

# SUNDAY *Plus*

The Most Holy Body and Blood of Christ **Divine Office Week IV** Year C

## God-within-us

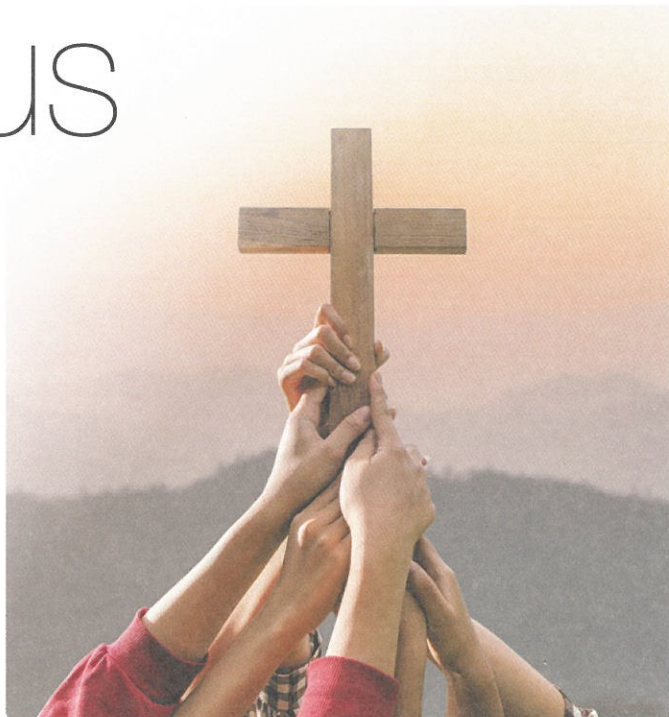
Every time we invite Jesus into our homes, that is to say, into our life with all its light and dark sides and offer him the place of honour at our table, he takes the bread and cup and hands them to us saying: "Take and eat, this is my body. Take and drink, this is my blood. Do this to remember me." Are we surprised? Not really! Wasn't our heart burning when he talked to us on the road? Didn't we already know that he was not a stranger to us? Weren't we already aware that the one who was crucified by our leaders was alive and with us? Hadn't we seen it before, that he took the bread, blessed it, broke it, and gave it to us?... He has done it countless times when we have come to the end of a long day and he joins us


around the table for a simple meal.

The Eucharist is the most ordinary and the most divine gesture imaginable. That is the truth of Jesus. So human, yet so divine; so familiar, yet so mysterious; so close, yet so revealing! But that is the story of Jesus... It is the story of God who wants to come close to us, so close that we can see him with our own eyes, hear him with our own ears, touch him with our own hands; so close that there is nothing between us and him, nothing that separates, nothing that divides, nothing that creates distance.

Jesus is God-for-us, God-with-us, God-within-us.

*Henri Nouwen, With Burning Hearts: a meditation on the eucharistic life*



My Lord and my God,  
I love you and I adore  
you.  Amen.



Lord Jesus,  
I give you my hands to do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you do.  
I give you my tongue to speak your words.  
I give you my mind that you may think in me.  
I give you my spirit that you may pray in me.  
Above all,  
I give you my heart that you may love in me  
your Father and all humanity.  
I give you my whole self that you may grow in me,  
so that it is you, Lord Jesus,  
who live and work and pray in me.

Grail



### Jubilee 2025: Pilgrims of Hope

### 20-22 June Jubilee of Governments

Dear brothers and sisters, as believers it is our responsibility to help eradicate hatred from human hearts and to condemn every form of violence. Let us unambiguously urge that arms be set aside and military spending reduced, in order to provide for humanitarian needs, and that instruments of death be turned into instruments of life. May ours not be empty words, but insistent appeals for the welfare of our brothers and sisters, opposing war and death in the name of the One who is peace and life. Fewer arms and more food, less hypocrisy and more transparency, more vaccines distributed fairly and fewer weapons marketed indiscriminately. Our times demand that we be the voice of all those believers, ordinary people, defenceless and weary of violence, so that those who have responsibility for the common good will commit themselves not only to condemn wars and terrorism, but also to create the conditions to prevent them from flaring up...

Brothers and sisters, be courageous! We have before us a vision, the same vision shared by so many young people and men and women of good will: the earth as a common home, in which peoples dwell as brothers and sisters.

*Pope Francis*

### READINGS

**Today:**  
Genesis 14:18-20  
1 Corinthians 11:23-26  
Luke 9:11b-17

**Monday:**  
Genesis 12:1-9  
Matthew 7:1-5

**Tuesday:**  
Isaiah 49:1-6  
Acts 13:22-26  
\*Luke 1:57-66, 80

**Wednesday:**  
Genesis 15:1-12, 17-18  
Matthew 7:15-20

**Thursday:**  
Genesis 16:1-12, 15-16  
Matthew 7:21-29

**Friday:**  
Ezekiel 34:11-16  
Romans 5:5b-11  
Luke 15:3-7

**Saturday:**  
Genesis 18:1-15  
Luke 2:41-5

**Next Sunday:**  
Acts 12:1-11  
2 Timothy 4:6-8, 17-18  
Matthew 16:13-19