

Gospel John 6:51-58

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

‘I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh, for the life of the world.’

Then the Jews started arguing with one another: ‘How can this man give us his flesh to eat?’ they said. Jesus replied:

‘I tell you most solemnly,
if you do not eat the flesh of the Son of Man
and drink his blood,
you will not have life in you.
Anyone who does eat my flesh and drink my blood
has eternal life,
and I shall raise him up on the last day.
For my flesh is real food
and my blood is real drink.
He who eats my flesh and drinks my blood
lives in me
and I live in him.

As I, who am sent by the living Father,
myself draw life from the Father,
so whoever eats me will draw life from me.
This is the bread come down from
heaven;
not like the bread our ancestors ate:
they are dead,
but anyone who eats this bread will live
for ever.’

The Gospel of the Lord.

Praise to you Lord Jesus Christ.

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Reflection by Dianne Bergant CSA

This feast harkens back to the celebration of Holy Thursday. By way of the metaphors of food and drink, its readings provide us with a look at the mystery of divine presence. They first provide a picture of a God who feeds us. In the past God set a table in freedom, and then provided food that enabled our ancestors to survive. God fed those who were needy, not those who were worthy. Jesus offered sustenance to the crowds that gathered around him. It was not manna from heaven that he offered but his own flesh and blood as food and drink. This food and drink are the pledge of eternal life.

Those who eat this bread and drink this cup are caught up in a profound unity with God, a unity not envisioned in the wilderness experience. There is a new overlay of significance. Jesus' claim to give his flesh and blood was a bold one, Paul's seems even bolder. He states that partaking of the bread and the cup not only joins us with Christ, but actually makes us participants in the body and blood of Christ. Humanity and divinity are joined as one. The Eucharist is a sign of unity in another way. Joined to the body and blood of Christ, we are joined to each other. We are one body and that body is Christ. The Eucharist is truly a celebration of thanksgiving: thanksgiving for our transformation and thanksgiving for our unity.



ST MARTIN DE PORRES

Catholic Parish

Avondale Heights

Today's Celebration is on pages:

Old Missal: 248 New Missal: 355



The Most Holy Body and Blood of Christ, Year A

7 June 2026

First Reading Deuteronomy 8:2-3, 14-16

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: ‘Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

‘Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.’

The word of the Lord.

Thanks be to God.

Responsorial Psalm

Ps 147:12-15. 19-20. R. v.12

(R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you.
(R.)

2. He has established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command. (R.)
3. He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. (R.)

Second Reading 1 Corinthians 10:16-17

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

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Thanks be to God.

Gospel Acclamation Jn 6:51-52

Alleluia, alleluia

**I am the living bread from heaven,
says the Lord;
whoever eats this bread will live for ever.**

Alleluia!

St Martin de Porres Parish

158 Military Rd, Avondale Heights Vic 3034

www.melbocatholic.org/avondaleheights

Parish Priest: Fr. Paul Tru

Secretaries: Lee Tran: Wednesday - Friday

Charles Meneze: Tuesday

Office Hours: Closed Monday

10am - 3pm Tuesday - Friday

Pastoral Assoc: Sr. Cres Villas, asjm

Sr. Connie Mamo, asjm (Vol)

Phone: 9337 6016

E-mail: avondaleheights@cam.org.au

Weekend Masses

Saturday Vigil 6:00pm

Sunday 8:00am & 9:30am

Vietnamese 11:00am

Weekday Masses

Monday to Friday 9:15am

Benediction Wednesday after Mass

Reconciliation Wednesday 10.00am

Saturday 5:30pm

St Martin de Porres School

Principal: Stefanie Harvey

Secretaries: Mary Carmuciano

Maria Aloe

Phone: 9331 9000

E-mail:

principal@smavondaleheights.catholic.edu.au

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The Augustinian Sisters

Convent: 2 Venice Court,

Avondale Heights

Phone: 9337 4595

E-mail: sisaugustinian@gmail.com

Website: www.asjmoz.org

Safeguarding is Everyone's Responsibility.

The Parish of St Martin de Porres and the Archdiocese of Melbourne are committed to the care, wellbeing and protection of children, young people and vulnerable people in our community. Child protection and the dignity of every person is the responsibility of everyone.

IN OUR PRAYERS

Sick:

George Pinpin; Kimberly Damanik; Susie; Peter Falzon; Jan, Miecia, Zygyuch; Mark; Janice Murray; John & Rossini Burns; Anna; Zac; Nazzi & Teresa Demaio; Nancy Green; Emily & Grace; Monica Marland; Mellisa; Franca; Kay.

Recently Deceased:

Peter Young; Anna Staats; Geraldine McGee; Carmena Galea; Grazia Cammerino; Pauline Rodgers; Maria Loschiavo; Sr Anthony (Poor Clares); Sr Nena Lorilla (asjm); John Burns; Frank Rapa; Gaetano Mammoliti; Giuseppe D'Angelo; Teresa Morello; Steve Cecelja.

Anniversaries & Remembrances:

Antonio Suraci (1st); Nicola Montagnese; Andrea & Angela Zaia; Dominic Cumbo; Bernarda & Francis Grima; Teresa, Emmanuel, Tonina, Phillip Sammut; Emmanuel & Nazarena Farrugia; Adam Hood; Rita & Carmelo De Bono; Joseph Consiglia.

Parish Support Programme:

Pays Wages, Electricity, Cleaning, Insurance, Pledge: \$2,588 Received: \$2,473 Loose: \$970

Presbytery: Supports Parish Priest, Retired Priests & Cathedral. \$1,673



2026 Appeal Next Week

This World Mission Sunday, Pope Leo XIV, reminds us that "The mission of the disciples and the Church as a whole is to continue the mission of Christ in the Holy Spirit: a mission born of love, lived in love, and leading to love".

This year we travel to Malawi, where missionaries like Fr Matthew Semba are carrying Christ's love to children in need.

This is where the Church has come in and with your help they can build a school close to home, so that children can have hope for their future.

Thank You from Father Paul

As I reflect with gratitude on the past eight months, I wish to express my heartfelt thanks to our Archbishop for his support, encouragement, and presence with us on this special occasion.

I am deeply grateful to our parish councils, parish staff, choir members, liturgical ministers, and all who serve so generously in our parish community. Your dedication, faith, and commitment enrich the life of our parish and help make it a welcoming home for all. To all parishioners, thank you for your warm welcome, kindness, friendship, love, and prayers throughout these months. Your support has been a great blessing to me and has made my time among you both joyful and rewarding.

I would also like to express my sincere gratitude to the principal, staff, students, and families of St Martin School for their positive contribution to the life of our parish. The strong partnership between our school and parish is a great blessing, and I am thankful for the enthusiasm, support, and faith-filled witness that you bring to our community. Your involvement enriches our parish life and helps nurture a vibrant and welcoming community for all.

I also extend sincere appreciation to the many volunteers who have given so generously of their time, talents, and energy to organise and prepare for this special celebration. Your hard work behind the scenes has made this occasion possible and is deeply appreciated. I would also like to thank all those who have generously donated food, refreshments, and other items for today's celebration. Your kindness and generosity have contributed greatly to making this a joyful and memorable occasion for our parish community.

A special word of thanks is extended to our family members, friends, and visitors who have travelled from near and far to join us for this celebration. Your presence means a great deal to us, and we are grateful for the effort you have made to share in this special day.

May God bless each of you abundantly for your generosity and faithful service. I look forward to continuing to work alongside you, to pray with you, and to grow together in faith in the years ahead. Please continue to keep me in your prayers as I assure you of mine.

Fr Paul Tru

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds, hide me.

Let me never be separated from you.

From the wicked enemy, defend me.

At the hour of my death, call me

and bid me come to you

That with your saints

I may praise you

For ever and ever.

Amen



BAPTISMS THIS WEEKEND

Emma Le; Emilio Di Martino; Oscar Suda; Leo Nguyen.

Melbourne Corpus Christi Procession

Sunday 7 June 2026, 2pm

Begins at St Patrick's Cathedral

Concludes at Federation Square

Communities invited to bring their banners!
The procession will begin with a gathering at St Patrick's Cathedral at 2pm, walk through the streets of Melbourne's CBD, and conclude at Federation Square. Mass will not be part of the official proceedings.

The Kids Bulletin

A fun way for children to learn about our faith weekly, please visit thekidsbulletin.com/