

and offered it to them, saying, “Drink from it, all of you. This is my Blood of the New Covenant, which poured out for many, the forgiveness of sins. (Matthew 26: 26-28). This Sacrament became known in the Church as Holy Communion where the presence of Jesus is consummated by believers. This practice was established in the early church. In Acts 2:42, it says, “They (i.e., believers) devoted themselves to the apostles teaching and to the fellowship, to the breaking of bread and to prayer.” These are the cornerstones of faith and have been maintained for the last two thousand years in the church and have been celebrated worldwide in every nation.

-Jane Stilling

Entrance antiphon: Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

First Reading: Exodus 34: 4-6,8-9

Responsorial Psalm: Daniel 3:52-56 Response: To you glory and praise for evermore. (The response is said after every line)

Second Reading: 2 Corinthians 13: 11-13

Gospel Acclamation: Alleluia, alleluia! Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is, who was, and who is to come. Alleluia!



Gospel: John 3: 16-18

Memorial Acclamation: We proclaim your Death, O Lord, and profess your Resurrection until you come again.

Communion Antiphon: Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

“The Best ideal is the true and other truth is none. All glory be ascribed to the holy Three in One.” — Gerard Manley Hopkins



The Most Holy Trinity

Cycle A, 2023 Weekly Reflection: The person of Jesus Christ: 1. I am the Bread of Life” (John 6: 35).

Jesus made five statements about His Character, which are in the gospel of St John, and this is the first of them. Jesus emphasised that He feeds spiritually for the believer but he also demonstrated that he could feed practically. The day before, after he and his disciples had crossed over the sea of Galilee and he had been healing many sick people, crowds had gathered to hear Him and he was concerned that the people needed to eat. St Andrew said that there was a small boy with five small barley loaves and two small fish (John 6:9). The gospel states that there were five thousand men and there were probably fifteen thousand people altogether, including woman and children.

Jesus asked everyone to sit down on the grass, gave thanks and then asked the disciples to distribute the food. Everyone was satisfied and there were twelve baskets of waste pieces gathered up. That echoes how God the Father provided food for the Israelites as they were journeyed through the wilderness many hundred years ago. In answer to their pleas for help, God sent manna from heaven on their camp each morning, except the Sabbath morning. On the sixth day they gathered twice the amount (Exodus 16: 13-26). Later in the gospel when Jesus was teaching in the synagogue at Capernaum, he expressed that spiritual food was paramount for the believer. “Your fathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread, that came down from heaven, if anyone eats of this bread, he will live forever. This bread is my flesh which I will give for the life of the world”. (John 6: 49-51)

This foreshadows the Last Supper, which is featured in the Gospels of Matthew, Mark and Luke but not in that of St John, before the arrest and crucifixion of Jesus. He says, while they were eating, he took bread, gave thanks and broke it, saying, “Take and eat; this is my body”. Then he took the cup