

OUR LADY STAR OF THE SEA, MUMBLES

HOME PRAYER SERVICE FOR SUNDAYS

The Body and Blood of Our Lord Jesus Christ, 14 June 2020

This home prayer service can be used by a single person (sole participant) or by family members at home. Where there are two or more persons, a family member leads the prayer service (including reading the reflection). Where possible, the participant(s) should have the prayer service around a table with a lighted candle, a crucifix and a Bible (or missal).

ENTRANCE SONG (OR ANTIPHON)

An opening song may be sung or the following antiphon is recited. All stand.

**He fed them with the finest wheat
And satisfied them with honey from the rock.**

We begin with the sign of the Cross:

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

A leader or the sole participant says:

**Blessed be the God of all consolation,
who has shown us his great mercy.
Bless the Father and the Son and the Holy Spirit.**

Response: Blessed be God for ever.

INTRODUCTION

Where there are two or more persons in the house, the leader introduces the celebration in these or similar words:

**God kept his people alive in the desert by giving
them food and drink from heaven. The food and
drink he gives us in this sacrament is the body
and blood of his Son, given for the life of the
world.**

PENITENTIAL ACT

The sole participant or leader introduces the penitential act saying:

**Let us acknowledge our sins, and so prepare
ourselves for this celebration.**

A brief pause for silence follows.

**I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to
do, through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.**

The sole participant or the leader says:

**May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.
Response: Amen.**

COLLECT

The sole participant or leader says the Collect Prayer:

**O God, who in this wonderful sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body
and Blood that we may always experience in
ourselves the fruits of your redemption.
Who live and reign with God the Father
In the unity of the Holy Spirit,
One God, for ever and ever.**

Response: Amen.

READINGS

After each reading a brief silence is observed. It is desirable to take all the readings with the responsorial psalm, all of which are available in the Sunday Missal. Where all readings of the Sunday cannot be taken, the Gospel (printed below) is read. The one who reads the Gospel, if not a priest or deacon, does not say "The Lord be with you" but begins with "A reading from the holy Gospel according to...".

First Reading:	Deuteronomy 8:2-3,14-16
Responsorial Psalm:	Ps 147:12-15,19-20
Second Reading:	1 Corinthians 10:16-17
Gospel Acclamation:	John 6:51
Gospel:	John 6:51-58

A reading from the Holy Gospel according to John

Jesus said to the crowd:
'I am the living bread which has come down from
heaven.
Anyone who eats this bread will live for ever;
and the bread that I shall give is my flesh,
for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The Gospel of the Lord

REFLECTION

The sole participant or leader reads a homily prepared by the priest; or may give a short reflection on the scripture readings of the day. The reflection is followed by a period of silence.

PROFESSION OF FAITH

The creed is said:

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

GENERAL INTERCESSIONS

The General Intercessions are said.

Leader: Christ our Lord gives us his body and blood as real food and drink, so that we may draw life from him. As one eucharistic community, we bring our prayers to our Father.

Reader: For our Pope, Bishops and priests, that they may offer this holy sacrifice with reverent devotion. Lord, in your mercy

Response: Hear our prayer.

Reader: For human society in our world today, that the social meaning of the Eucharist may bring justice to all people. Lord, in your mercy

Response: Hear our prayer.

Reader: Let us pray that those who are sick with the coronavirus may regain their health through quality medical care and may those who have died from the virus find eternal rest with God. Lord, in your mercy

Response: Hear our prayer.

Reader: Let us pray for our sick and housebound parishioners, that they may be comforted and strengthened by the prayers of our Parish community. Lord, in your mercy

Response: Hear our prayer.

Reader: In thanksgiving to the Lord, we pray for parishioners who mark their birthdays this week: Claire Clancy, Bill Kenney, Terry Horton, Richard Power, Paula Wilson, Tony O'Kane. May the Lord bless and keep them. Lord, in your mercy

Response: Hear our prayer.

[Other petitions may be added, after which the Our Father is introduced in these or similar words]:

Reader: Let us pray to our Father in the words Our Saviour taught us: **Our Father, who art in heaven...**

ACT OF SPIRITUAL COMMUNION

After a brief period of silence, the Prayer of Spiritual Communion is said by all.

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

A song of thanksgiving may be sung after the prayer of spiritual communion.

CONCLUDING PRAYER

The sole participant or leader says the concluding prayer:

May your healing work, O Lord, free us, we pray, from doing evil and lead us to what is right. Through Christ our Lord. Amen.

The sole participant or leader concludes the rite by signing himself or herself with the Sign of the Cross while saying the following:

May almighty God bless us, the Father, and the Son, and the Holy Spirit. Amen.