



## The Most Holy Body and Blood Of Christ

### June 7, 2026

#### NOURISHING FOOD

Manna in the desert, water from a rock, bread, wine. God provides food to nourish our bodies and our souls, to bring us into union with the Divine. This is what we celebrate on this Solemnity of the Most Holy Body and Blood of Christ. The Israelites who journeyed through the desert for forty years knew physical hunger, but they were also hungry for more—they needed to know that God was with them as they made their way through the dangerous desert. We too experience hunger. We need to be assured that the Lord is with us as we navigate the circumstances of our lives, some of which feel dangerous, if not to our bodies, certainly to our spirit. Our participation in the Eucharist provides this assurance and more: fed with Christ's Body and Blood, we are drawn into communion with Christ and one another.

#### OUR FASCINATING FAITH

##### The Most Sacred Heart of Jesus

Every year Solemnity of the Most Sacred Heart of Jesus falls on the first Friday after the Most Holy Body and Blood of Christ. The devotion to the Sacred Heart comes from a French nun, Saint Margaret Mary Alacoque, to whom Jesus showed his heart in June 1675. He told her that his heart burned with love for human beings but Christians only offended him with insults, ingratitude, and indifference. Thus, the Sacred Heart of Jesus is shown with a flame of fire and surrounded by a crown of thorns.

How many times have we, as the Church or as individuals, pierced the heart of the Lord, our Spouse? Even so, the image of the heart of Jesus, pierced with thorns and aflame with love for us, continues to sing and call to us to be completely his. If we return to him, Jesus promises twelve blessings of peace, consolation, fervor, and other graces. The promises are generally for the good of our families, the conversion of sinners, and an increase in the faith. All of these promises focus on the infinite love of Jesus, who has our names engraved on his heart because of the love he has for us. Christ manifests himself as a spouse who desires the best for his bride, the Church. He commits himself to her and seeks to inflame her with love.

**First Reading** — Never forget the LORD your God, who brought you out of slavery and fed you with manna in the desert (Deuteronomy 8:2-3, 14b-16a).

**Psalms** — God has blessed Jerusalem (Psalm 147).

**Second Reading** — Because the loaf of bread is one, we who partake of it, though we are many, are one body (1 Corinthians 10:16-17).

**Gospel** — Jesus said to the crowds, "I am the living bread; whoever eats this bread will live forever John 6:51-58).

#### READINGS FOR THE WEEK

- Monday: 1 Kings 17:1-6; Ps 121:1bc-2,3-4,5-6.7-8; G Mt 5:1-12
- Tuesday: 1 Kings 17:7-16; Ps 4:2-3,4-5,7b-8; G Mt 5:13-16
- Wednesday: 1 Kings 18:20-39; Ps 16:1b-2ab,4,5ab & 8,11 G Mt 5:17-19
- Thursday: Acts 11:21b-26; 13:1-3; Ps 98:1,2-3ab, 3cd-4, 5-6; G Mt 5:20-26
- Friday: Dt 7:6-11(170A); Ps 103:1-2,3-4,8,10; 1 Jn 4:7-16; G Mt 11:25-30
- Saturday: 1 Kings 19:19-21; Ps 16:1b-2a & 5,7-8,9-10; G Mt 5:33-37
- Sunday: Exodus 19:20-26(91A); Ps 100:1-2,3,5; Rom 5:6-11; G Mt 9:36-10:8

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June7th	
LECTOR	MARYC
SERVER	Max
EUCHRISTIC	JIM BEVERLY, JOY
COUNTER	ANN C AND ALAN
June14th	
JLECTOR	Mark
SERVER	Carlos
EUCCHARISTIC	JIM FLORENCIA, ANN C
COUNTER	ANN F AND JOY
June 21st-----	
LECTOR	BEVERLY
SERVER	MAX
EUCCHARISTIC	ANN F ANITA, DEACON
COUNTER	MARY ANN AND MARYC
June28th-----	
LECTOR	MARK
SERVER	CARLOS
EUCCHARISTIC	JOY, FLORENCIA, BEVERLY
COUNTER	BEVERLY AND Michelle

BEVERLY	JUNE 3RD
CHERI	JUNE 10TH
MARY	JUNE 17TH
CHERI	JUNE 24TH

The Bishop will be here the 28th of June

#### St. Regina's Church Staff

**Pastor:** Fr. ANTHONY ONYEKWE

**Secretary:** Patricia Humble

**Dir:** Christina Hammond

**Facilities Manager:** Lou T

**Web Page:** [saintreginacatholicchurch.org](http://saintreginacatholicchurch.org)

#### Remember In Prayer

Martha Jo , Michaelle Box ,  
Abel Cortez, Michael Cox ,  
Pat Bowling , Ted Bowling  
Laura Humble Layla Humble

#### SUNDAY COLLECTION

5/17/ 2026

Sunday

\$887.00

BUDGET

\$1800.00