



Most Holy Body and Blood of the Lord—7th June 2026

In this Sunday's Gospel, the poor and the hungry are almost dismissed by the apostles, for when they are confronted with such a large number in such a lonely place, the apostles' reaction is to send the whole crowd away to look for food and shelter elsewhere. How can they answer the vast hunger of so many people? How can they minister to the needs of so many with so little themselves? Yet that is precisely what Jesus challenges them to do: "Give them something to eat yourselves." The apostles remind Jesus of the poverty of their resources: they have five loaves and two fish – that is all. Jesus takes the little they have and shows how the little they have is more than enough to answer the hunger of the crowd.

Sometimes when we are faced with people's needs and look at our own resources we can sit down in a daunted state, believing that we have nothing to give. The hunger of people is so vast and our abilities are so small: what can we do? However, all care and all ministry are a sharing from poverty. Not one of us has all the answers; not one of us is a millionaire in mercy and compassion. In these challenging times, we may have very little which we can share; however, the good news is that that is enough to help someone and, with that action, it is also enough to inherit a kingdom.

We are challenged to be the body of Christ. Jesus shared himself; he gave himself away; he became bread for all who hunger and thirst for the presence of God. The promise of the Gospel is that if we share our poverty, then we too will inherit a kingdom prepared for us from the beginning of the world.

*O God, give peace to Your world. Give strength to the hearts of men. Raise us up from death in Christ. Give us to eat His immortality and His glory. Give us to drink the wine of His Kingdom. Amen.*

*Loving God, We pray for the countries at war, for all those suffering or afraid, that you will be close to them and protect them. We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need. May we walk in your ways so that peace and justice become a reality for all the people of the world. Amen.*

### **This week let us pray for:**

- ◆ all those who receive the Eucharist. May they share its true meaning with all whom they meet;
- ◆ the communities in our twin diocese of Bamenda as they continue to emerge from difficult times;
- ◆ leaders who are endeavouring to find peaceful solutions for the troubles of the world;
- ◆ all those connected to our community who are unwell, upset or mourning.



*I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever.*