



11TH JUNE 2023

THE MOST HOLY BODY AND BLOOD OF CHRIST (A)

ENTRANCE ANTIPHON

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

Cf. Ps 80: 17

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, 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

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

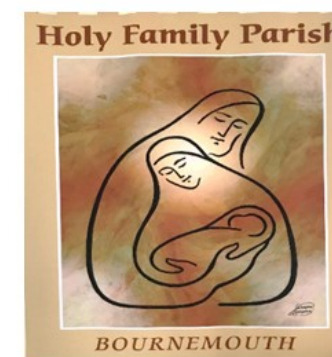
Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever.

The Most Holy Body and Blood of Christ

11th June 2023

THE PARISH OF THE HOLY FAMILY, BOURNEMOUTH

incorporating the churches of Christ the King, Kinson & St Bernadette's, Ensbury Park



PARISH OFFICE 01202 577638
holyfamilykinson@gmail.com

Priest in Charge:
Fr Chacko Panathara CM
07832026055

Parish Secretary: Madeleine Hughes
Parish Office Hours:
Monday, Tuesday & Friday 8am–1pm

Plymouth Diocesan Trust
Registered Charity No: 213227

Christ the King Church (& Office)
46 Durdells Avenue, Kinson BH11 9EH

Our Lady of Victories &
St Bernadette Church
46 Draycott Rd, Ensbury Park BH105AR

Srs Ines & Michele LSU
79 Rochester Road BH11 8AH
01202 383016

Sr Rosie PHJC
97 Namu Road BH9 2RA
07504816370

Safeguarding:
Paddy Williamson 01202 920057 (CtK)
Sr Rosie 07504816370 (StB)

Giftaid: Madeleine Hughes

Hospital Chaplain
Bournemouth: 01202 303626
Poole: 03000192167

Parish Facebook
[Holy Family Parish Bourne-](#)
[mouth](#)



Reflection:
The Mystery of the Most Holy Body and Blood of Christ.

A little girl was playing hide and seek with some friends. When it came time for her to hide, she picked out a place and waited. Five minutes passed and no one came and then ten minutes passed, and as no one came, girl thought her friends had decided to stop playing. She began to cry because they were not playing the game fairly. An old man heard her and said "You have learned a great lesson; you have learned a how God feels " We were created to seek and find God, but we are not playing the game fairly. While God waits to be found we go off and do our own thing.



Today Eighteen of our children created in the image and likeness of God, are in the process of their hide and seek play and will meet their best friend Jesus in the Most Holy Eucharist. How happy Jesus would be as these young ones find in Jesus a Friend who will never leave them . We pray today that Jesus will never be disappointed by them in their future life ahead.



Dear Parishioners,

Today is the Feast of the Most Holy Body and Blood of Christ !

It is the **FIRST HOLY COMMUNION DAY** in our Parish.

Let us keep them all in our prayers. May they keep their friendship with Jesus, a treasure in their life.

Priest's Retreat: This week all the priests of the Diocese go for their Annual Retreat in Buckfast Abbey. Please keep them in your prayers.

I too will be joining the retreat. So, there will be **NO MASS** in any of our churches in the parish.

Pope Francis: Pope recently had an abdominal surgery, and he is doing well. He is in post operative rest in the hospital for few days. Let us keep him in our special prayers.

Pope Francis' Appeal for "One minute for Peace" initiative urging everyone to join in prayer for an end to the devastating war in the world especially in Ukraine.

World Day for Grand Parents: On Sunday 23th July, we celebrate the third World Day for Grandparents and Elderly. Pope Francis has chosen the theme "*His mercy is from age to age*" (Lk 1:50)

Fr. Chacko

Congratulations to Peter and Joscelyne Cotrel who celebrate 50 years of Marriage this week.

Love and prayers to them



HELP! GIFT AID- it makes such a difference

Gift Aid is an arrangement that allows charities (including churches) to reclaim tax on a donation made by a UK taxpayer. This means every donation of £1 will be worth £1.25 with the tax reclaimed. If you would like to support Holy Family Parish with Gift Aid, you simply need to complete a Gift Aid Declaration (available at the back of each church).

A Gift Aid Declaration is the giver's declaration that they wish for the church to reclaim tax on their gift and can be made for a single donation or multiple donations. It's easy to complete your Gift Aid Declaration and return it to Madeleine in the office.



PLEASE PRAY FOR OUR PARISHIONERS

Jocelyne Cotrel	Kevin Moor	Frances & Tony Herbert
Les Netherton	Frances Smith	Anna Browne Tony Bateman
Noel Harris	Sheila Shelley	Mike & Kathleen Carter



Please contact the Parish Office for your prayer intentions

DAY	CHURCH	TIME	CELEBRATION or FEAST DAY/ MEMORIAL
Sat 10	StB	6pm	Vigil Mass of The Most Holy Body and Blood of Christ
Sun 11	CtK	9.30am	The Most Holy Body and Blood of Christ 'Parish First Holy Communion mass' NO MASS at StB
Mon 12			
Tues 13			Fr Chacko is on retreat
Wed 14			So there will be NO WEEKDAY MASS all week
Thur 15			
Fri 16	7pm	StB	Holy Hour The Most Sacred Heart of Jesus
Sat 17	StB	6pm	Vigil Mass of The Eleventh Sunday of Ordinary Time
Sun 18	CtK StB	9.30am 11am	Masses of The Eleventh Sunday of Ordinary Time DAY FOR LIFE—SECOND COLLECTION

DAYS of SPECIAL PRAYER

16th JUNE—Sanctification of Priests—The Sacred Heart of Jesus

For all priests, may they live lives which are holy and true to their calling. For all involved in the formation of priests and deacons, may they inspire them to deepen their love of God and the church

18th JUNE—Day of Life

For all who care for and nurture human life from its very beginnings and growth to its final years. For legislators and those in authority, may they respect & protect human life in all its stages



Theme this time—
Europe & Religion
Bring your own snacks
and drinks & money for
the raffle

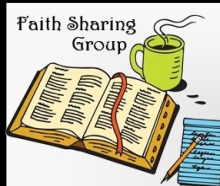
7.15pm StB
Sat 17th
June



Saturday 8th July - Vocations to Priesthood - Day of Reflection.

Have you ever asked 'Is God calling me to Priesthood or to the Religious life?'. This 'Day of Reflection' for men will be held on Saturday 8th July from 10am to 4pm at Sclerder Abbey. Under 18s are welcome to attend with parents' permission.

For further information, please contact Fr Jacek Kostuch on Jacek.Kostuch@prcdtr.org.uk or speak to your Parish Priest by 3rd July, 2023



Faith Sharing Group

FAITH DISCUSSION GROUP—

Tuesday, June 20th at 7.30 pm
in St. Bernadette's Parish Room.

All are welcome!

The group would love to welcome newcomers, so do come along, to share our discussions and reflections on the Readings for the following Sunday and their relevance to our everyday lives, all in a friendly, prayerful atmosphere.

World Elder Abuse Awareness Day – 15th June

The 15th June is World Elder Abuse Awareness Day. The abuse of older people is an increasing and serious problem, so it is vital to raise awareness of this to enable us all to take responsibility for preventing elder abuse in our communities.

Elder abuse is a global issue and comes in many forms including physical, emotional, sexual and financial abuse and also neglect. A survey commissioned by the charity Hourglass in 2020 revealed 1 in 5 UK residents have personal experience of abuse as an older person or know someone who has been abused. If you are an older person and you have experienced abuse, or you are concerned that someone you know may be a victim of abuse, you can contact: The Safeguarding Office - Telephone 01364 645430 (Monday to Friday, from 9am to 4:30pm).



Let's think outside the Box!



The need to stand alongside our missionaries in prayer and solidarity has never been so urgent and necessary. In many areas of the world, they will be the first to respond to the physical and spiritual needs of our sisters and brothers who are suffering. Your gift will reach missionaries and communities who need our help as soon as possible. Please take a red box and return it when you have finished putting all your loose change or notes in it.