

## Theme Sharing

### Body and Blood of Christ

Today we celebrate the Feast of Body and Blood of Christ. Originally, there were two separate feasts: Body of Christ (Corpus Christi), and Precious Blood of Jesus. The Feast of Corpus Christi was first celebrated in 1247 in Liege, Belgium at the instance of Sister Juliana of the Augustinian nuns of Mont Cornillon. However, the Feast of Precious Blood of Jesus started as a local celebration in Spain in the 6th century, and later extended to Italy. To commemorate his return to Rome from exile, Pope Pius IX proclaimed in 1847 that the celebration of this Feast be extended to the universal Church. The liturgy of the Church has now consolidated the two feasts into one: Body and Blood of Christ.

The first reading, from the Book of Genesis, recounts the blessing of Abram by King Melchizedek of Jerusalem. Also priest of God Most High, Melchizedek's offering of bread and wine foreshadows Jesus and the Sacrament of the Eucharist.

In the second reading, Paul explained to the Corinthians how Jesus instituted the Eucharist at the Last Supper. In this sacrament, we commemorate the sacrifice Christ made by his suffering and death so that, through Christ, humanity can be one and in communion with God once again. Hence the Eucharist is also known as the Sacrament of Holy Communion.

The gospel is on the miracle of multiplication of loaves and fish. This miracle has been recorded in all four gospels. It happened right after the return of the apostles from their first mission. Jesus took the apostles to a deserted place for a rest, but the crowd caught up with them; and Jesus had compassion for the crowd, as they were like "sheep without a shepherd". In today's gospel, Luke highlights the fact that Jesus took care of the spiritual and temporal needs of the crowd. He spoke to them about the Kingdom of God, cured the sick and fed the hungry crowd. Luke shows how the apostles, fresh from their mission as representatives of Jesus, had faith in their Lord, thereby in a way partaking in the miracle. They knew well that they were in a deserted place and that food would be difficult to come by. However, they had faith in Jesus, and so when Jesus asked them to get the people sit down in groups, they obliged. Again at Jesus' order,

they distributed the loaves and fish to the crowd. When all had eaten and were filled, the apostles gathered the leftover pieces and these filled twelve baskets. So the apostles were truly rewarded for their trust in their Lord. The miracle no doubt strengthened their faith. According to John, another gospel writer, Jesus was preparing the apostles for a more important miracle – the institution of the Sacrament of the Eucharist (Holy Communion). The Feast of Body and Blood of Christ exhorts us to place greater reverence to the Eucharist. It encourages us to live up to what the Eucharist symbolizes: sacrifice, sharing and communion with others. Pope John Paul II once said, "There is a real need for the Church and the whole world to adore the Eucharist. Jesus at all times is eager to receive and embrace us in this Sacrament of Love. Hence we should make effort to come to Jesus, pay him homage and adoration, pledge our complete trust in him, and atone for the sins of the whole world. Together, let us offer him the following prayer: "Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of your kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen."

### Extraordinary Jubilee of Mercy

#### This Is His name "Merciful God"

Dear Brothers and Sisters,

Today we begin catecheses on mercy according to the biblical perspective, in order to learn mercy by listening to what God Himself teaches us with His Word. We begin from the Old Testament, which prepares and leads us to the full revelation of Jesus Christ who, in an accomplished way, reveals the Father's mercy.

The Lord is presented in Sacred Scriptures as "merciful God." And this is His name, through which He reveals to us, so to speak, His face and His heart. He Himself, as narrated in the Book of Exodus, on revealing Himself to Moses describes Himself thus: "The Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness" (34:6). We find this formula also in other texts, with some variation, but always the stress is put on

mercy and on the love of God who never tires of forgiving (cf. Jonah 4:2; Joel 2:13; Psalm 86:15; 103:8; Nehemiah 9:17). Let us look together, one by one, at these words of Sacred Scripture that speak to us of God. The Lord is "merciful": this word evokes an attitude of tenderness as that of a mother in dealing with her child. In fact, the Hebrew term used by the Bible makes one think of the insides or even the maternal womb. Therefore, the image it suggests is that of a God that is moved and becomes tender for us as a mother when she takes her child in her arms, desirous only of loving, protecting, and helping, ready to give everything, even herself. This is the image that this term suggests. A love, therefore, that can be described as "visceral" in the good sense. Pope Francis To Be Continued

### Diocese & Other News

#### SHALOM FESTIVAL 2016 IN CALGARY

Shalom Media is bringing Shalom Festival to Calgary on June 4, 2016 at Canadian Martyrs Parish, Calgary from 8:30 am - 5pm. It is a Catholic conference where individuals come together in prayer, worship, and solidarity. Bishop Henry will be speaking at the event, as well as sessions led by international Catholic preachers and joyous praise and worship. This is an event for everyone! You are invited to this spiritual banquet to receive God's grace and anointing. Come and experience the everlasting love of God! For more information, visit [www.shalomworld.org](http://www.shalomworld.org)

#### TAIZE PRAYER NIGHT

Young women are invited to Ave Maria Discernment House, Calgary for a night of prayer to hear God's voice with music and silence. Friday, June 10, at 5 pm. Welcome at 5:00, Supper at 5:30, Prayer at 7:00. Contact Sr. Lucille at [lucille.field@calgarydiocese.ca](mailto:lucille.field@calgarydiocese.ca) or 403-461-1094.

### Parish Activities

#### Exposition of the Blessed Sacrament on June 4

The June's Exposition of the Blessed Sacrament will be led by Adult Catechism on June 4 from 10am to 11am. Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

### Movie Night – “Joy Luck Club”

Date: June 4 (Saturday)

Sponsor: Queen of China Club

Time: 6:00 pm – Light Dinner

6:45 pm – Movie and Sharing

Place: OLPH Upper Hall

Through a series of flashbacks, four young Chinese women born in America and their respective mothers born in feudal China, explore their past. This search will help them understand their difficult mother/daughter relationship.

### Youth Group Flower and Dessert Sale

When: Sunday, June 5 at 11am-12:30pm

Where: OLPH Church Entrance

### Holy Land Gift - Handmade Cross

Please contact your parish group for 4" Olive Tree Crosses, at a donation of \$10 each. Refer to the poster for more detail.

### Together in Action 2016

The 2016 “Together in Action” The theme this year is: “Blessed are the merciful, for they will be shown Mercy.”

Our parish’s target is \$22,133, as designated by the Diocese. As of April 4, our campaign has received a total of \$14,630. We plead for your ongoing support. Parishioners can pick up the donation envelopes at the entrances.

## Weekly Activities

Wed, Fri June 1, 3

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

Friday June 3

OLPH Scout

Time: 6:30pm.-8:30pm

Place: Upper Hall & Lower Hall

Saturday June 4

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Legion of Mary ( meeting )

Time: 11:00a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Young Adults choir practice

Time: 5:00p.m.-7:00p.m.

Place: OLPH Lower Hall

Movie Night – “Joy Luck Club”

Time: 6:00 p.m. potluck

6:30 p.m. movie

Place: OLPH Upper Hall

Sunday June 5

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

K of C Matteo Ricci 10119 meeting

Time: 12 :30p.m.-3:00p.m

Place: OLPH Church K of C room

## Let There Be Light Freedom, Morality, Peace

“True freedom is not advanced in the permissive society, which confuses freedom with license to do anything whatever, and which in the name of freedom proclaims a kind of general amorality. It is a caricature of freedom to claim that people are free to organize their lives with no reference to moral values, and to say that society does not have to ensure the protection and advancement of ethical values. Such an attitude is destructive of freedom and peace.”

“Do not be afraid to take a chance on peace, to teach peace, to live peace...Peace will be the last word of history.”

“Have no fear of moving into the unknown. Simply step out fearlessly knowing that I am with you, therefore no harm can befall you; all is very, very well. Do this in complete faith and confidence.” — Pope John Paul II

## Stories Faith Sharing

### A letter from Albert Einstein to his daughter:

In the late 1980s, Lieserl, the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein.

When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.

I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us. This universal force is LOVE.

When scientists looked for a unified theory of the universe they forgot the most powerful unseen force. Love is Light, that enlightens those who Give and Receive it. Love is gravity, because it makes some people feel attracted to others. Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals. For LOVE we live and die. Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation. If instead of  $E = mc^2$  we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer.

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of LOVE whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that Love conquers all, is able to transcend everything and anything, because Love is the quintessence of Life!

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as TIME is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!!".

Your father,  
Albert

## Read More Know More

### We Don't Really Eat Christ's Body...or Do We

It's easy to go to Mass on auto pilot. You genuflect, go into the pew, sit down, stand up, kneel, mumble prayers, think about your girlfriend or your plans for the afternoon, mumble prayers, stand again, shake someone's hand, kneel, get up, walk up the aisle, receive the body and blood of Christ... Hey, wait a minute! Receive the body of Christ? Take His actual flesh into your mouth and into your digestive system, eat the flesh of a guy who lived 2000 years ago? You do that? You do it without even thinking about it?

Maybe it's time to do a little thinking. Do you believe that's what you're doing? Or is Communion just another part of the Mass for you?

Do you take it seriously, or is it just one more hoop to jump through before you get to go home and talk on the phone?

A lot of Catholics aren't too clear on this whole concept of the Eucharist. They're not too sure what it is. The Church doesn't really believe it's the actual body and blood of Christ, does it? It's just a symbolic thing, right? A meal, right? I Mean, otherwise it'd be too gross to even think about, much less do.

Well, guess again. The Church does believe the Eucharist is the real body and blood of Christ. After the words of consecration ("This is My body ..." and "This is My blood..."), the bread and wine are no longer bread and wine. They've become Jesus Christ: body, blood, soul and divinity. He's there.

So how did we come up with this one? Did a bunch of bishops get together? ("Hey guys, here's a good one. We'll make them believe that the wine becomes blood. That'll freak them out!") No. We don't need to make this stuff up. Like everything else, we believe it because

Christ told us it's true.

It all happened in the Gospel of John. Jesus was teaching His disciples, talking about bread. And He said something really astounding. He said, "Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood you have no life in you... for My flesh is real food indeed and My blood is real drink indeed" (Jn 6:53-55). He was pretty adamant on the point. To Be Continued

## 主日分享

### 基督聖體聖血節

本主日我們舉行基督聖體聖血節。這是由原來耶穌聖體和耶穌寶血兩個瞻禮合併而成的一個瞻禮。耶穌聖體瞻禮成立較早，於 1247 年第一次在比利時、列日舉行，是在一位奧斯定會修女儒麗安的請求下而開始慶祝的。耶穌寶血瞻禮於第六世紀起源於西班牙，後來傳入意大利。1847 年，教宗庇護九世由流亡中重返羅馬，為感謝基督，詔令普世教會，慶祝耶穌寶血節。

現今教會禮儀已把耶穌聖體和耶穌寶血兩個瞻禮，合併為基督聖體寶血一個瞻禮。

本瞻禮的彌撒讀經一取自創世紀，敘述耶路撒冷王默基瑟德的祭獻，默氏既是國王又是司祭，和他所奉獻的餅酒，是耶穌和聖體聖事的預像。

讀經二取自聖保祿宗徒致格林多人前書，是保祿宗徒講述耶穌建立聖體聖事的史實，這聖事的主要目的是為紀念基督為人流血犧牲，使人在他內與主和人共融合一（故又稱為「共融聖事」）。

彌撒福音取自聖路加福音。這次增餅的奇蹟，四部福音都有記載。聖路加福音所獨有的，是說耶穌雖然躲開群眾，但一見他們跟來，就又憐憫他們神形的可憐：一面給他們宣講天國的福音；一面治好那些病人。路加在敘述奇蹟時，特別彰顯出宗徒對師傅的信賴；他們雖然知道在曠野地方，為這許多人難以供應食物，但耶穌一出命令，他們即刻服從，叫百姓分伙坐下，等待耶穌的安排。他們既然以前已做過耶穌的代表，被派遣過，這一

次，耶穌使門徒也參與行這奇蹟：即是叫十二宗徒給百姓分配餅和魚。眾百姓吃飽後，收集了十二筐碎塊；這為他們一定有其重要性，因為藉這奇蹟，他們信賴耶穌的心受到了報酬，同時也更加鞏固了。按聖若望福音的記載，耶穌願意藉著這個奇蹟準備他們領受更大的奇蹟，那就是後來建立的聖體聖事（共融聖事）。

基督聖體寶血瞻禮鼓勵我們敬禮聖體聖事，並生活在其中的含義：犧牲、分享和共融。教宗若望保祿二世說得好：「教會和整個世界都極其需要聖體敬禮。耶穌在祂愛的聖事中等待我們，我們要不惜花費工夫，到祂面前去朝拜祂，去瞻仰祂，向祂表示我們全心信賴祂，並為世人的重大罪惡做補贖。」

讓我們以今日的集禱經祈求說：上主，你藉奧妙的聖體寶血的聖事，留下了你苦難的紀念；求你使我們虔誠地欽崇你聖體聖血的神聖奧蹟，好能時常體驗你救恩的實效。你是天主，和天主聖父及聖神，永生永王。阿們。

節錄自梵蒂岡電台

## 慈悲禧年

### 天主的名字是慈悲

親愛的弟兄姐妹，

今天我們開始以聖經的觀點理解慈悲的要理講授，好能藉著聆聽天主以祂的聖言對我們的訓誨來學習慈悲。我們首先從《舊約》開始，《舊約》準備我們，把我們帶往耶穌基督的圓滿啓示，祂以圓滿的方式啓示了天父的慈悲。

在《聖經》中上主自稱是“慈悲的天主”。這是祂的名字，可以這麼說，祂藉著這個名字，向我們啓示祂的面容和祂的愛。《出谷記》記述，祂向梅瑟自我啓示時這樣描述自己說：“上主是慈悲寬仁的天主，緩於發怒，富於慈愛忠誠”（卅四 6）。我們在其它經文中也可找到類似的句子，雖有區別，但均在強調天主的慈悲與愛，以及祂不知疲倦的寬恕（參閱：納四 2；岳二 13；詠八六 15；一〇三 8；一四五 8；厄下九 17）。我們現在逐一省思聖經關於天主對我們說的這幾個詞。

上主是“慈悲的”：慈悲一詞描繪了母親對待子女般的溫柔態度。實際上，《聖經》所採用的希伯來文單詞使人聯想到肺腑或母胎。因此，這幅圖像提示的是一個為我們而激動並對我們慈悲為懷的天主，祂就如同一位母親那樣，每當把自己的孩子抱在懷中，想到的祇是愛他，保護他，隨時為他奉獻出一切，甚至是自己的生命。慈悲一詞所提示的就是這幅圖像。因此，這是一種“慈悲為懷”的愛。 教宗方濟各

## 堂區活動

### 六月顯供聖體

永援聖母堂六月份的顯供聖體由成人慕道班帶領，時間為六月四日上午十時至十一時。當天除了朝拜聖體外，阮神父將為教友聽告解。請各位教友盡量參與！

### 電影晚會- 喜福會(Joy Luck Club)

日期: 6月4日(星期六)

贊助善會: 聖母會

時間: 6時 - 輕便晚餐

6時 45分 - 電影及分享

地點: 永援聖母堂上禮堂

影片以四對母女關係探討了女性意識的時代流變，對於女性的弱者的地位，與女性為求改變的不斷抗爭，進行了描摹。

### 青年會蘭花和甜品義賣

時間: 六月五日, 星期日, 上午 11 時至下午 12 時 30 分

地點: 永援聖母堂入口

### 聖地手製十字架

請與各善會聯絡，捐獻每枚十元正。詳情參閱海報。主佑!

### 2016 教區公益金，齊來獻愛心

2016 年教區 TIA 籌款的主題為：『憐憫的人是有福的，因為他們會獲得憐憫。』本堂所須籌募的數目為教區指定的 22,133 元。截至 4 月 4 日，捐款已累積至 14,630 元。捐款信封可在聖堂入口處索取。

## 活動一週

星期三、五 6月1, 3日

### 永援聖母松柏軒

時間: 上午 9 時至正午 12 時

地點: 永援聖母堂上禮堂

星期五 6月3日

### 永援聖母堂童軍

時間: 晚上 6 時 30 分至 8 時 30 分

地點: 永援聖母堂上禮堂及下禮堂

星期六 6月4日

### 顯供聖體

時間: 上午 10 時至 11 時

地點: 永援聖母堂

### 聖母軍

時間: 上午 11 時(開會)

地點: 聖堂二樓騎士會室

### 楊式太極班

時間: 上午 10 時至 12 時 30 分

地點: 永援聖母堂下禮堂

### 瑜珈初班

時間: 上午 11 時 30 分至 12 時 45 分

地點: 永援聖母堂上禮堂

### 成人慕道班(國語)

時間: 下午 3 時至 5 時

地點: 聖堂二樓騎士會室

### 大專青年團練習聖詩

時間: 下午 5 時至 7 時

地點: 永援聖母堂下禮堂

### 電影晚會-善度“喜福會”

時間: 6 時 potluck

6 時 30 分

地點: 永援聖母堂上禮堂

星期日 6月5日

### 成人慕道班(粵語及英語)

時間: 上午 9 時 30 分至 12 時 30 分

地點: 永援聖母堂下禮堂

### 利瑪竇騎士會 10119 開會

時間: 下午 12 時 30 分至 3 時

地點: 聖堂騎士會室

## 心靈小品

### 假如這是最後一天

天主，假如這是您賜給我的最後的一天，當這一天的最後一秒滴答過後，我就要離開束縛我的身體，我的靈魂就要飛奔到您的面前，我將如何面對您，我的主人？

主，我將無 面對您，我的天主。因

為在這看似漫長卻短暫的一生裡，我無數次地離開您，掩耳不聽您的呼喚。您的話我沒有遵守，您的道路我總是偏離。雖然，我渴望天國，您也將天門打開讓我觀看，為了讓我像您，為了給我您的品性，您用十字架來磨煉我，您自己也親自從天而降，把自己釘在十字架上。可是，我卻不願背負，總是想盡辦法的逃避。天主，您造了我的口，我卻沒有用來讚美您；您造了我的心，我卻用來思念別的東西。您用日月星辰來照顧我，用鮮花、綠草來陪伴我，您造的萬物本該讓我學會感謝您，可是，我卻覺得這是理所當然的。您造萬物任我們支配，我卻生了驕傲的心，不知道自己不過是泥土。天主，我是多麼地可憎可悲，在這短短的幾十年裡我無數次地得罪您。我假想這是最後一天，再過幾個小時，我就要走完了人間的歲月。我的一生不堪回首，我沒有給您帶去榮耀的十字架，我帶著良心的愧疚，帶著一身的罪來見您，我真羞愧得無地自容，可是，我是多麼地渴慕著您，您給了我一棵渴慕您的心，您的慈悲串經我時常都會誦念，雖然我總是得罪您，但是，當我滿含著悔恨的淚水來到您的面前時，您總是那麼心軟，雖然，您知道這是一棵易變的心，過後 她還會傷害您，可是您總是那麼健忘，又將我重新納入您的懷裡。主，我拿什麼給您，我就要面對面的見您了？我是兩手空空，可是想到耶穌為我流的寶血，我的心裡一片清涼，我的長兄耶穌為我將生命獻上，在這最後的分分秒秒裡，我要因耶穌為我而做的一切感謝您，不停地讚頌您。當我將我的靈魂交給您的時候，我也將耶穌的功勞和一棵感恩的心獻給您。

人間的歲月是多麼短促，而我用餘下的光陰來爭取永生。天主，請您讓我時時刻刻意識到自己離死不遠，知道時間的寶貴，請您讓我看每一天都是最後一天，讓我用這餘下的最後的時光來讚美您吧！因為您將獨一的兒子耶穌賜給我們，使我也能像小德蘭那樣說：我不死，我正進入永生！

## 靈修小故事

### 上主沒有輕看卑微

一位父親帶兒子去參觀梵高故居，在看過那張小木床及裂了口的皮鞋之後，兒子問父親：“梵高不是位百萬富翁嗎？”父親答：“梵高是位連妻子都沒娶上的窮人。”第二年，這位父親帶兒子去丹麥，在安徒生的故居前，兒子又困惑地問：“爸爸，安徒生不是生活在皇宮裡嗎？”父親答：“安徒生是位鞋匠的兒子，他就生活在這棟閣樓裡。”這位父親是一個水手，他每年往來於大西洋各個港口。這位兒子叫伊爾·布拉格，是美國歷史上第一位獲普利策獎的黑人記者。20年後，在回憶童年時，他說：“那時我們家很窮，父母都靠出苦力為生。有很長一段時間，我一直認為像我們這樣地位卑微的黑人是不可能有什麼出息的。好在父親讓我認識了梵高和安徒生，這兩個人告訴我，天主沒有這個意思。”促使他成功的無疑是那兩位貧賤的名人。

從他們這一類人的故事中，你是否發現這樣一個事實：造化有時會把它的寵兒放在下等人中間，讓他們操著卑賤的職業，使他們遠離金錢、權力和榮譽，可是在某個有意義有價值的領域卻讓他們脫穎而出。

在現實生活中，我常看到這樣的人，他們常因自己角色的卑微而否定自己的智慧，因自己地位的低下而放棄兒時的夢想，有時甚至為被人歧視而消沉，為不被人賞識而苦惱。這是一個多麼大的錯誤啊！其實造物主常把高貴的靈魂賦予卑賤的肉體，就像我們在日常生活中，總愛把最貴重的東西藏在家中不起眼的地方。

## 知多一點點

### 與基督相遇 -- 聖體聖事

基督徒每主日去參與感恩祭(彌撒)時，都領受這生命神糧。究竟聖體聖事帶給我們甚麼神恩？它在信友生活中有甚麼意義？為何如此的重要，竟稱之為「生命之糧」？

在舊約中曾記載以色列人離開埃及前往福地的途中，因為沒有糧食，天主便在曠野降下「瑪納」來養活他們，

我們常將「瑪納」看作為「聖體聖事」的象徵，因為昔日天主曾用瑪納養活、照顧了成千上萬的以色列人，團結他們；今天，「聖體聖事」也將我們共融起來，養活我們的超性生命。新約的四部福音中，均記載與聖體聖事有關的言論，而若望福音則記述了耶穌對聖體聖事的預言。

聖體聖事的預報 -- 若望福音第六章中「生命之糧言論」就是耶穌對聖體聖事的預告。當時耶穌處於一個備受歡迎、廣被擁戴的時刻，因為祂曾用「五餅二魚」飽饗了五千人。當時群眾對祂所行的種種奇蹟，到達了風靡的頂點。為了使群眾勿誤會靠著祂的奇蹟異能，他們可以不必努力工作，而天主自會幫助他們消滅羅馬人，所以，耶穌預報這生命之糧的言論來試探他們，也使他們知道祂來是為建立一個不分種族國家的天國。

生命之糧言論共分三個部分：第一部分他說：「你們不要為那可損壞的食糧勞碌，而要為那存留永生的食糧勞碌，即人子所要賜給你們的。」人們剛吃過耶穌所分贈的餅，但耶穌要他們明白另有一種更重要的永生的食糧。第二部分祂說：「我就是生命的食糧，到我這裏來的，永不會饑餓.....」耶穌說出富挑戰性且難以明白的話，用以表白祂的救世方法，是將自己交出，犧牲自我，而並非如他們所想像的。由於這番話，便引起猶太人的竊竊私議，可能以為這是一種象徵性的說法。在第三部分耶穌回答說：「我實實在在告訴你們：你們若不吃人子的肉，不喝祂的血，在你們內便沒有生命。誰吃我的肉，並喝我的血，必得永生，在末日，我且要叫他復活.....」耶穌這種堅決的態度，證明了祂的話是按字面解釋外，並沒有其他的意義。雖然祂的話遭到反感，很多人離祂而去，但祂卻未改變聖體聖事的道理及意義。聖體聖事建立的時間是在吃逾越節晚餐快完畢之際，耶穌祝聖了麵餅和酒，把餅擘開，交給門徒們說：「這是我的身體」，後來又把祝聖了的酒，遞給他們說：「這是我的血」。耶穌兩處都用「是」字，很清楚的說明酒和餅成為祂真正的身體和血，並非祇是象徵

的行為。所以，教會要我們相信：在感恩祭中，當神父說了「這是我的身體」、「這是我的血」後，祭台上的餅和酒，便馬上成為基督的體血。