

**Sunday 22 June 2025**  
**Solemnity of Most Holy Body and Blood of Christ**

*Liturgical Colour: White. Year: C(I).*

**Readings at Mass**

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**Entrance Antiphon**

**Cf. Ps 80: 17**

He fed them with the finest wheat  
and satisfied them with honey from the rock.

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**Collect**

O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
God, for ever and ever.

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**First reading**

**Genesis 14:18-20**

**‘He offered bread and wine.’**

In those days: Melchizedek king of Salem brought out bread and wine. He was priest of God Most High. And he blessed Abram and said, ‘Blessed be Abram by God Most High, Possessor of heaven and earth; and blessed be God Most High, who has delivered your enemies into your hand!’ And Abram gave him a tenth of everything.

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**Responsorial Psalm**

**Ps 110(109):1. 2. 3. 4. R4bc**

*You are a priest for ever, according to the order of Melchizedek.*

The LORD’s revelation to my lord:  
‘Sit at my right hand,  
until I make your foes your footstool.’

*You are a priest for ever, according to the order of Melchizedek.*

The LORD will send from Sion  
your sceptre of power:  
rule in the midst of your foes.

*You are a priest for ever, according to the order of Melchizedek.*

With you is princely rule  
on the day of your power.  
In holy splendour, from the womb before the dawn,  
I have begotten you.

*You are a priest for ever, according to the order of Melchizedek.*

The LORD has sworn an oath he will not change:  
‘You are a priest for ever,  
according to the order of Melchizedek.’

*You are a priest for ever, according to the order of Melchizedek.*

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## Second reading

**1 Corinthians 11:23-26**

**‘For as often as you eat and drink, you proclaim the Lord’s death.’**

Brothers and Sisters: I received from the Lord what I also delivered to you; that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, ‘This is my body, which is for you. Do this in remembrance of me.’ In the same way also he took the cup, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

## Sequence

**Lauda, Sion**

*The Sequence may be said or sung in full, or using the shorter form indicated by the asterisked verses.*

Sing forth, O Zion, sweetly sing  
The praises of thy Shepherd-King,  
In hymns and canticles divine;  
Dare all thou canst, thou hast no song  
Worthy his praises to prolong,  
So far surpassing powers like thine.

Today no theme of common praise  
Forms the sweet burden of thy lays –  
The living, life-dispensing food –  
That food which at the sacred board  
Unto the brethren twelve our Lord  
His parting legacy bestowed.

Then be the anthem clear and strong,  
Thy fullest note, thy sweetest song,  
The very music of the breast:  
For now shines forth the day sublime  
That brings remembrance of the time  
When Jesus first his table blessed.

Within our new King’s banquet-hall

They meet to keep the festival  
That closed the ancient paschal rite:  
The old is by the new replaced;  
The substance hath the shadow chased;  
And rising day dispels the night.

Christ willed what he himself had done  
Should be renewed while time should run,  
In memory of his parting hour:  
Thus, tutored in his school divine,  
We consecrate the bread and wine;  
And lo – a Host of saving power.

This faith to Christian men is given –  
Bread is made flesh by words from heaven:  
Into his blood the wine is turned:  
What though it baffles nature's powers  
Of sense and sight? This faith of ours  
Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,  
Meet symbols of the gifts divine,  
There lie the mysteries adored:  
The living body is our food;  
Our drink the ever-precious blood;  
In each, one undivided Lord.

Not he that eateth it divides  
The sacred food, which whole abides  
Unbroken still, nor knows decay;  
Be one, or be a thousand fed,  
They eat alike that living bread  
Which, still received, ne'er wastes away.

The good, the guilty share therein,  
With sure increase of grace or sin,  
The ghostly life, or ghostly death:  
Death to the guilty; to the good  
Immortal life. See how one food  
Man's joy or woe accomplisheth.

We break the Sacrament, but bold  
And firm thy faith shall keep its hold,  
Deem not the whole doth more enfold  
Than in the fractured part resides  
Deem not that Christ doth broken lie,  
'Tis but the sign that meets the eye,  
The hidden deep reality  
In all its fullness still abides.

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\*Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,

That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

\*Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

\*O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.  
Amen. Alleluia.

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### **Gospel Acclamation**

**John 6:51**

Alleluia, alleluia.  
I am the living bread that came down from heaven, says the Lord.  
If anyone eats of this bread, he will live for ever.  
Alleluia.

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### **Gospel**

**Luke 9:11b-17**

#### **‘All ate and were satisfied.’**

At that time: Jesus spoke to the crowd of the kingdom of God and cured those who needed healing. Now the day began to wear away, and the Twelve came and said to him, ‘Send the crowd away to go into the surrounding villages and countryside to find lodging and get provisions, for we are here in a desolate place.’ But he said to them, ‘You give them something to eat.’ They said, ‘We have no more than five loaves and two fish — unless we are to go and buy food for all these people.’ For there were about five thousand men. And he said to his disciples, ‘Make them sit down in groups of about fifty each.’ And they did so, and made them all sit down. And taking the five loaves and the two fish, he looked up to heaven and said a blessing over them. Then he broke the loaves and gave them to the disciples to set before the crowd. And they all ate and were satisfied. And what was left over was picked up, twelve baskets of broken pieces.

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### **Prayer over the Offerings**

Grant your Church, O Lord, we pray,  
the gifts of unity and peace,  
whose signs are to be seen in mystery

in the offerings we here present.  
Through Christ our Lord.

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### **Communion Antiphon**

**Jn 6: 57**

Whoever eats my flesh and drinks my blood  
remains in me and I in him, says the Lord.

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### **Prayer after Communion**

Grant, O Lord, we pray,  
that we may delight for all eternity  
in that share in your divine life,  
which is foreshadowed in the present age  
by our reception of your precious Body and Blood.  
Who live and reign for ever and ever.