

ENTRANCE ANTIPHON

Cf. Ps 80: 17

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

THE COLLECT

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.

FIRST READING

A reading from the book of Deuteronomy 8:2-3.14-16

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 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.
Thanks be to God.

PSALM

Ps 147:12-15.19-20.R.v12

R) O praise the Lord, Jerusalem!

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)**

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)**

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

A reading from the first letter of St Paul to the Corinthians 10:16-17

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.
Thanks be to God.

Sequence (Shorter form)

Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God's true children meant,
That may not unto dogs be given:
Oft in the olden types foreshowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.

Come then, good shepherd, bread divine,
Still show to us thy mercy sign;
Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;

O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen guest,
Co-heirs of thine, and comrades blest
With saints whose dwelling is with thee.

GOSPEL ACCLAMATION

Alleluia, alleluia! Jn 6:51-52
**I am the living bread which has come down from heaven,
says the Lord.
Anyone who eats this bread will live for ever.
Alleluia!**

GOSPEL

John 6:51-58

The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to John.
Glory to you, O Lord.

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.

Praise to you, Lord Jesus Christ.**PRAYER OVER THE OFFERINGS**

Grant your Church, O Lord, we pray,
the gifts of unity and peace,
whose signs are to be seen in mystery
in the offerings we here present.
Through Christ our Lord.

COMMUNION ANTIPHON

Jn 6: 57

**Whoever eats my flesh and drinks my blood
remains in me and I in him, says the Lord.**

PRAYER AFTER COMMUNION

Grant, O Lord, we pray,
that we may delight for all eternity
in that share in your divine life,
which is foreshadowed in the present age
by our reception of your precious Body and Blood.
Who live and reign for ever and ever.

Our Faith on Sunday

GOSPEL REFLECTION



Most Catholics today are not scandalized by the thought of eating the body of Christ or drinking his blood. This maybe that too often we don't really reflect deeply on what the

Eucharist really is. However, when Jesus told the Jews that they would not have eternal life in them unless they ate his flesh, it came as a real shock, a shock which many of them simply could not come to terms with. Once again in today's Gospel, Jesus talks about his relationship with the Father: "As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me." What Jesus is offering to us when we eat his body and drink his blood, is the possibility of entering into the life of the Father, which is the life

of paradise. There is a great danger that the Eucharist can become something habitual or purely symbolic. Every time we receive the Eucharist during the mass, it would be good to spend some time, both before and after, to think about exactly what this great gift it is. It is something which, if we live well, transforms our life.



EVANGELII GAUDIUM (JOY OF THE GOSPEL)



THE SOCIAL DIMENSION OF EVANGELIZATION IV. SOCIAL DIALOGUE AS A CONTRIBUTION TO PEACE

238 (Cont'd)...In each case, "the Church speaks from the light which faith offers", contributing her two thousand year experience and keeping ever in mind the life and sufferings of human beings. This light transcends human reason, yet it can also prove meaningful and enriching to those who are not believers and it stimulates reason to broaden its perspectives.

The Sacrament of the Present Moment*

ME – A SAINT?

If I only sip from the water of God's life I will remain thirsty.
If I drink deeply, then my thirst will be quenched.

In the same way, if I just try to be a saint by doing a little here and a little there I won't get anywhere fast. If I abandon myself to God wholeheartedly and generously I shall soon attain holiness.

There is no other secret to learn, except that of complete abandonment to God moment by moment.

Learning to see God at work in my own life is far more profitable than just reading about God's presence and work in the lives of other people, no matter how holy.

Jesus speaks to each one of us. The Holy Spirit is always present to us.

We don't have to crave martyrdom. We can die for God or live for God by accepting all that God sends us, and accepting it with love here and now.

I too can be a saint!

*Jean Pierre de Caussade's Self-Abandonment to Divine Providence for everyone by Elizabeth Ruth Obbard and published by New City ISBN: 978-1-905039-11-1



PARISH COMMUNITIES OF

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ST WILFRID

South Road
Hailsham



The Arundel & Brighton Diocesan Trust is a Registered Charity No. 252878

WEEKLY SERVICES

Sat	13th	St Wilfrid's -	Kenneth & Jean Compton RIP
		The Most Holy Body and Blood of Christ	
Sun	14th	St George's -	Parish Communities' Intention
		St Wilfrid's -	
Mon	15th	St George's -	Kate Doonan RIP
Tue	16th	St George's -	Stephen Robson RIP
Wed	17th	St Wilfrid's -	Margaret Malone RIP
Thur	18th	St George's -	Christopher Morristyn RIP
Fri	19th	St Wilfrid's -	Holy Souls'
Sat	20th	St Wilfrid's -	In Honour of the Infant Jesus
		Twelfth Sunday in Ordinary Time	
Sun	21st	St George's -	Parish Communities' Intention
		St Wilfrid's -	

IMPORTANT: Going into hospital? Would like a visit from the Catholic Chaplaincy? Ring 417400, ext. 4145 and leave a message for the Catholic Chaplain. Please also let Fr Rory know. Catholic Mass in the hospital Chapel every Friday at 3pm.

St Thomas a Becket Nursery School: Tel 01323 725977 **St Thomas a Becket Primary School:** Tel 01323 737221
St Richard's Catholic College, Bexhill: Tel 01424 731070

New to the Parish or would like to get back in touch but not sure how? Please complete the welcome form available in the porch and/or make yourself known to Fr. Rory. *It would be great to get to know you and offer any help.*

USEFUL PARISH INFORMATION

St Wilfrid's Planned Giving Contact (01323) 832577
St George's Planned Giving Contact (01323) 487212
St George's & St Wilfrid's Finance Committee Treasurers Charles Piegrome & Monika Beaver
Chairperson of the Finance Committee Stephen Murray
ALL CORRESPONDENCE FOR THE ABOVE VIA THE PRIEST'S HOUSE PLEASE
Polegate Hall Hire.....Tel: (01323) 504753
Hailsham Hall Hire Tel: (01323) 841504 - Mon, Wed, Fri Morning or email at above address
Prayer LineJean Barham-Wyatt Tel: (01323) 842824

CROSSLINK CHURCHES TOGETHER, HAILSHAM

POLEGATE CHURCHES TOGETHER

Contact: Margaret Piegrome 01323 870990
Contact Care: 07900 823138

PLEASE REMEMBER IN YOUR PRAYERS those who are unwell: Lily May, Edna Andrews, Julliette Lusted, Jennifer Piskac, Margaret Gearing, Joshua Hardy, Peter & Teresa Zurenkas, Anne Holt, Margaret, Lilian Summers, Tom Woodrow-Spencer, Dorothy Hanlon, Margaret Westcar, Angela & Michael Archer, Chris Neyenhuizen, Fr Rory, Letty Booth and Michael Copper.

PLEASE ALSO REMEMBER THOSE NAMED IN THE BOOKS IN OUR CHURCHES

Newsletter items: Please send to Jackie at ssgeorge.wilfrid@btinternet.com, tel.841504 or by hand marked NEWSLETTER, to Fr. Rory's House by 9am Wednesday.
Office Hours Monday 9am-1pm, Wednesday 8.45am-12.45pm & Friday 9am-12.30pm

Deacon John Writes:

On the Feast Day of the Most Holy Body and Blood of Christ this weekend I thought I would first remind you of the importance of the "Amen" we all say after receiving this Sacrament at Mass. I wrote about it in early May as follows: "When we come forward to receive Christ's Body and Blood and confirm that with our "Amen" we should all remember that what we are really saying is "Lord, live in me today so that I may give life, heal and forgive as you did." Remember there is nothing casual about that "Amen" - it is the most important word we say in that Mass."

We should all say in our prayer, after receiving The Lord, words of Thanksgiving for this great gift either in our own words or possibly some or all of the following prayer of thanksgiving given us by St. Padre Pio:

"Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and without You, I am without fervour.

Stay with me, Lord, for You are my light, and without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and follow You.

Stay with me, Lord, for I desire to love You very much, and always be in Your company.

Stay with me, Lord, if You wish me to be faithful to You.

Stay with me, Lord, for as poor as my soul is, I want it to be a place of consolation for You, a nest of love.

Stay with me, Jesus, for it is getting late, the day is coming to a close, and life passes; death, judgment, eternity approach. It is necessary to renew my strength."

Recently I came across this reflection on the question of 'How can God be present in a tiny host?' [It was in a book by Harold Buetow 'God Still Speaks: Listen!' quoted by Fr. Botelho.]

Some time ago, a street-corner preacher who knew how to make religious truths come to life was faced by a hostile crowd. "How," one of them demanded, "is it possible for bread and wine to become the Body and Blood of Christ?" The preacher looked calmly at the stout questioner for a moment and answered, "You have grown somewhat since you were a child and have more flesh and blood than you had then. Surely, if a human body can change food and drink into flesh and blood, God can do it too." "But how," countered the heckler, "is it possible for Christ to be present in his entirety in a small host?" The preacher glanced up at the sky and down at the street before them and answered, "This city scene and the sky above it is something immense, while your eye is very small. Yet your eye in itself contains the whole picture. When you consider this, it won't seem impossible for Christ to be present in his entirety in a little piece of bread." Once more the heckler attacked. "How, then, is it possible for the same Body of Christ to be present in all your Churches at the same time?" The preacher's answer: "In a large mirror you see your image reflected but once. When you break the mirror into a thousand pieces, you see the same image of yourself in each of the thousand fragments. If such things occur in everyday life, why should it be impossible for the Body of Christ to be present in many places at once? Just tell me, what isn't possible for God?"

Deacon John

Fr Rory Writes:

With the help of God:

Thanks be to God, as we move on from the Great Feasts of Holy Week and Easter. Having celebrated the new life of Pentecost, help us now to respond to the challenges of life that comes from the coronavirus with its problems and afflictions in our lives. As many return to work and face the need to provide for the necessities of life; increase our confidence in trusting in your divine providence, and our responsibility to protect and safeguard our lives.

The Diocesan authorities have sent the directions they received from our government to open our churches for private prayer. At the deanery meeting of priests and deacons we had some discussion about our situations in the various parishes, and certainly the future brings challenges for our churches throughout the diocese. Information regarding hand sanitizer and protective wear was limited and supplies received by the deanery very inadequate. A central depot for these supplies has now been established at St Philip Howard Centre in Crawley.

It will take some time to get the required items for our protection in place, but we have an immediate need to get ourselves ready and to be willing to offer help for stewardship, but above all to be prepared to make a greater commitment to our community of faith. The window for prayer, and with it the actions required to live out faith more fully, will be the greatest fruits of this epidemic. Already we are aware of some of its fruits. This springtime nature was particularly alive and refreshing. Alongside of this are the benefits of reducing pollution, with cleaner, clearer streams, rivers, seas, and skies. There have also been signs of a greater concern for the needs of others, particularly for those who may have been taken for granted, with the weaker and more vulnerable members of our human family receiving better attention.

Continued on website.

Fr Rory