



ST PAULS MEDIA **pastoral ministry**
AMBUHAY
MISSALETTE

FOR A SYNODAL CHURCH: COMMUNION, PARTICIPATION, MISSION
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Friday of the Third Week of Easter (C) — White

May 6, 2022

How does one encounter Jesus by the flesh? It happens during the Eucharistic celebration!

In today's Gospel, Jesus affirms three realities of our Christian faith: that we must eat the flesh and drink the blood of the Son of Man, that the Eucharist gives us eternal life, and that He will raise us on the Last day as our everlasting recompense! If we take the Eucharist, we have everlasting life within us.

The Jews of Jesus' time could not fathom the great gifts of the true Bread and the true Wine at the Last Supper. He comes to us through these tangible signs! At first glance, Jesus' words sounded like an invitation to cannibalism!: that they have to literally eat His body and drink the blood! It was impossible and intolerable for the Jewish culture! For that very reason, many distanced themselves from Him.

In our Catholic Teaching, the transubstantiation is not solely a substance change. One has to engage into an act of faith for one to truly understand. The apostle Paul writes, "Therefore, whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself and thus eat the bread and drink the cup. For whoever eats and drinks without discerning the body, eats and drinks judgment on

"Do This in Memory



of Me."

by Mark Vincent
H. Madronero, AA

himself. " (1 Cor 11:27–29). Paul talks about disposition upon receiving the Eucharist. How can something we eat as bread be the Body of Christ? Transubstantiation is how we speak of this mystery: what appears as bread and wine (*accidents*) now has the reality (*substance*) of the Body and Blood of Christ. We know this because Jesus tells us so.

The ordained minister has a vital role in the Eucharistic celebration as someone who

acts in *Persona Christi*. Once he utters the phrase, "This is my body, which was given for you. Do this in memory of me!" (1 Cor 11:24), the mystery actually happens. Jesus becomes substantially present in the offering of the bread and wine. This event commemorates the memorial of the Last Supper, in communion with the Paschal banquet in heaven. Through the receiving of the holy communion, we already share in and taste the heavenly reality. As St. John Chrysostom says: "To say, 'This is my body,' once pronounced, from that time until now, and even until the coming of Christ, makes the sacrifice complete at every table in the churches."

As we continue to partake in the heavenly event in the Eucharist, we should be transformed by what we eat and drink. We are called to become a Christ-like image to others. St. Augustine says, "Become what you receive: the Body of Christ." We remember that this is the sacrament by which the risen Christ dwells in us and we in him. Once we eat the body and drink the blood of Christ, we must fulfill the individual missions He has entrusted us. And as we receive them, let this be our prayer: "Lord, nourish me with your Body and Blood so that I may be a life-giving person to others today!"

THE INTRODUCTORY RITES

Entrance Antiphon (Rev 5: 12)
(Recited when there is no opening song.)

Worthy is the Lamb who was slain, to receive power and divinity, and wisdom and strength and honor, alleluia.

Greeting
(The sign of the cross is made here.)

P—The Lord be with you.
All—And with your spirit.

Introduction
(These [or similar words] may be used to address the assembly.)

P—Brothers and sisters, In today's Gospel Jesus announces his "flesh and blood" as food and drink. "Flesh and blood" refers to the totality of the human person. In Jesus' case, "flesh" has to do with his incarnate life and his "blood" with his passion and death. Today, as we gather around the table of the Risen Lord, we pray that we may become united with him in mind and heart through the saving mystery of his body and blood in the Eucharist.

Penitential Act

P—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.
(Pause)

P—Have mercy on us, O Lord.
All—For we have sinned against you.

P—Show us, O Lord, your mercy.
All—And grant us your salvation.

P—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All—Amen.

P—Lord, have mercy.
All—Lord, have mercy.
P—Christ, have mercy.
All—Christ, have mercy.
P—Lord, have mercy.
All—Lord, have mercy.

Collect

P—Let us pray. *(Pause)*
Grant, we pray, almighty God, that we, who have come to know the grace of the Lord's Resurrection, may, through the love of the Spirit, ourselves rise to newness of life.

Through our Lord Jesus Christ, your Son, who lives and reigns

with you in the unity of the Holy Spirit, God, for ever and ever.

All—Amen.

LITURGY OF THE WORD



First Reading (Acts 9:1–20) *(Sit)*

Saul is stricken from his horse on the road to Damascus and has a vision of Jesus as the Risen Lord. Christ himself has been persecuted by Saul's attacks upon the faithful. Saul receives the gift of faith.

A reading from the Acts of the Apostles

SAUL, still breathing murderous threats against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues in Damascus, that, if he should find any men or women who belonged to the Way, he might bring them back to Jerusalem in chains. On his journey, as he was nearing Damascus, a light from the sky suddenly flashed around him. He fell to the ground and heard a voice saying to him, "Saul, Saul, why are you persecuting me?" He said, "Who are you, sir?" The reply came, "I am Jesus, whom you are persecuting. Now get up and go into the city and you will be told what you must do." The men who were traveling with him stood speechless, for they heard the voice but could see no one. Saul got up from the ground, but when he opened his eyes he could see nothing; so they led him by the hand and brought him to Damascus. For three days he was unable to see, and he neither ate nor drank.

There was a disciple in Damascus named Ananias, and the Lord said to him in a vision, "Ananias." He answered, "Here I am, Lord." The Lord said to him, "Get up and go to the street called Straight and ask at the house of Judas for a man from Tarsus named Saul. He is there praying, and in a vision he has seen a man named Ananias come in and lay his hands on him, that he may regain his sight." But Ananias replied, "Lord, I have heard from many sources about this man, what evil things he has done to your holy ones in Jerusalem. And here he has authority from the chief priests to imprison all who

call upon your name." But the Lord said to him, "Go, for this man is a chosen instrument of mine to carry my name before Gentiles, kings, and children of Israel, and I will show him what he will have to suffer for my name." So Ananias went and entered the house; laying his hands on him, he said, "Saul, my brother, the Lord has sent me, Jesus who appeared to you on the way by which you came, that you may regain your sight and be filled with the Holy Spirit." Immediately things like scales fell from his eyes and he regained his sight. He got up and was baptized, and when he had eaten, he recovered his strength.

He stayed some days with the disciples in Damascus, and he began at once to proclaim Jesus in the synagogues, that he is the Son of God.

—The word of the Lord.

All—Thanks be to God.

Responsorial Psalm (Ps 117)

R—Go out to all the world and tell the Good News.

1. Praise the LORD, all you nations; glorify him, all you peoples! **(R)**

2. For steadfast is his kindness toward us, and the fidelity of the LORD endures forever. **(R)**

Alleluia (Jn 6:56) *(Stand)*

All—Alleluia, alleluia. Whoever eats my Flesh and drinks my Blood, remains in me and I in him, says the Lord. Alleluia, alleluia.

Gospel (Jn 6:52–59)

P—A reading from the holy Gospel according to John.

All—Glory to you, O Lord.

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." These things he said while teaching in the synagogue in Capernaum.

—The Gospel of the Lord.

All—Praise to you, Lord Jesus Christ.

Homily (*Sit*)

Prayer of the Faithful

P—Let us humbly implore you, Father, for the grace to partake of the sacred mystery of the Eucharist that we may have life in your Son, Jesus as we say:

R—Lord, hear our prayer.

C—May we recognize and adore your Son in the Eucharist, in the "breaking of the bread," when our minds are enlightened and our hearts are enkindled when the Scripture is explained to us. We pray. (**R**)

C—May we truly believe that your Son, Jesus, is truly present in the Eucharistic species, substantially whole and entire, in the reality of your Body and Blood. We pray: (**R**)

C—May we partake of the Eucharist as the "bread of tomorrow" that impels us towards the future, when your Son will come again at the end of history. We pray: (**R**)

C—May the Eucharist inspire us to go out to our brothers and sisters to spread the Gospel and, in your Spirit, set afire our society with your love and the Christian values. We pray: (**R**)

C—May the Blessed Virgin Mary whose life incarnated the meaning of the Eucharist guide us to celebrate, worship, and contemplate her Son in the Eucharist. We pray: (**R**)

C—Let us pray for the urgent concerns of our community and our personal intentions (*pause*). We pray: (**R**)

P—Almighty Father, you gave us bread from heaven in the person of your Son, our Lord

Jesus Christ. Grant that in celebrating the mystery of the Eucharist, we may truly be wise and come to his consolation. We ask this through the same Christ our Lord.

All—Amen.

LITURGY OF THE EUCHARIST



Presentation of the Gifts (*Stand*)

P—Pray, brethren...

All—May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings

P—Graciously sanctify these gifts O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you.

Through Christ our Lord.

All—Amen.

Preface III of Easter

P—The Lord be with you.

All—And with your spirit.

P—Lift up your hearts.

All—We lift them up to the Lord.

P—Let us give thanks to the Lord our God.

All—It is right and just.

P—It is truly right and just, our duty and our salvation, at all times to acclaim you, O Lord, but in this time above all to laud you yet more gloriously when Christ our Passover has been sacrificed.

He never ceases to offer himself for us, but defends us and ever pleads our cause before you: he is the sacrificial Victim who dies no more, the Lamb, once slain, who lives for ever.

Therefore, overcome with paschal joy, every land, every people exults in your praise and even the heavenly Powers, with the angelic hosts, sing together the unending hymn of your glory, as they acclaim:

All—Holy, Holy, Holy... (*Kneel*)

Acclamation (*Stand*)

All—We proclaim your Death, O Lord, and profess your Resurrection until you come again.

THE COMMUNION RITE

The Lord's Prayer

All—Our Father...

P—Deliver us, Lord...

All—For the kingdom, the power and the glory are yours now and forever.

Invitation to Peace

Invitation to Communion (*Kneel*)

P—Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Communion Antiphon

The Crucified is risen from the dead and has redeemed us, alleluia.

Prayer after Communion (*Stand*)

P—Let us pray. (*Pause*)

We have partaken of the gifts of this sacred mystery, humbly imploring, O Lord, that what your Son commanded us to do in memory of him may bring us growth in charity.

Through Christ our Lord.

All—Amen.

THE CONCLUDING RITES

P—The Lord be with you.

All—And with your spirit.

Prayer over the People

P—Bow down for the blessing.
(*Pause*)

Be gracious to your people, O Lord, and do not withhold consolation on earth from those you call to strive for heaven.

Through Christ our Lord

All—Amen.

P—And may the blessing of almighty God, the Father, and the Son, + and the Holy Spirit, come down on you and remain with you for ever.

All—Amen.

Dismissal

P—The Mass is ended. Go in peace.

All—Thanks be to God.



PRAYER TO THE **SACRED HEART** *of Jesus*

Divine Jesus, you have said, "Ask, and you shall receive; seek, and you shall find; knock, and it shall be opened unto you," behold me kneeling at your feet, filled with a lively faith and confidence in the promises dictated by your Sacred Heart and pronounced by Your adorable lips. I come to ask this favor: *(Here silently mention your petitions).*

To whom can I turn if not to you whose Heart is the source of all graces and merits? Where should I seek if not in the treasure which contains all the riches of your kindness and mercy? Where should I knock if not at the door through which God gives himself to us and through which we go to God? I have recourse to You, Heart of Jesus. In you I find consolation when afflicted,

protection when persecuted, strength when burdened with trials, and light in doubt and darkness.

Dear Jesus, I firmly believe that you can grant me the grace I implore, even though it should require a miracle. You have only to will it, and my prayer will be granted. I admit that I am most unworthy of your favors, but this is not a reason for me to be discouraged. You are the God of Mercy and you will not refuse a contrite heart. Cast upon me a look of mercy, I beg of you, and your kind Heart will find in my miseries and weaknesses a reason for granting my prayers.

O Sacred Heart, whatever may be your decision with regard to my request, I will never stop adoring, loving, praising and serving you. My Jesus, be pleased to accept this my act of perfect resignation to the decrees of your adorable Heart which I sincerely desire may be fulfilled by me and all your creatures forever.

Sacred Heart of Jesus, I know that there is but one thing impossible to you: to be without pity to those who are suffering or in distress. Look upon me, I beg of you, dear Jesus, and grant me the grace for which I humbly implore you through the Immaculate Heart of your most sorrowful Mother. You have entrusted me to her as her child, and her prayers are all-powerful with you. Amen.

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