

A reading from the holy Gospel according to John.

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

'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.

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Breaking Open the Word

THE SAVING WORD

THE MOST HOLY BODY AND BLOOD OF CHRIST / A

7 JUNE 2026

THE LIVING BREAD

Have you ever sat at the deathbed of someone you love, or looked at media reports of destruction of people's houses and living quarters in parts of the world dominated by violence, or realised the effects of global warming, or seen the tragedy of life in the faces of the young that flash across our TV screens? In our depths, we desire life; life for those who are dying, for those close to us, for those whose lives are tragically shortened by war, for our natural world, for the young.

This very theme is the focus of today's Gospel text from John 6. Called the 'bread of life discourse', this chapter unpacks John's theology of the Eucharist. The final section of this long Chapter is about the life that Jesus offers. This life comes from the 'living bread which has come down from heaven'. This is a rich theological symbol at many levels: it is the life, the 'bread', given to the Jews through God's gift to them in the Torah (the first 5 books of the Bible). There they find how to live in covenantal partnership with God; it is the wisdom that comes from Jesus' teaching; it is the Eucharistic bread received into the community in the celebration of the Lord's Supper.

The reality of this symbol is underscored using the word 'flesh'—another rich symbol emphasising Jesus' presence in its abundance. To eat this eucharistic bread and drink his blood offers communion with him in his fullness, and the promise of a life that will outlive the grave and any suffering and tragedy that confronts. Communion with him brings us true life.

Fr Michael Trainor

FIRST READING

Deut 8:2-3, 14-16

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and to know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

■ The word of the Lord.

RESP PSALM

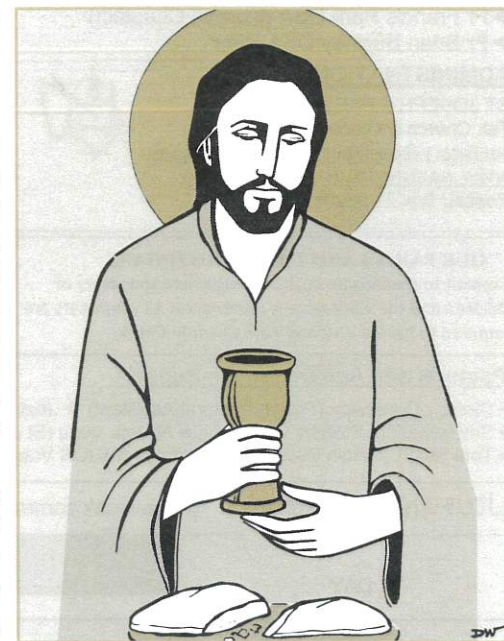
Ps 147:12-15, 19-20. R. v. 12

R. Praise the Lord, Jerusalem. (*or Alleluia!*)

1. O praise the Lord, Jerusalem! / Zion, praise your God! / He has strengthened the bars of your gates, / he has blessed the children within you. **R.**

2. He established peace on your borders, / he feeds you with finest wheat. / He sends out his word to the earth / and swiftly runs his command. **R.**

3. He makes his word known to Jacob, / to Israel his laws and decrees. / He has not dealt thus with other nations; / he has not taught them his decrees. **R.**



SECOND READING

1 Cor 10:16-17

A reading from the first letter of St Paul to the Corinthians

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

■ The word of the Lord.

GOSPEL ACCLAMATION

Jn 6:51-52

Alleluia, alleluia! / I am the living bread from heaven, says the Lord; / whoever eats this bread will live for ever. / Alleluia!



Most Holy Body & Blood of Christ 7th June 2026
St Joseph's Catholic Church, 30 Fitzgerald Street
St Thomas Aquinas' Church, 43 Bromby Street

In the Pastoral Care of the AUGUSTINIANS

- ▶ Fr Luca Park OSA Parish Priest
- ▶ Fr Francis Park OSA (Korean Chaplain)
- ▶ Fr Brian Buckley OSA Prior

ADMINISTRATION

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OUR PARISH AND THE AUGUSTINIANS

Commit to creating an environment where the safety of children and the vulnerable is paramount. All volunteers are required to have a Working With Children Check.

Pastoral and Administrative Support

- ▶ Stephy Coosnapa (Parish Pastoral Assistant) ▶ Joel Sanchez (Business & Facilities Manager: Wed - Fri)
- ▶ Safeguarding: Stephy Coosnapa ▶ Aryana Vega (St Joseph's Outreach Services: Mon, Tues, Thurs)
- ▶ Toni Stuart (Parish Secretary, Weddings & SJOS Volunteer Co-ordinator: Tues/Thurs/Fri)

MORNING TEA & CHILDREN'S LITURGY

St. Joseph's • 10.30am Mass
 Fourth Sunday of the month.
 (except school holidays and long weekends)
 St Thomas Aquinas – Morning Tea - last Sunday of the month following 9am Mass

SACRAMENT OF RECONCILIATION

St. Joseph's • Sat: 5.10pm – 5.40pm, or by appointment.

ANOIDING / HEALING MASS

(*Sacrament of the Sick*) First Tuesday of the month 10am at St Joseph's Church

HOLY COMMUNION AT HOME

Anyone ill or housebound may contact us to request a visit for communion at home

Liturgical Calendar for the week commencing 7th June 2026

DAY	ST JOSEPH'S	ST THOMAS AQUINAS'
	TIME	TIME
Saturday 6 th June	6.00pm Vigil Mass	
Sunday 7 th June Most Holy Body & Blood of Christ	10.30am Mass	9.00am Mass
Monday 8 th June King's Birthday		
Tuesday 9 th June 10 th Week of Ordinary Time	10am Mass	12.45pm Mass
Wednesday 10 th June 10 th Week of Ordinary Time	10am Mass	12.45pm Mass
Thursday 11 th June St Barnabas	10am Mass	12.45pm Mass
Friday 12 th June Most Sacred Heart of Jesus	10am Mass	12.45pm Mass
Saturday 13 th June 10 th Week of Ordinary Time	9am Mass 6.00pm Vigil Mass	



CATHOLIC MISSION APPEAL

This week you're invited to partner with Catholic Mission and the Church in Malawi as we support families rebuilding after devastating floods and help children access education close to home. Your donation to the mission appeal will make a difference.



EVENTS AND MEETINGS

- ▶ **Sacramental Prep:** Sat June 13th 10.30am
- ▶ **Finance Meeting:** Tuesday 8th June
- ▶ **Parish Council:** Wed 9th June 7pm

St. Augustine on the Body of Christ



"What you see on the altar is simply bread and a cup. But your faith demands far subtler insight: the bread is Christ's body, the cup is Christ's blood.

How can bread be his body? And what about the cup? How can it be his blood?" My friends, these realities are called sacraments because in them one thing is seen, while another is grasped. What is seen is a mere physical likeness; what is grasped bears spiritual fruit. So now, if you want to understand the body of Christ, listen to the Apostle Paul speaking to the faithful: "You are the body of Christ, member for member." If you, therefore, are Christ's body and members, it is your own mystery that is placed on the Lord's table! It is your own mystery that you are receiving! (Sermon 272)

END OF FINANCIAL YEAR AUGUSTINIAN FORMATION APPEAL

Tax deductible donations to support the next generation of Augustinian priests may be made by scanning this barcode or electronic transfer BSB: 062784 A/c: 100 005 853 www.osa.org.au Thank you for your generosity



PRAYERS FOR THE SICK Margaret Wallin, Anne Rigg, Mitos Gloudemans, Ced John Netto, Julie Mahony, Paul Chong, Isabella Chong, Luke Dennis, Sonia Guzman, Damien Ryan, Cecil D'Cruz, Joanna Howe, Janine Forster, Christie De Silva, Anita Zaio, Maurice & Pauline Sheehan, Rosie Gucciardo, Nichole Garnaut, Enid Netto, David Mills, Andrea Dreher, Charles, Tom Greene, Anna Slawek.



IN LOVING MEMORY



Recently Deceased

- ✦ Peter de Campo ✦ Greg Sutton

Anniversaries

- ✦ Fiona Lochtenberg ✦ Emily Mulqueen
- ✦ Giuseppe Tran ✦ Kathleen McMahon
- ✦ Thérèse Phillips ✦ Rosemary Sorenson
- ✦ Richard Stanley ✦ Rupert Atkinson
- ✦ Yvonne Boulos ✦ Margarita Aravena
- ✦ Guillermo Jorquera ✦ Nelson Jorquera
- ✦ Carmine & Celestina Iaconese ✦ Peter Reddie

MELBOURNE CORPUS CHRISTI PROCESSION

This Sunday 7 June 2pm St Patrick's Cathedral Melbourne, a Eucharistic procession will commence from the Cathedral, making a pilgrimage through Melbourne CBD before concluding with Benediction at Federation Square.



PARISH BAPTISMS

The parish congratulates the family of Felix Harrison who is to be baptised in our parish this weekend.



PARISH TIME CAPSULE

The Parish Time Capsule to commemorate the Jubilee Year has been sealed in the wall of the sacristy in St Joseph's church to be opened 24th December 2049. It contains parish memorabilia such as photographs, publications, bulletins, order of service for dedication of Leonine Hall, as well as coins, honey etc.

MASS COLLECTION 31/05/2026

Clergy (Augustinian Community)	
1 st Collection, CDF & bank deposits...	\$ 792.95
Church (Parish Ministries)	
2 nd Collection	\$ 367.50
Envelopes	\$ 120.00
Direct Debit/EFT/ CDF Pay/ Cr Cards...	\$ 245.00
Tap Point Terminals.....	\$ 775.00
<i>Thank you for your generosity</i>	