

# Virtual Family Prayer Bag



Dear Parent / Carer,  
in these current times of the pandemic we cannot send our usual Prayer Bags home so here is an electronic version for the celebration of the Body and Blood of Christ

## Celebrating The Body and Blood of Christ

Please take some time on Sunday 6<sup>th</sup> June to come together, as a family, in prayer. to celebrate the Body and Blood of Christ.



## A Message from Bishop David

When we gather together to celebrate Holy Mass, this is not just a social gathering. We are present at that moment on Calvary when Jesus offered himself in obedience to his heavenly Father because of his love for the whole world. We are also present at the empty tomb on Easter Sunday morning, sharing in the glory of Jesus risen from the dead. And so, Jesus is truly present to us, Body and Blood. He comes to us to nourish us and strengthen us in the faith we need as disciples, his followers. When the priest lays his hands over the gifts of bread and wine which we bring to the altar, and the Holy Spirit comes down upon this simple food, and the greatest miracle of all time happens before us. Jesus is with us. How does this happen?

Let me put it this way. How many of you like burgers and fish fingers for your tea? But then, something happens to the food that we eat, so that it becomes us! If not, your face would look like a beef burger and your fingers would look like fish fingers! Now that would not do at all would it?

Let's remember then, when we gather together for the Eucharist, when we receive Holy Communion, we are receiving Jesus into our lives in the most special way he chose to remain with us, the Church, his friends. And that is why we should always say thank you to him for coming to us and giving us the strength to live as his disciples. May Jesus, truly present to us in the Blessed Sacrament, be with you always,

✠ David

Rt Revd Dr David J Oakley  
Bishop of Northampton

**Set aside some time in your day  
to gather together for prayer  
Make sure you are all sitting comfortably  
Light a candle**



**In the name of the Father and of the Son and of the Holy Spirit. Amen**

**What is your favourite food?  
When do you eat with others?**



**Our bodies need food  
to give us energy and to keep us warm.  
The food we eat keeps us healthy and strong.  
If we don't eat we become weak and die.  
Not all foods are healthy.  
We need to eat good nourishing food.**

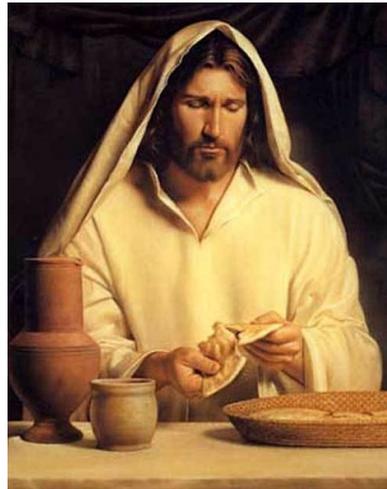


It's the same with our inner selves – our souls.  
We need food to keep us alive and well spiritually  
to keep us in touch with God,  
to give us strength to be able to do the right thing  
and to live as Jesus wants us to live  
as good Christians.

What is the food that gives us inner strength?

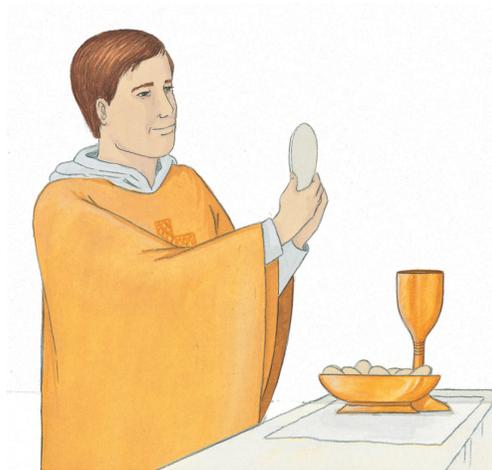


**Jesus said  
'I am the living bread  
which has come down from heaven.  
Anyone who eats this bread  
will live forever.'**



**Jesus gave us his body and blood**

The week after Trinity Sunday  
we celebrate the feast of the **Body and Blood of Christ**.  
We remember the the last supper  
that Jesus shared with his friends.  
Jesus gave himself to them  
and he gives himself to us,  
in the same way, every time we go to Mass.



**At Mass we go to the altar to receive Jesus  
in Holy Communion.  
Communion means joining together and sharing.  
We receive Jesus  
and we share in his life and his love.**



God's Word



A Reading from the Gospel according to John

**Glory to you O Lord**

The disciples set out and went to the city and found everything as Jesus had told them, and they prepared the Passover.

And as they were eating Jesus 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 given 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.'

**The Gospel of the Lord**

**Praise to you Lord Jesus Christ**

**Lord Jesus Christ**

**You invite us to celebrate the eucharistic meal  
in memory of you. Help us to receive you often.**

**Lord give us the bread of eternal life.**



**Lord Jesus Christ**

**You gave your body and blood for the life of the world.**

**Help us to bring your life to others.**

**Lord give us the bread of eternal life.**

**Lord Jesus Christ**

**You have chosen priests to celebrate Mass with us**

**Help them to do so gladly.**

**Lord give us the bread of eternal life.**



**Lord Jesus Christ**

**You gave yourself for all.**

**Look after the sick, the lonely**

**and those who have turned away from you.**

**Lord give us the bread of eternal life.**

**Lord Jesus Christ**

**You gave your life for us**

**so that we could live with you forever.**

**Bring all those who have died in you to their eternal home.**

**Lord give us the bread of eternal life.**





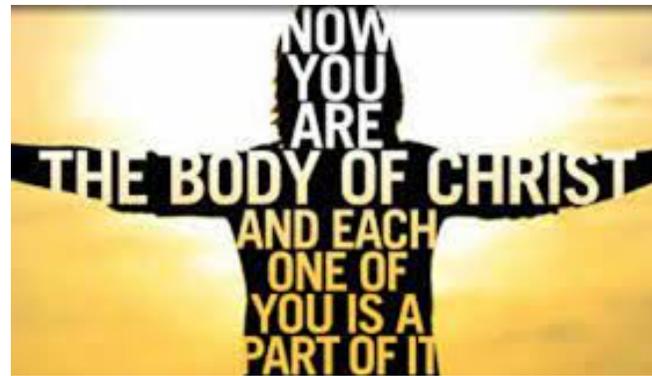
## Loving Jesus

Thank you for giving yourself to us  
as food for our journey through life.

May we receive you in Holy Communion  
and become more and more like you everyday  
in all that we do and all that we say.

Amen

# When we receive the Body of Christ we become the Body of Christ



In what ways can we be Christ to those we meet?