



The Most Holy Body and Blood of Christ–Solemnity

1 Corinthians 10:16-17

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

Some things to think about

- Why do you think Jesus chose bread and wine to help people remember him?
- How does sharing a meal bring people together?
- What does it mean to be “one body” in our school, family, parish or Mini Vinnies group?
- How can we help others feel included and welcomed?
- When have you experienced a feeling of togetherness or community?

Activity

- Arrange for your parish priest to come and explain the Sacrament of Communion and partake in Mass as a group/class

One Body Puzzle (Template provided, best printed on A3)

- Use the template to copy the image onto a large sheet of paper, making it big enough for the children to write on and decorate for a display. Each child can decorate one piece with their name and a way they can help others. You may choose to assemble the body beforehand, or for an extra challenge, give the children the puzzle pieces separately and assemble them together once they are decorated. This helps to show how we are all part of one body in Christ. Why not entitle your display ‘Together as One Body in Christ’?

Teacher’s Notes

This solemnity is also known as Corpus Christi, a special feast celebrating the real presence of Christ in the Eucharist. In this reading, St Paul reminds us that when we share the bread and cup at Communion, we are united with Jesus and with one another. The breaking of the bread is a sign that we all belong to one faith community - many people joined together as one body in Christ. Although Jesus spoke about this gift before the Last Supper, many people did not yet understand what he meant. At the Last Supper, Jesus shared the first Communion with his disciples, helping them to understand the importance of the Eucharist. This scripture also encourages us to think about community, sharing meals, welcoming others, and coming together in love and unity.

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