

**REFLECTION:** I remember a time when I was angry and found it hard to forgive someone who hurt me... I remember... I remember...

# The Living Bread

The Solemnity of the Most Holy  
Body and Blood of Christ  
Cycle A | June 7, 2026



## WISDOM FROM THE CELLS

I remember when my best friend was killed. He was only 16 years old. I remember seeing him on the floor with blood all over him, the crime scene taped off, his family arriving when they heard the news, and how his death made them grieve and suffer. I remember I cried that night and prayed for his family. I remember wanting revenge as I let anger overwhelm me. At the time, I had no coping tools to deal with these types of emotions. I was blinded by hate, pain, and grief, and never considered possible consequences. I drank to numb the pain and dull my senses, which resulted in me making poor decisions.

As I look back, I shake my head because now, whenever I am faced with a bad situation and feel overwhelmed, unsure, or out of balance about how to react, I turn to God for help and direction by praying and meditating. I have learned to keep my anger in check, consider the consequences of every choice I make, and avoid conflicts. I place my trust in God to help me make the right choices and forgive even those I dislike.

Even in my most vulnerable moments, I have gotten through it by relying on and trusting in God to give me the strength and confidence to overcome difficult situations. My faith is strong, and God has made me more confident in making important decisions when it comes to friends, family, and being able to see the light in the darkness of times.

- Steven, who is in a California State Prison.

## PENITENTIAL RITE

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**  
May almighty God have mercy on us, forgive us our sins and bring us to everlasting life.  
**R. Amen.**

## OPENING PRAYER

Let us pray:  
Jesus,  
You are the living bread.  
Through your body and blood, we ask that you nourish our lives and our faith in you. Help us to always be open to the hope and forgiveness that comes from your heart.

We ask this through Christ, our Lord. **R. Amen.**

## OUR FATHER

Let us pray with confidence to the Father in the words our Savior gave us:  
**Our Father, who art in heaven, hallowed be thy name; thy Kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.**  
**R. For the kingdom, the power and the glory are yours, now and for ever. Amen.**

## SIGN OF PEACE

Jesus, you said to your apostles: "I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live forever and ever. **Amen.**"  
  
The peace of the Lord be with you always.  
**R. And with your spirit.**

## LAMB OF GOD

Lamb of God, you take away the sins of the world: **Have mercy on us.**  
Lamb of God, you take away the sins of the world: **Have mercy on us.**  
Lamb of God, you take away the sins of the world: **Grant us peace.**

This is Jesus, the Lamb of God, who takes away the sins of the world. Happy are we who are called to his supper.  
**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

## COMMUNION

## CLOSING PRAYER

Let us pray:  
Lord,  
Through your body broken on the cross, you brought us the hope of new life. Your forgiveness was more powerful than anger or the need for revenge. Guide us in your ways so that we may find life rather than death.  
  
We ask this through Christ, our Lord. **R. Amen.**



# LITURGY OF THE WORD

## First Reading: Deuteronomy 8:2-3, 14b-16a

Moses said to the people: "Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD. "Do not forget the LORD, your God, who brought you out of the land of Egypt, that place of slavery; who guided you through the vast and terrible desert with its saraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to your fathers."

The Word of the Lord.  
**R. Thanks be to God.**

## Responsorial Psalm: Psalm 147:12-13, 14-15, 19-20

### R. Praise the Lord, Jerusalem.

Glorify the LORD, O Jerusalem;  
praise your God, O Zion.

For he has strengthened the bars of your gates;  
he has blessed your children within you.

### R. Praise the Lord, Jerusalem.

He has granted peace in your borders;  
with the best of wheat he fills you.

He sends forth his command to the earth;  
swiftly runs his word!

### R. Praise the Lord, Jerusalem.

He has proclaimed his word to Jacob,  
his statutes and his ordinances to Israel.  
He has not done thus for any other nation;  
his ordinances he has not made known to  
them. Alleluia.

### R. Praise the Lord, Jerusalem.

## Second Reading: 1 Corinthians 10:16-17

Brothers and sisters: The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

The Word of the Lord.  
**R. Thanks be to God.**

## Gospel: John 6:51-58

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

The Gospel of the Lord.  
**R. Praise to you, Lord Jesus Christ.**

# MEDITATION: REAL FOOD

javier wakes up at 4:00 am every day to begin his work the heavy beams to build the houses needed to be lifted high all morning until noon he would be sweating with the heavy labor javier enjoyed his work he felt good using his body under difficult conditions but sometimes he felt challenged by the impossibility of completing a task

before he left for work every day his wife maria would rise and make a healthy breakfast without this breakfast he would be lost

once there was a period of time when maria went to visit her mother who was sick in mexico the first day at work javier had suffered because he had not eaten enough

every morning the food at breakfast had given him strength to complete his tasks it gave him stamina when the building seemed impossible

javier was remembering how his brother had been killed by a drunk driver

he had carried hate around in his heart

javier knew he wanted revenge on the person who killed his younger brother he deserved to die

day and night this revenge ruled javier's being when he went to sleep when he woke up in the morning this was the first thought on his mind

his grandmother was always begging him to go to church with her and on one of her birthdays he reluctantly went with her early in the morning she pushed javier into the line for confession he went for her sake

it was time for communion he put out his hand for the body of christ receiving into his being the body of christ he returned to his seat sat down and closed his eyes a strange feeling began to take place seemed like it lasted forever

this food had shifted something within javier he saw so clearly how this hate and revenge was

destroying him

he was being healed on the deepest level possible he had not expected anything like this experience when he went to communion

javier knew he didn't want to be destroyed by his hate by his revenge we would need this food just like he needed his huge breakfasts in the morning

this need for real food was no different than his desperate need for his breakfast to give him strength

after some weeks of going to church with his grandmother javier understood deeply he needed this food of god to give him strength not to be like everyone else but rather someone who wanted to live not die not get locked up in self-pity

on these sundays javier knew this experience of the eucharist was saving his life just like the nourishment in the morning was saving him from falling under the weight

of the construction work two years later on the feast of corpus christi javier told his grandmother he wanted to hold one of the candles in the procession

javier told her how grateful he was tears running down his face saying i know nothing will ever bring back my brother again i miss him every day of my life but this hate was ruining my life for so long i wanted revenge until i was fed this food of god christ's body and blood

how foolish i was never to have known this before i want to hold one of the candles during the procession

i pray that my friends who are seeking revenge will also wake up and be fed this healing food this nourishing food

javier's grandmother also with tears in her eyes embraced javier

