



Invited

MONTHLY
REFLECTION

JUNE

Welcome to the monthly Invited reflection from the Formation Team.

The month of June brings us the Solemnity of **The Most Holy Body and Blood of Christ, Corpus Christi**, which celebrates the institution of the Holy Eucharist.

Perhaps take some time to reflect on this reading, read it several times and notice if anything particularly strikes you.

A reading from Mark 14

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to him, 'Where do you want us to go and make the preparations for you to eat the Passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the Passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said, 'This is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.' After psalms had been sung they left for the Mount of Olives.



This month we can reflect....

St Teresa of Calcutta said, 'In the Eucharist I receive the spiritual food which sustains me in all my labours. Without it I could not get through one single day or hour of my life.'

On this day, after a time when the Eucharist has not been so accessible, let us appreciate and value even more the privilege of participating in the Eucharist and in receiving freely the gift of the Body and Blood of Christ to sustain us on our journey of life.