

# Solemnity of the Body & Blood of Christ Family Activity

June 7, 2020

## Introduction

This Sunday we celebrate the Solemnity of the Body and Blood of Christ. A solemnity is the highest type of liturgical celebration in the church and the Eucharist is the source and summit of our faith. The Eucharist is not just a representation of Jesus' Body and Blood, but Jesus himself in Body, Blood, Soul and Divinity. It is God himself that we receive in the Eucharist! In the gospel reading, Jesus states this very clearly.

The Jews could not believe what Jesus was saying, but he replies, "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." Jesus came that we might have life and he remains with until the end of times! Eucharist means thanksgiving. Let us pray so that we may be thankful for his immense love!

Even if you are not able to attend Mass because of the current situation, you can still watch it livestreamed and receive Jesus spiritually by saying this prayer: *My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.*

## BREAD OF LIFE



## Resources

1. Readings [HERE](#)
2. Gospel Reflection Options
  - ⇒ Homily from Mass livestreamed: Saturday 4:00pm; Sunday 10:00am and 2pm (in Spanish) [HERE](#)
  - ⇒ Animated readings and homily for children [HERE](#)
  - ⇒ Bishop Barron on the Real Presence [HERE](#)
3. Musical Option: *Behold the Lamb* [HERE](#)

## Method

1. **Pray together:** Thank God for your family, for his love and for this time together. **Praise** Him for his goodness and His grace. **Ask** Him for anything that you need.
2. **Listen to or Read** the First Reading, Psalm, Second Reading and Gospel.
3. **Watch or Listen** to the gospel reflections.
4. **Converse** about the readings. What caught your attention? What meaning do you find in it?
5. **Do** the *Host and Chalice Craft*
6. **Pray together:** Thank Jesus for the gift of himself. Pray the Our Father as he taught us.

## *Host and Chalice Craft*

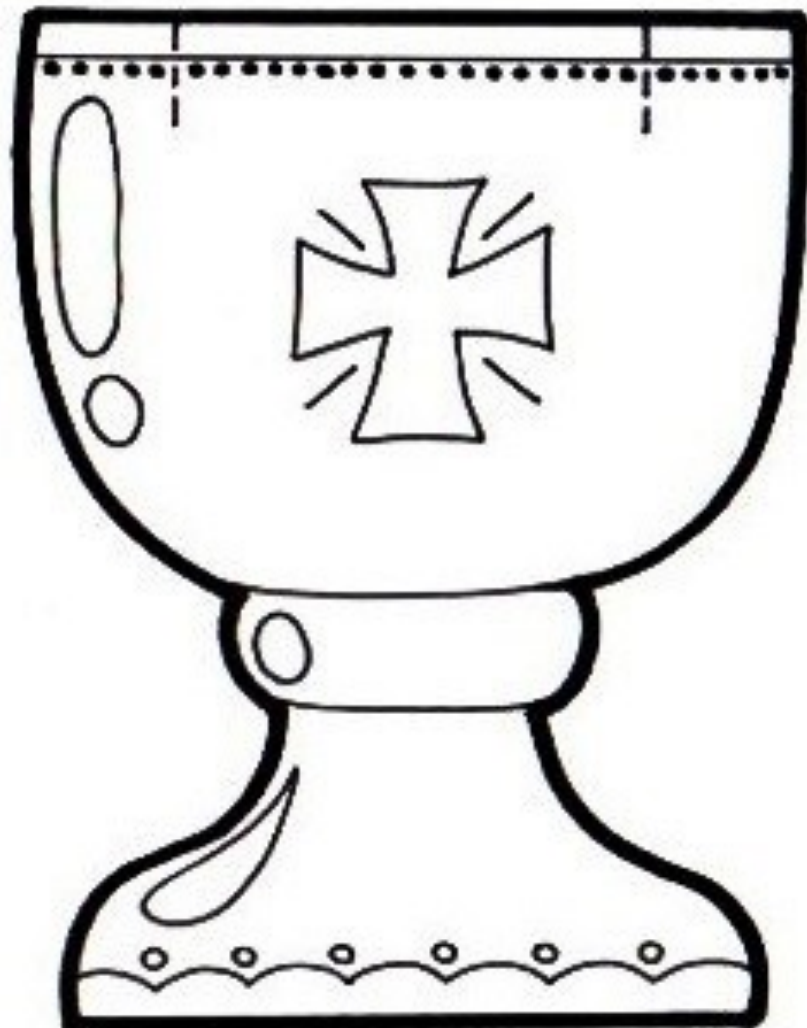
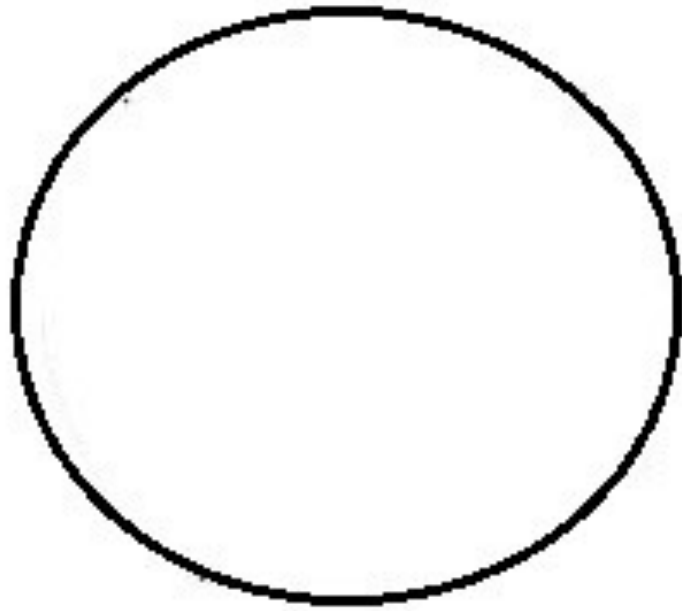
### *Materials:*

- 1) Cardstock or construction paper: white for host and orange, gray or yellow for chalice.
- 2) Pencil
- 3) Glue
- 4) Scissors
- 5) Markers: red, brown, green or any other color of choice for decoration.

### *Steps*

- 1) Print mold in next page and trace onto the colored cardstock. If unable to print, draw the chalice on the colored cardstock and the host on the white cardstock.
- 2) Draw and color shapes on chalice (cross, gems...).
- 3) On one side of the host, write the spiritual communion prayer on page 1. Draw a cross with a yellow marker on the other.
- 4) Make two cuts at the top of the chalice as shown in the mold.
- 5) Fold the chalice in half and backwards and insert the host into the cut sections as shown in the picture above.





I AM the

BREAD of LIFE

Whoever comes to me  
will never go hungry, and  
whoever believes in me  
will never be thirsty.

JOHN 6:35



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Etsy.com