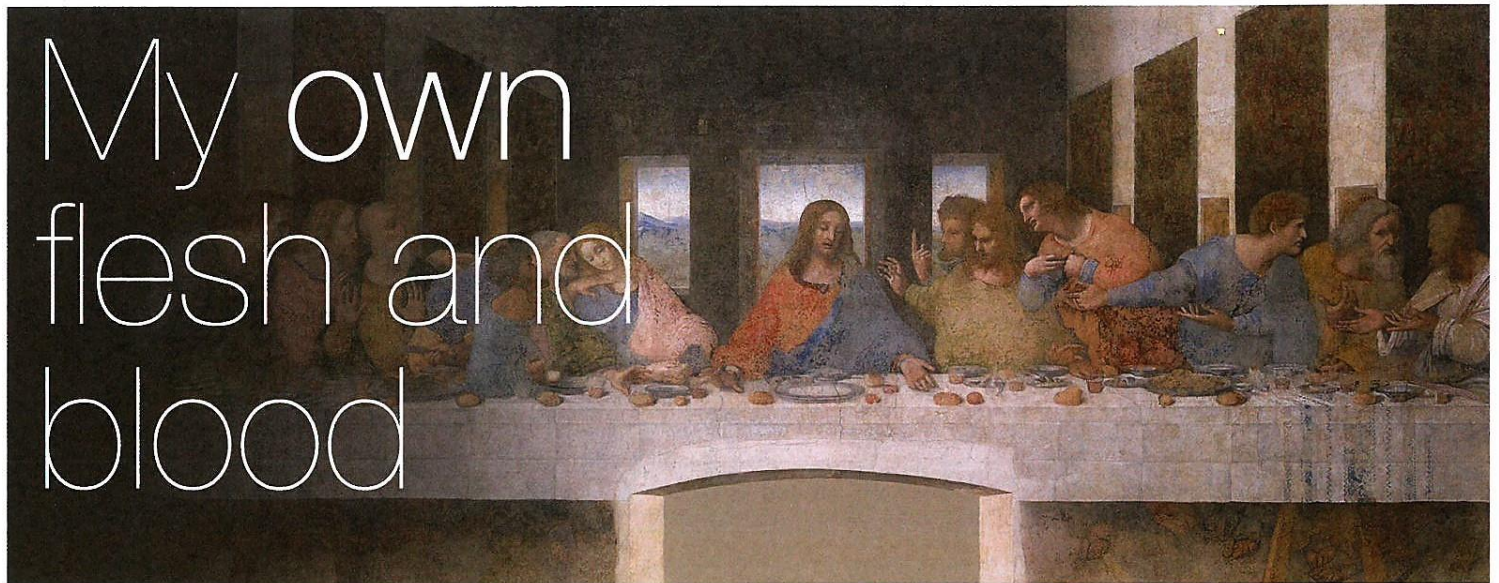


SUNDAY PLUS

Heavenly bread



My own flesh and blood

By **Brian Fahy**

Growing up in Lancashire the boy was used to eating shop bread and he liked it well enough. But when he went on holiday to the west of Ireland he looked forward to eating Irish soda bread in his uncle's house and found its taste delicious. To his surprise he saw that all his

cousins, brought up on soda bread, preferred to eat the white shop bread whenever it appeared in the house: the joy of a new taste in the mouth. But whatever their taste, they all shared bread together and shared their days together, and indeed shared life together. They shared a common table and knew themselves to be family.

In the simple gift of bread, the Lord has made it possible for us all to

share in the joy of his life. The bread that he broke on the night before he died becomes his broken body, given for us, and the cup of wine his blood poured out. Coming as we do from all kinds of people and places, we come together round the altar to partake of this food. It unites us as family of the Lord, brothers and sisters to one another.

Every day and in every place, people gather around the table

of the Lord and are nourished for the journey of life. In word and sacrament the Lord feeds us, his followers, and feeds the multitude. We will not go hungry. Without food we die. With this food we live for ever.

Brian Fahy describes himself as an "apprentice poet". His website is to be found at www.erispoetry.com

Love stronger than death

By **John Wright**

If the statistics are to be believed, only around thirty per cent of families still have a regular family mealtime where the family gather, talk, share and grow together. Due to

busy lives and the relentless demands of work and modern life, this sacred time is being squeezed from people's lives. But where else will the lessons of respectful dialogue, of being present in the moment, of sharing be learnt? And surely the fundamental lesson that is taught at the table is gratitude.

Thanksgiving. This word is intrinsically linked to our feast day today. The Eucharist means thanksgiving. The central act of

our worship as Catholics is an act of thanksgiving. Around the family table, we learn gratitude for the food earned and prepared. Around the altar we learn gratitude for the greatest sacrifice. As the late Pope Benedict XVI once put it, in the Eucharist we receive "the gift of a Love stronger than death".

John Wright is a primary school teacher with a keen interest in theology. He lives in Brighton with his wonderful family.

In adoring Christ who is really present in the Eucharist: do I let myself be transformed by him?

Pope Francis

**Lord of my life, be the Lord of my love.
✝ Amen.**

Feast of the week Friday 16 June Sacred Heart of Jesus



Heart of Jesus, human heart,
Thanks to thee for all thou art!
Where should we have been or be,
Fount of goodness, but for thee?
Heart so full of love for us,
Would that we could love thee thus.

Heart of our Saviour, heart of our friend;
heart that has loved thine own to the end,
heart of our king, heart of our Lord,
Be thou forever loved and adored.

Composer unknown, before 1921

Today:
Deuteronomy 8:2-3, 14-16
1 Corinthians 10:16-17
John 6:51-58

Monday:
2 Corinthians 1:1-7
Matthew 5:1-12

Tuesday:
2 Corinthians 1:18-22
Matthew 5:13-16

Wednesday:
2 Corinthians 3:4-11
Matthew 5:17-19

Thursday:
2 Corinthians 3:15 - 4:1, 3-6
Matthew 5:20-26

Friday:
Deuteronomy 7:6-11
1 John 4:7-16
Matthew 11:25-30

Saturday:
Isaiah 61:9-11
Luke 2:41-51

Next Sunday:
Exodus 19:2-6
Romans 5:6-11
Matthew 9:36 - 10:8