

Solemnity of the Most Holy Body and Blood of Christ



St. Charles Catholic Church
Liturgy of the Word with Children

Family Reflection for

June 11, 2023 The Most Holy Body and Blood of Christ

Family Prayer:

God of love, we thank you for the gift of Jesus, the bread of life, which we receive in Holy Communion. Amen

Gospel Reading: John: 6:51-58

Realize our oneness in Christ

Reflection:

Today is the Solemnity of the Most Holy Body and Blood of Christ. In today's Gospel reading, Jesus is telling us about the special gift he gives us in the Eucharist. Our faith teaches us that when we gather to celebrate Mass, Jesus is present to us. The bread and wine truly become the Body and Blood of Christ. This is what we mean by the word transubstantiation: Jesus makes himself present to all who receive the Body and Blood of Christ. We recognize that Christ gives us the gift of himself in the Eucharist.

Bread gives us life and nourishes our bodies. Jesus is the living bread who saves us from sin and gives us life forever with God in heaven. At Mass, when we come to the table for Holy Communion, we are participating in the very life of Jesus. We become one with Jesus, but so does everyone else at Mass who comes to the table. Our relationship with Jesus is both personal to us and also within our parish community. Together, we become people who build the Kingdom of God on Earth and look forward to eternal life with our Heavenly Father.

Family Activities:

*Watch the story video and learn about the life of Blessed Imelda Lambertini.

<https://www.youtube.com/watch?v=qiY-uTmg62Q>



*Share memories of First Communion. If there are family photos taken on this occasion, bring them out and share them together. Adults in the family may also share memories or photos that they have of their First Communion.

Share what it means to you to receive Jesus in the Eucharist. As a family, thank God for this gift of Holy Communion and pray together the Lord's Prayer.

**We are one Body of Christ.* Members of our parish community who cannot attend Mass for health reasons are still our fellow parishioners. We can show them our love by making cards for the ministers of the homebound to take with them on their visits. Those who will receive your cards will feel happy knowing that the parish community is thinking of them. Draw pictures of the Eucharist such as a loaf of bread, a host, a chalice, grapes and include today's Bible verse. "I am the bread from heaven! Everyone who eats it will live forever." *Bring your finished cards to the parish office.*

Discuss these questions as a family:

* What kind of bread does Jesus say he will give?
(Living bread from heaven)

* Why is it important to attend Mass and receive Holy Communion?

* Why do you think Jesus chose bread and wine as the ways for us to remember him?

* What does it mean to be like Jesus?

