunday’s readings are really beautiful, and they unpack why the Eucharist is so important in the History of Salvation. This week I have added some explanations to help you discuss this important feast with others.

On Friday, our pondering continues with a celebration of the love of Jesus for us in His Sacred Heart which cannot be separated from His self-gift to us in the Eucharist.

As ever, if you wish to see past copies of these sheets, please go to <https://www.stjosephsmalvern.org.uk/> and then click on the dropdown box for past editions.

There are Four Dimensions of our Faith and the activities all reflect one or more of each of these dimensions.

The image of the Sacred Heart of Jesus in the national shrine to the Sacred Heart at Maryvale Birmingham. If you are ever near there (Kingstanding) do get in touch and pay a visit. It’s a tiny and sweet little chapel.



The family is the “domestic Church” and if we are not able to gather in person with the parish, it’s a good idea to set aside special times to pray with the family, even if it is just 10 minutes two or three times a week. These are graced moments. Light a candle and have a few moments’ silence and remind everyone that they are in the presence of God who is Father, Son and Holy Spirit. These times are very precious and even if it is just a few minutes after a meal, it can be a fruitful time. Don’t bite off more than you can chew! Start with just a few moments and build up the scope and variety of prayers slowly. Give everyone the opportunity to voice their own prayers as well as reciting traditional prayers.

**Speaking/Learning the faith
(which the Church calls
“professing the faith”)**

**Living it (in Christ) – i.e. the
choices we make in
everyday life**

**Celebrating it in the Liturgy
and the Sacraments**

**Christian
prayer.**

Gospel for Trinity Sunday

Mark 14:12-16,22-26

This is my body; this is my blood

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the Passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the Passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.'

After psalms had been sung they left for the Mount of Olives.

The Gospel of the Lord

R/: **Praise to you Lord Jesus Christ**

Discussion on the Gospel

✠ Light a candle

✠ Make the Sign of the Cross

✠ Someone read the Gospel slowly

Q: What did Jesus do as they were eating? (A: He took some bread, blessed it and broke it.)

Q: What did Jesus say when He took the bread? (A: This is my body.)

Q: What did Jesus say about the with the cup of wine? (A: This is my body, the blood of the covenant.....*for more information on the covenant see the notes below on the first reading.*)

Q: When and where have you heard these words before? (A: At Mass.)

Q: What happens to the bread and wine when the priest says these words at Mass? (A: They become Jesus' Body and Blood.)

Q: When the bread and wine become Jesus' Body and Blood, He is truly and completely present – He is with us in church on the altar. What posture do we have in the church? (A: we are kneeling.)

Q: Why are we kneeling at that moment? (A: Because Jesus is God, and we are worshipping Him.)

Q: What do we hear just after the priest says these words and lifts up the host and the chalice (cup)? (A: A bell ringing.)

Q: What can we do when we hear the bell ring? (A: Look up/look at the Host and Chalice/bow in worship/say a little prayer such as "Jesus I love you".

On the next page are two activities that can be done to finish this session:

Older children can read the Amima Christi which is a very ancient prayer.

May be write it out in modern English to pray after receiving Jesus in

Holy Communion at Mass. Younger children can colour in the picture of

the host and chalice, and write/dictate a prayer to say at Mass.

Amina Christi

Soul of Christ, sanctify me

Body of Christ, save me

Blood of Christ, inebriate me

Water from the side of Christ, wash me

Passion of Christ, strengthen me

O good Jesus, hear me

Within Thy wounds hide me

Suffer me not to be separated from

Thee

From the malignant enemy defend me

In the hour of my death call me

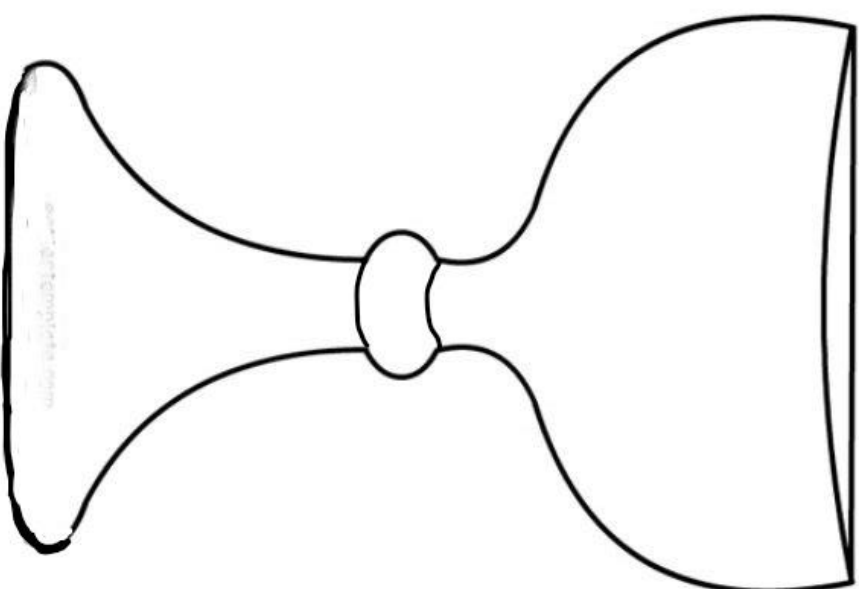
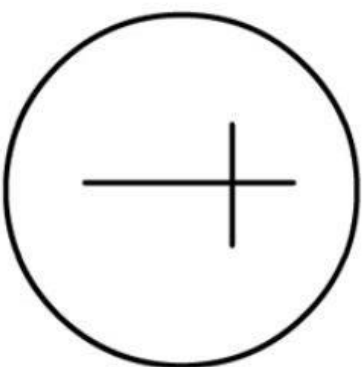
And bid me come unto Thee

That with Thy Saints I may praise Thee

Forever and ever.

Amen.

My Prayer to Jesus who is with us in Holy Communion



An explanation of the readings for Corpus Christi

First Reading Exodus 24:3-8

This is when Moses built a temple in the desert and taught the people how to offer sacrifices to God. The blood symbolised God's protection and having offered the animal to God, the blood was sprinkled on the people as a sign of God's protection. Today it's Jesus' blood which protects us as He is the perfect sacrifice which we celebrate every time we come to Mass.

Moses went and told the people all the commands of the Lord. In answer, all the people said with one voice, 'We will obey all the commands that the Lord has decreed.'

Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel.

Then he directed certain young Israelites to offer sacrifices to the Lord as communion sacrifices.

Half of the blood Moses took up and put into basins, the other half he cast on the altar.

And taking the Book of the Covenant he read it to the listening people, and they said, 'We will observe all that the Lord has decreed; we will obey.'

Then Moses took the blood and cast it towards the people.

This' he said, 'is the blood of the Covenant that the Lord has made with you, containing all these rules.'

Responsorial Psalm

The "cup of salvation" is the cup that was drunk at Passover when the Jews celebrated their escape from slavery. Today the priest drinks from the chalice on our behalf (we can't drink from it at the moment because of Covid regulations) and it's part of our recognition that by receiving Jesus' Body and Blood at Holy Communion we are being saved from slavery to sin. Holy Communion gives us the grace to be strong and resist temptation, because it draws us closer to Jesus.

Verse: The cup of salvation I will raise; I will call on the Lord's name.

R/: **The cup of salvation I will raise; I will call on the Lord's name.**

Verse: How can I repay the Lord for his goodness to me?

The cup of salvation I will raise; I will call on the Lord's name.

R/: **The cup of salvation I will raise; I will call on the Lord's name.**

Verse: O precious in the eyes of the Lord is the death of his faithful. Your servant, Lord, your servant am I; you have loosened my bonds.

R/: **The cup of salvation I will raise; I will call on the Lord's name.**

Verse: A thanksgiving sacrifice I make; I will call on the Lord's name. My vows to the Lord I will fulfill before all his people.

R/: **The cup of salvation I will raise; I will call on the Lord's name.**

Second reading: Hebrews 9:11-15

The High Priest was the most important priest in the Temple and carried out the most important sacrifices. Every year the high priest would offer a very important sacrifice to God in the holiest part of the Temple which was of course built by the Jews. Jesus has offered the sacrifice of Himself on the cross and has entered Heaven, the holiest of all places which people have not built (God created heaven).

Jesus did not take animal blood with Him, when He entered heaven (the holiest sanctuary) but His own blood which was shed on the Cross.

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God. He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

What is a sacrifice?

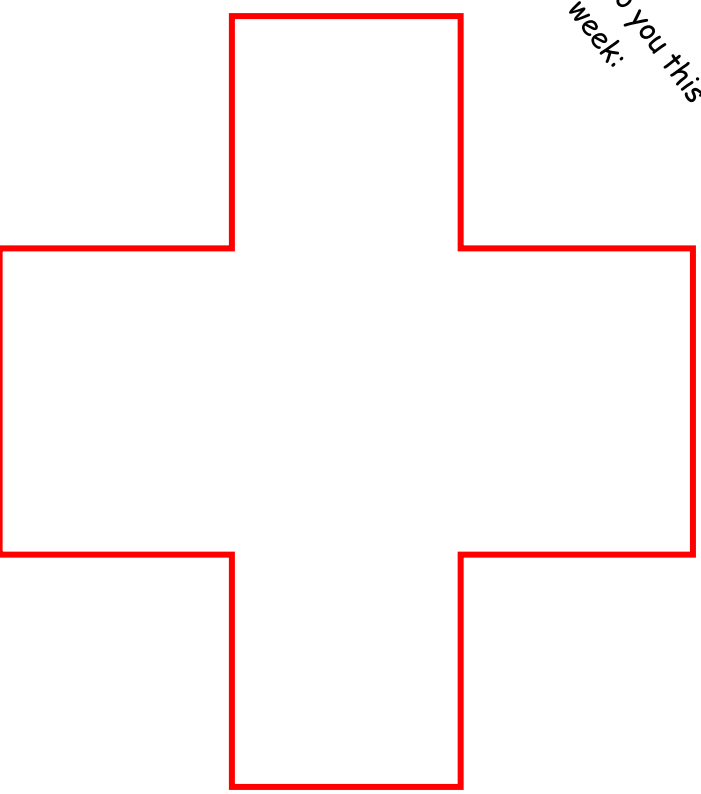
Today we think of a sacrifice as giving up something - in Lent we may sacrifice eating chocolates or sweets, for example. In the past, sacrifices were always offering to God so that the person doing the offering would become holy.

Jesus offered Himself to His Father so that everyone joined to Him in Baptism (His Body, the Church) would become holy.

However today we can still share in Jesus' offering of Himself to His Father every time we do something kind for someone else, especially if it is "giving up" our time.

Think about and write in the cross below how you can do something helpful for someone else this week.

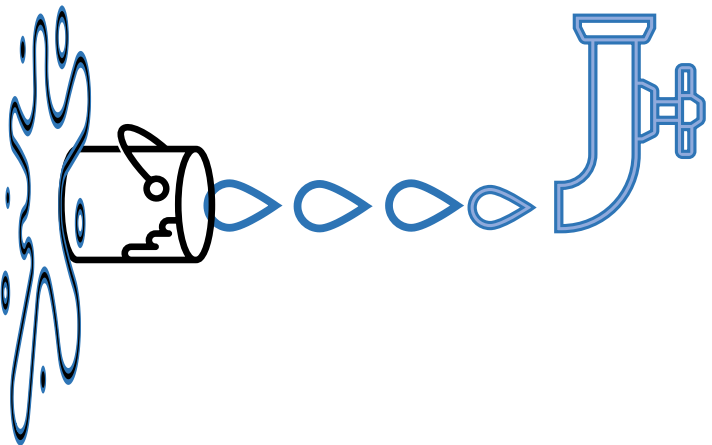
Jesus I offer to You this
sacrifice this week:



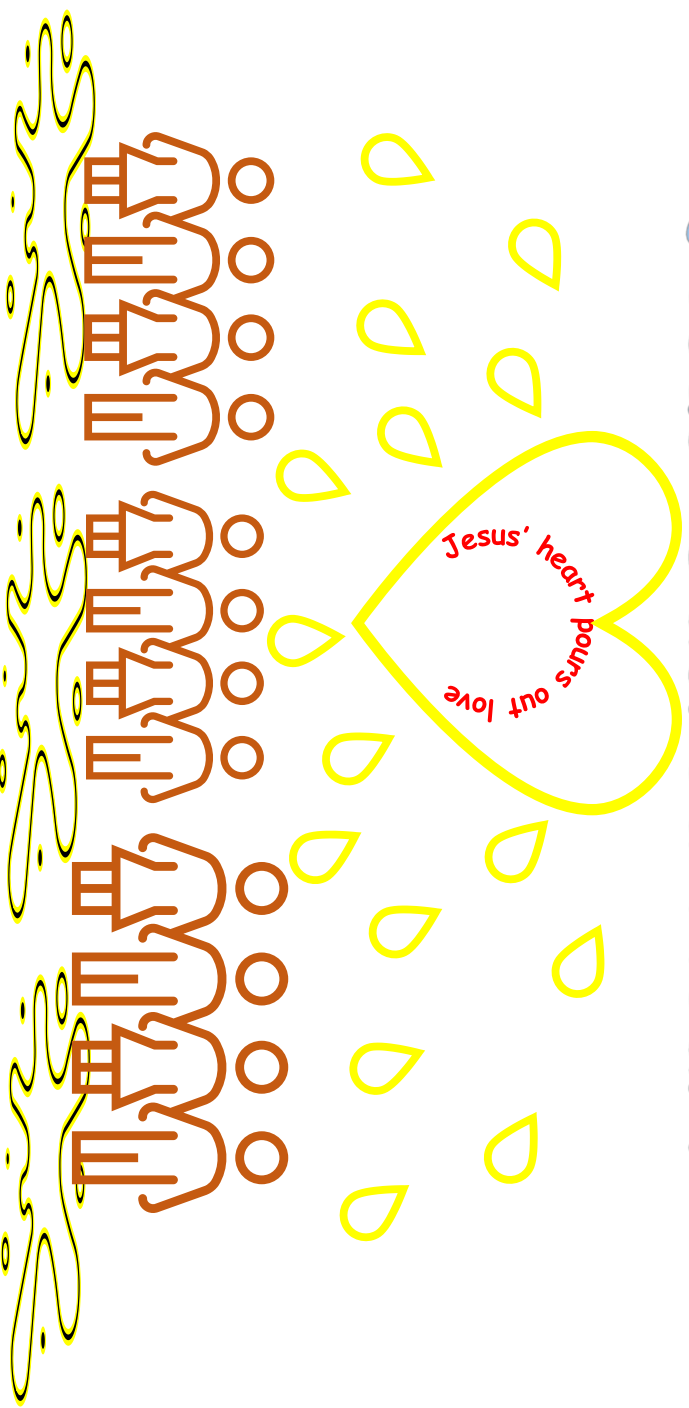
Friday 11th June, the Most Sacred Heart of Jesus

Jesus is holy because He is God, and the love comes from Him (His heart, the seat of love) is the holiest love here is. Jesus' love never stops being poured out, like a tap that cannot be turned off. If we put a container under the tap, it will fill with water and then overflow. If we allow Jesus' love to fill our hearts, we are like containers filled with His love and overflowing with Jesus' love.

Colour in the picture below and either learn the prayer below by heart or write out your own prayer to Jesus' Sacred Heart.



Jesus' Sacred Heart



O Sacred Heart of Jesus, I place all my trust in you, (say 3 times)

Amen.