



# FAITH AT HOME

Making Faith Come Alive for Your Family



## Make the faith come alive for your family on Sundays by preparing all week.

On this Feast of the Body and Blood of Christ, we celebrate the return to Mass and look forward to receiving the life-giving Bread in the Eucharist. [DOT directives on opening churches.](#)

- Pray an Our Father each evening.
- [Livestream Sunday Mass.](#)
- [Resources from Bishop Barron](#) on the Real Presence of Jesus in the Eucharist. Learn more [here.](#)
- Children's [video](#) and [coloring](#) on the Body and Blood of Christ.
- Read [Bishop O'Connell on the Eucharist.](#)
- Watch this video from [Fr. Dave Swantek](#), Pastor of St. Martha Parish.
- Check out this episode of [You Are Loved](#) on [Formed.org \(free\).](#)

The readings of the day can be found on the [United States Catholic Conference of Bishops Website](#)



### Solemnity of the Body & Blood of Christ - June 14, 2020

#### Mass Readings

- Deuteronomy 8:2-3, 14B-16A
- Psalm 147:12-15, 19-20
- 1 Corinthians 10:16-17
- John 6:51-58

**Discuss:** In the first reading today, Moses reminds the Jewish people that God fed them with manna in the desert to keep them alive physically. In John's Gospel, we see that Jesus nourishes us spiritually with His body. St. Thomas writes, "All the effects that material food and drink produce for the corporal life — that is, to sustain, to cause growth, to repair loss, and to delight — this sacrament (the Eucharist) produces them also for the spiritual life". **What kind of nourishment are you seeking in your life?**

The Diocese of Trenton is here to support you and your family.

Links provided are from trusted Catholic sites. Additional information can be found on our webpage: [dioceseoftrenton.org/faith-at-home](http://dioceseoftrenton.org/faith-at-home).



### Tip of the Week

*"The bread that I will give is my flesh for the life of the world." John 6:51b*

The Gospel mentions "life" 5 times this week. What brings fullness to your life and to your family's life? How can you help the world be more life-giving? Here are some ways we can have abundant life and share it with others:

- Break bread together with family. Start with [prayer](#).
- Donate or volunteer at a Food Bank.
- Accompany people through this valley of [anxiety, fear & death](#).
- Remember your First Holy Communion—describe how you felt, who was there; find a photo of that day.
- Pray for our country and those who have been hurt by sin.
- [Help those closest to us.](#)
- Sing a song of Praise to God for all our blessings.

Jesus is the "Bread of Life". He asks us to eat His flesh in order to have life within us. **Are you longing for the Eucharist after this time of being without?** Perhaps you are unable to receive the Eucharist due to a personal circumstance in your life. Check out ways you can reconcile with the church through [Confession](#) or even [Marriage Convalidation](#).

### Activities for Families

[Grades 1-3 English](#)

[Grades 4-6 English](#)

[Grades 7-8 English](#)

[Family](#)

Sunday Connection provided by Loyola Press

**[Global Life Night – Life Teen gathering](#)**

**[Project YM Live – Sign up here for new series starting 6/14](#)**

