

## **RESPONSORIAL PSALM**

*Praise the Lord, Jerusalem.*

*or: Alleluia.*

## **SECOND READING**

*A reading from the first Letter of Saint Paul to the Corinthians*

*10:16-17*

Brothers and sisters:

The cup of blessing that we bless,

is it not a participation in the blood of Christ?

The bread that we break,

is it not a participation in the body of Christ?

Because the loaf of bread is one,

we, though many, are one body,

for we all partake of the one loaf.

The word of the Lord.

**SEQUENCE** *Lauda, Sion, Salvatorem*

Lo! the angel's food is given

To the pilgrim who has striven;

See the children's bread from heaven,

which on dogs may not be spent.

Truth the ancient types fulfilling,

Isaac bound, a victim willing,

Paschal lamb, its lifeblood spilling,

manna to the fathers sent.

Very bread, good shepherd, tend us,  
Jesu, of your love befriend us,  
    You refresh us, you defend us,  
    Your eternal goodness send us  
In the land of life to see.

You who all things can and know,  
Who on earth such food bestow,  
    Grant us with your saints, though lowest,  
    Where the heav'nly feast you show,  
Fellow heirs and guests to be. Amen.  
    Alleluia.

## **GOSPEL**

*A reading from the holy Gospel according to John      6:51-58*

Jesus said to the Jewish crowds:

“I am the living bread that came down from heaven;  
whoever eats this bread will live forever;  
and the bread that I will give  
is my flesh for the life of the world.”

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,