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Based on the gospel for 6 June, Corpus Christi: Mark 14:12-16, 22-26

"When he had said the blessing he broke it and gave it to them. 'Take it,' he said, 'this is my body.'"

As we go through our daily lives, it can be fruitful to notice how much we complain and how much we express gratitude.

With a relentless news cycle and the various stresses and worries that find their way into each day, it can sometimes feel difficult to find anything to give thanks for. Or it can seem superficial to give thanks in the wake of all the problems in the world.

Jesus is often depicted eating with his disciples and teaching them during the meal. Today we see Jesus blessing the bread, giving thanks for the wine, and sharing these gifts. This is a simple, familiar moment for us.

The Feast of Corpus Christi – and every Mass – celebrates Christ's gift of the Eucharist, which the Catechism calls "the source and summit of the Christian life" (CCC 1324). The pandemic has meant that some of us have been long separated from the sacrament, which may make the meaning of today's feast feel somewhat distant.

In these quiet moments of separation, we might ask ourselves how and where we encounter Christ, how we have allowed these encounters to transform us, and how we can bring this life-giving bread to others.

Lord Jesus, giver of life,  
Thank you for giving the gift of yourself in the Holy Eucharist.  
When we receive the sacrament, strengthen us  
and grant that we may see the world through your eyes,  
and see your presence in all our brothers and sisters.  
Amen.



## G7 interfaith event

Send a message of faith in a better world to the G7 leaders on 10 June.

[Join the event](#)



## Parliament in your parish

Tell your MP why we need to reclaim our common home in 2021

[Find out more](#)



## Prayer resources

Join us in prayer for a fairer world where all people may live free from poverty.

[Pray with us](#)

This reflection and prayer were written by Sophia White, who works in our Schools team.



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