

HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD: JOHN 6:51-58

At that time Jesus said to the Jews gathered, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

⁵² The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" ⁵³ So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵ for my flesh is true food and my blood is true drink. ⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."



REFLECT

Jesus says in this Sunday's Gospel:

"I am the living bread that came down from heaven."

When Jesus tells us to eat his flesh and drink his blood, he is not trying to unsettle or frighten us. He is telling us something beautiful. He wants to be so close to us that he becomes part of us. Just like food gives our bodies strength, Jesus gives strength to our hearts, our minds, and our souls. Corpus Christi is the feast where we celebrate this amazing gift:

- ♥ Jesus gives us himself in Holy Communion.
- ♥ He feeds us with love, forgiveness, peace, and courage.
- ♥ He becomes part of us so that we can become more like him.

When we receive Holy Communion, Jesus is saying:

"I want to live in you. I want to help you love like I love."

Even children who have not yet received Communion can still welcome Jesus:

- ♥ by listening to the Gospel,
- ♥ by praying,
- ♥ by loving others,
- ♥ by being kind, brave, and generous.

Jesus feeds us through his Word, through the Eucharist, and through every act of love we give or receive.

Corpus Christi reminds us:

We are the Body of Christ in the world. We carry Jesus to others by the way we live.

LET US PRAY

Lord Jesus, Thank you for giving us your Body and Blood in the Eucharist. Thank you for feeding our hearts with your love. Help us to stay close to you, to love others as you love us, and to bring your kindness into our families, our school, and our world.

O Sacrament Most Holy
O Sacrament most holy, O Sacrament divine,
All praise and all thanksgiving
Be every moment thine.
Amen.

MISSION

Choose one way to bring Jesus' love into the world this week:

- ♥ **Share kindness** with someone who needs cheering up.
- ♥ **Be generous** by giving time, help, or a smile.
- ♥ **Pray quietly** for someone who is struggling.
- ♥ **Say thank you** to someone who cares for you.

Blessed Carlo Acutis loved Jesus with all his heart. Receiving Jesus filled him with strength, joy, and courage to love others. Carlo went to Mass, prayed before the Blessed Sacrament, and showed kindness to anyone who was lonely or left out. This week, we can follow Carlo by spending a quiet moment with Jesus, listening to the Gospel, and doing small acts of kindness — even the ones no one else sees. Carlo reminds us that children can be holy, and that staying close to Jesus in the Eucharist helps us become who God made us to be.