

# SUNDAY GOSPEL ACTIVITIES

THE SOLEMNITY OF THE MOST HOLY  
BODY AND BLOOD OF JESUS CHRIST  
MK 14:12-16,22-26

NAME: \_\_\_\_\_



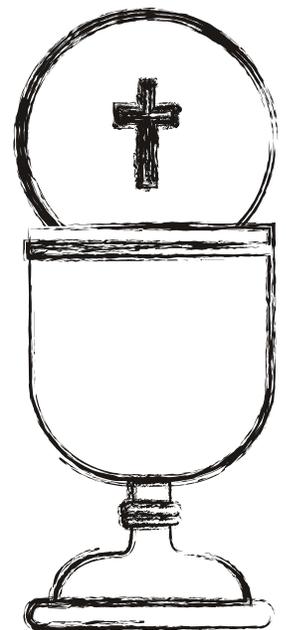
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This Sunday, we celebrate the Solemnity of the Most Holy Body and Blood of Christ, also known as “Corpus Christi.” In Mark’s gospel account, Jesus sends two of his disciples to the city of Jerusalem to prepare a place for their Passover meal. While they are eating, Jesus takes bread, gives a blessing, and says to them, “Take it; this is my body.” He then takes the cup, gives thanks, and gives it to his disciples with the words, “This is my blood of the covenant.” Do these words sound familiar to you? At every Mass, we hear the prayers of the Consecration and receive the Body and Blood of Christ in the Eucharist.

If you have made your first communion, you know that *every time* you receive Holy Communion you are receiving the Body and Blood of Jesus Christ! What a gift! By receiving Holy Communion, Jesus becomes a part of you - and you become a part of him! Communion comes from the word "community" which is a word for when people live together or are grouped together! The Blessed Sacrament is the foundation - the rock - of our Catholic Church! By receiving it, we open ourselves up to receive all of the gifts that God has for us to fulfill our unique mission on earth! This is true for us individually and for our entire Church!

### FOR MORE FUN

- ★ What are some other names for Holy Communion\*?
- ★ If you have not received your first Holy Communion, take some time this week to pray to Jesus and ask him to help you prepare for it! Jesus says, "Let the children come to me." He is right there for you and will help you everyday!



\*Eucharist, Blessed Sacrament