

Our Lady of Perpetual Help Parish **Bulletin for Teens**



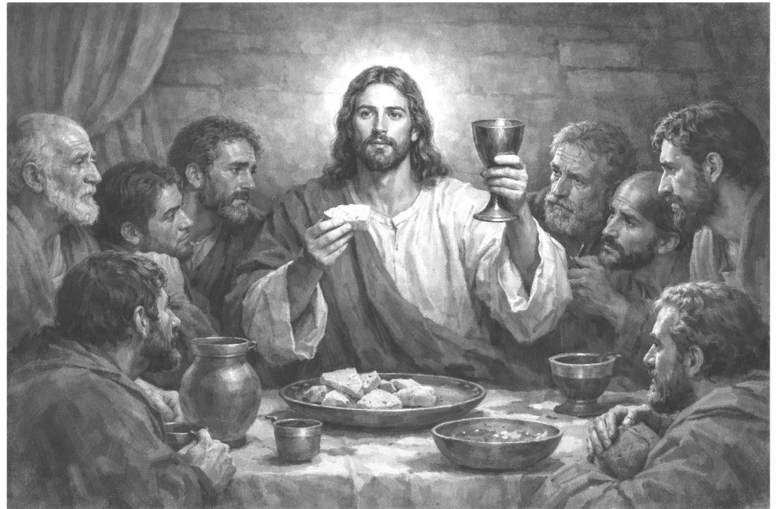
Jesus is the Eucharist

Sunday the 7th of June 2026, The Most Holy Body and Blood of Christ, (Corpus Christi), Year A

Gospel: John 6:51-58

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

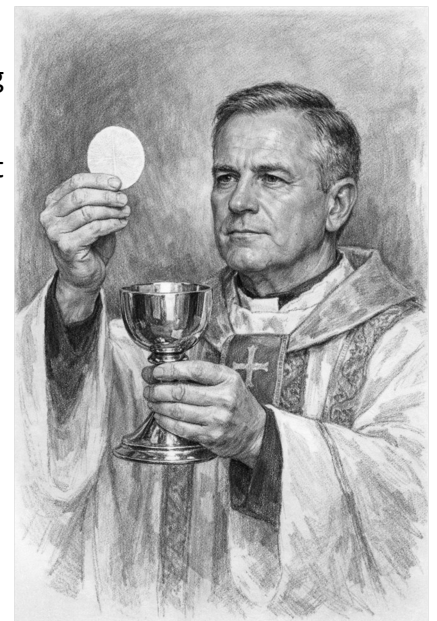


has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. 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

Real food, real life

In the Gospel, Jesus says something that sounds shocking: "I am the living bread...whoever eats this bread will live forever." He even goes further and says that we must eat His flesh and drink His blood. If you heard that for the first time, you'd probably react the same way people did back then: "Wait...what?!" Did you know that we Catholics believe that the Eucharist, the bread and the wine we share at Mass, become the actual Body and Blood of Christ. We believe that even though they still look and taste like bread and wine, their substance has changed during the consecration at Mass. Jesus is truly present in body, blood, soul and divinity. Other Christians believe that the bread and wine are symbols only, or that Jesus is spiritually present, but that the bread and wine don't literally change. We believe that 'this is Jesus', a real and substantial presence. Others believe that 'this represents Jesus', as a symbolic or spiritual presence. We take Jesus at His words: "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."



To understand what Jesus is saying, we need to go back to the history of Israel. When the Israelites were wandering in the desert, God gave them manna, bread from heaven, to keep them alive (Exodus 16). It was a miracle. Every day, God provided exactly what they needed. But here's the thing, that bread kept them alive physically, but they still eventually died. In today's Gospel Jesus is saying: I am the new manna. I am the bread from heaven, but better. He's not just feeding people for a day. He's offering eternal life.

When Jesus said what He did in the Gospel, the people struggled. Is He speaking symbolically? Is this too extreme? This is a hard teaching, who can accept it? And many walked away. Why? Because Jesus wasn't just offering a nice idea, He was asking for total trust. Jesus was pointing to something deeper: the Eucharist (Holy Communion) where He would truly give Himself. For the people back then, and now, this was a moment of decision. Do you walk away because it's hard? Do you stay, and like Peter, say "Lord to whom shall we go? You have the words of eternal life." (John 6:68).

Fast forward to now. We might not be shocked by these words anymore because we've heard them so often. But that can actually be a problem. It is easy to go to Mass out of habit, to receive Communion without thinking and to forget what's really happening. Jesus isn't offering a symbol or just a reminder. He is offering Himself. He is offering a real relationship. He is offering real life that lasts forever.

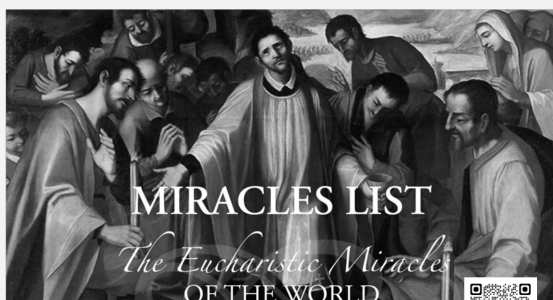
The Eucharist is spiritual food and just like real food: if you don't eat, you get weak; if you eat regularly, you grow stronger. Jesus doesn't just want to inspire you. He wants to live in you. He wants to be as close to you as food is to your body. That's intense, but it's also incredibly personal.

The Israelites had manna to sustain them on their journey. The people in Jesus' time had a choice. You have the Eucharist. The question is, will you treat it like ordinary bread...or the bread of life? As ordinary wine or as the blood of Christ?

Challenge for the week

Next time you go to Mass:

- Slow down before receiving Communion.
- Take a moment and say quietly: "Jesus, I believe that You are truly here."
- Afterward, spend a couple of minutes in silence, just aware that He is with you. If you don't feel that He is, stay silent, still your mind and open your heart to Him. He is there.



The Eucharistic Miracles

St. Carlo Acutis created a website focused on the Eucharistic Miracles. You can access the website using the QR code or by going to www.miracolieuucaristici.org/en/liste/list.html.

The site lists the Miracles, has a virtual museum, a map, video, articles and downloads.

'Eucharistic miracles are God's extraordinary interventions, which are meant to confirm the faith in the presence of the body and blood of the Lord in the Eucharist. We know the Catholic teaching on the real presence. With the words of consecration: "This is my body," "This is my blood," the substance of bread becomes the body of Christ and the substance of wine His blood. This marvelous change is called transubstantiation, that is to say, the passage of substance. There remain only the appearance or species of the bread and wine, which, using a philosophical term, are called accidents. In other words, only the dimensions, colour, taste, smell and even the nutritive capacity remain. But the substance, or the true reality, does not remain, for it has become the body and blood of the Lord. Transubstantiation cannot be experienced by the senses; only faith assures of this marvelous change....The Lord performs these miracles to give us a sign, easy and visible to all, that in the Eucharistic there is the true body and true blood of the Lord.' Father Roberto Coggi, O.P. *The Eucharistic Miracles*