

This Sunday's Counsel

THEME:

We journey to a life of perfect love, unity and peace when we partake of the Holy Eucharist, the Bread of Life.

PROMISE:

"...whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (Jn 6: 51)

WORD:

Dt 8: 2-3, 14b-16a/
Ps 147: 12-13, 14-15,
19-20/ 1 Cor 10: 16-
17/ Jn 6: 51-58

ORDER:

- *Eat my flesh... drink my blood.* (Jn 6: 54b)

DIRECTIONS:

- Believe that the Holy Eucharist is the source and summit of the Christian life.
- Be spiritually prepared to receive the Holy Eucharist.
- Actively participate in the Word Sharing Circle to appreciate the Living Word of God.
- Be living witnesses of Christ.



BLD Trenton



Community News

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Real Presence Of Christ

REFLECTION:

When we celebrate and gather in the Eucharist, our faith teaches us Jesus is present to us. The bread and wine truly become the Body and Blood of Christ.

Transubstantiation – the idea that during Mass, the bread and wine used for Communion become the body and blood of Jesus Christ – is central to the Catholic faith. In our LWG reflection, the order that we came up with is *"...eat my flesh ... drink my blood"* and the first direction is – *"Believe that the Holy Eucharist is the source and the summit of Christian life."*

The Catholic Church describes the Eucharist, i.e., the Sacrifice of the Mass, as *"the source and summit of the Christian life"* (CCC 1324). It is the source and summit because the Eucharist is Jesus himself. It enables us to make present and offer anew Jesus Christ's one redemptive Sacrifice of Calvary, which began with his



Passion.

Moreover, the Eucharist is truly a foretaste of heaven and of the end of time where God will be all in all. The Eucharist is a communion sacrifice, which means we partake of Jesus in a way similar to how the ancient Israelites ate the flesh of the Old Covenant Passover lambs. But the New Covenant Passover is much more profound, for there is only one Lamb—the Lamb of God who takes away the sins of the world and eating Jesus' real body and

drinking his real blood provides eternal life for us in heaven.

Sadly, one of the surveys indicate that most of the Catholics don't believe this important teaching. In fact, nearly seven-in-ten Catholics (69%) say they personally believe that during Catholic Mass, the bread and wine used in Communion *"are symbols of the body and blood of Jesus Christ."* Just one-third of U.S. Catholics

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Tending the Flack

Medicine For The Mind And The Will

Without the Eucharist the Church quite simply would not exist. Indeed, it is the Eucharist which makes a human community into a mystery of communion that can bring God to the world and the world to God. The Holy Spirit, who transforms the bread and wine into the Body and Blood of Christ, also transforms whoever receives it with faith into a member of the body of Christ so that the Church is truly the sacrament of unity, of human beings with God and among themselves.

In an ever more individualistic culture, such as the one in which we are immersed in western society and which tends to spread throughout the world, the Eucharist constitutes a sort of *"antidote"* that works in the minds and hearts of believers and continually sows in them the logic of communion, service and sharing, in short, the logic of the Gospel. The first Christians in Jerusalem were a visible sign of this new lifestyle, because they lived in brotherhood and shared their possessions so that no one was in need (cf. Acts 2:42-47). What does all this derive from?

From the Eucharist, that is, from the Risen Christ, really present in the midst of his disciples and acting with the power of the Holy Spirit.

And also in the following generations, in spite of human limitations and errors, the Church has continued down the centuries to be a force of communion in the world. Let us think especially of the most difficult and trying periods, for example, of what the possibility of gathering together at Sunday Mass meant to countries subjected to totalitarian regimes! As the ancient martyrs of Abitene said: *"Sine Dominico non possumus"* — without *"Dominicum"* [Sunday], that is, without the Sunday Eucharist we cannot live. But the void produced by false freedom can be equally dangerous, then communion with the Body of Christ is a medicine for the mind and the will, to rediscover the taste for the truth and the common good.

~ Pope Benedict XVI

Angelus Message, June 26, 2011

Online Giving

You can now send your tithes and love offerings via **Paypal**.
Donate link can be found at
www.bldtrenton.com

Or mail check to:
BLD Trenton Foundation, Inc.
P.O. Box 1367
Toms River, NJ 08754

The Lord's Provision

May 26, 2023

Tithe : \$610.00
Love Offering : \$275.00

Thank you for your generosity!!!

God's Blessings

Birthday

Cece Ortiz	6/9	Joseph Ortiz	6/11
Luz Agustin	6/10	Aida Odejar	6/11
Annabel Poblete	6/10	Liberty Balisco	6/12
Arlene Tan	6/10	Erwin Bustamante	6/14
Lino Alcasid	6/11	Alden Nacionales	6/14
Lani Fincalero	6/11	Kiko Torralba	6/14
Art Vicencio	6/14		

Anniversary

Jean & Patricia DeJean	6/12
Rolly & Lota Salomia	6/12
Jho-Jho & Mey Alabastro	6/14
Eric & Jedy Bustamante	6/14
Bill & Camille Colon	6/15
Jun & Lani Fincalero	6/15

Who Are You Gonna Call (or Text)?

For Mama Mary's visit - Beth Felibrico 732-995-7407
For Prayer Service - Mary Anne Arias 732-688-3962

*Glorify the Lord, O Jerusalem;
Praise your God, O Zion.*

Love and Patience



God loves us while we are sinners, not because we are good or able to give something back to him. God's love is a love that is always in excess, it always goes beyond calculation, always disproportionate. And today he also asks us to live in this way, because only in this way will we truly bear witness to him.

We must keep in mind God's patience, the patience he has for us. God

always gives us another opportunity, always, always. He does not cut us out of his love. He does not lose heart or tire of offering us his trust again, with tenderness. Brothers and sisters, God believes in us! God trusts us and accompanies us with patience, the patience of God with us. He does not become discouraged, but always instills his hope in us.

~ Pope Francis



The Mission Apostolate is inviting you to attend the March For Life Rally on June 24, 2023. It is the first Anniversary of the overturn of Roe v. Wade

It starts with:
Mass for Life - 9:30 am at St Mary's Cathedral
151 N. Warren St Trenton, NJ and followed by

March for Life Rally 11 am - 1 pm
Statehouse, 145 W. State Street, Trenton NJ

Contact Persons:
Eugene and Malou Yasaico - 732 500 5161
Nes and Cecile Vasquez - 908 578 9138

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(31%) say they believe that *"during Catholic Mass, the bread and wine actually become the body and blood of Jesus."*

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (Jn 6: 51)

During the celebration of the Mass, it is important to partake of the bread and wine not as mere symbols but to believe that through the power of the Holy Spirit and through the instrumentality of the priest, they are being transformed into the body and blood of Jesus Christ. Christ is thus truly, substantially and really present under the appearance of bread and wine. The whole Christ is truly present -- body, blood, soul, and divinity.

By His Real Presence in the Eucharist, Jesus fulfills His promise to be with us until the end of the age. His presence means that we continue to remember his love for us through his passion, death and resurrection. His presence means that we have a God who from the beginning of time desires to be present in our lives, to

be present in the world to unite and strengthen us, to be present to give us peace and help us in our distress and to be present to love us and give us solace when we feel abandoned in this broken world.

Just as God desires to be present in our lives, we also have to desire to prepare ourselves to be present for Him. We have to be hungry and to be thirsty for Him.

Therefore, it very important that we too will do our share in preparing ourselves to be present for Him. We should approach the Eucharist with reverence, awe, respect, deep humility and utmost gratitude which could be achieved by spiritually preparing ourselves so that we can be in a state of grace to receive Him. One way to do this is by doing confession acknowledging the sins we made.

In our community, our preparedness to be present for God could also be achieved by actively participating in the Word Sharing Circle. When we reflect upon the coming Sunday's readings, we begin to appreciate the Living Word of God during the Liturgy of the Word. Our participation on our Praise and Worship also re-

minds us of God's goodness in our lives helping us to be more excited to receive Him in the Eucharist.

When we share in the Body and Blood of Christ especially believing in his real presence, Jesus himself comes to dwell within us. As He becomes part of us, we are being nourished, we are being transformed and renewed to be more like Him. Jesus Christ draws us closer to Him, unites us then not only to Himself but also with one another.

The Eucharist, also called Holy communion is therefore a unifying sacrament where Jesus strengthens our love for one another, enables us to sacrifice ourselves for the good of others and inspires us to eliminate all prejudices and obstacles that obstruct our love for one another.

It is with this communion with the Lord that makes us one body. We are therefore not alone in our journey in life. We are part the Body of Christ called and sent forth to be His living witnesses to fulfill the mission of the Church which is to bring forth love, unity and peace in this broken world.

