

**OPENING PRAYER**

Lord Jesus Christ,  
 we thank you that in this wonderful sacrament  
 you have given us the memorial of your passion:  
 grant us so to reverence the sacred mysteries  
 of your body and blood  
 that we may know within ourselves  
 and show forth in our lives  
 the fruits of your redemption;  
 for you are alive and reign with the Father  
 in the unity of the Holy Spirit,  
 one God, now and for ever. *Amen.*

**FIRST READING - Genesis 14.18-20**

*A reading from the book of Genesis*

King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said, 'Blessed be Abram by God Most High, maker of heaven and earth; and blessed be God Most High, who has delivered your enemies into your hand!' And Abram gave him one-tenth of everything. This is the word of the Lord. *Thanks be to God.*

**PSALM - Psalm 116**

Response: *I will walk before the Lord in the land of the living.*

**SECOND READING - 1 Corinthians 11.23-26**

*A reading from the first letter of Paul to the Corinthians*

Beloved: I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

This is the word of the Lord. *Thanks be to God.*

**GOSPEL ACCLAMATION**

Alleluia! alleluia!  
 Those who eat my flesh and drink my blood have eternal life, says the Lord,  
 and I will raise them up on the last day.  
 Alleluia!

**GOSPEL - John 6.51-58**

*Hear the Gospel of our Lord Jesus Christ according to John  
 Glory to you, O Lord.*

Jesus said to the Jews: 'I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' 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. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. 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 for ever.'

This is the Gospel of the Lord. *Praise to you, O Christ.*

**INTRODUCTION TO THE PEACE**

We are the Body of Christ.  
 In the one Spirit we were all baptised into one body.  
 Let us then pursue all that makes for peace  
 and builds up our common life.

**PRAYER AT THE PREPARATION OF THE TABLE**

God our sustainer, receive the gifts we offer you,  
 and feed us continually with that bread which satisfies  
 all hunger,  
 your Son our Saviour Jesus Christ. *Amen.*

**PRAYER AFTER COMMUNION**

**All praise to you, our God and Father,  
 for you have fed us with the bread of heaven  
 and quenched our thirst from the true vine:  
 hear our prayer that, being grafted into Christ,  
 we may grow together in unity  
 and feast with him in his kingdom;  
 through Jesus Christ our Lord. *Amen.***

**BLESSING**

Christ, who has nourished us with himself the living bread,  
 make you one in praise and love,  
 and raise you up at the last day;  
 and the blessing of God almighty,  
 the ✠ Father, the Son, and the Holy Spirit,  
 be among you and remain with you always.