



CONSOLATA SHRINE
THE SOLEMNITY OF THE MOST HOLY
BODY AND BLOOD OF CHRIST
(CORPUS CHRISTI)
07TH JUNE 2026



FIRST READING

Deuteronomy 8:2-3,14b-16a

“He fed you with manna, which you did not know, nor did your fathers know.”

A reading from the Book of Deuteronomy

Moses spoke to the people, saying, “You shall remember all the way which the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments, or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know; that he might make you know that man does not live by bread alone, but that man lives by everything that proceeds out of the mouth of the LORD. “And you shall remember the LORD your God, who brought you out of the land of Egypt, out of the



house of bondage, who led you through the great and terrible wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, who fed you in the wilderness with manna which your fathers did not know.”

The Word of the Lord.

RESPONSORIAL PSALM

**Psalm 147:12-13, 14-15, 19-20
(R. 12a)**

R. O Jerusalem, glorify the Lord!

O Jerusalem, glorify the LORD!

O Sion, praise your God!

He has strengthened the bars of your gates;

he has blessed your children within you. **R.**

He established peace on your borders;

he gives you your fill of finest wheat.

He sends Out his word to the earth,

and swiftly runs his command. **R.**

He reveals his word to Jacob;

to Israel, his decrees and judgements.

He has not dealt thus with other nations;

he has not taught them his judgements. **R.**

SECOND READING

1 Corinthians 10:16-17

“Because there is one bread, we who are many are one body.”

A reading from the First Letter of Saint Paul to the Corinthians

Brethren:

The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

The word of the Lord



SEQUENCE

Laud, O Zion, your salvation,
Laud with hymns of exultation,
Christ, your king and shepherd true:

Bring him all the praise you know.
He is more than you bestow.
Never can you reach his due.

Special theme for glad thanksgiving
Is the quick'ning and the living
Bread today before you set:

From his hands of old partaken,
As we know, by faith unshaken,
 Where the Twelve at supper met.

Full and clear ring out your chanting,
Joy nor sweetest grace be wanting,
 From your heart let praises burst:

For today the feast is holden,
When the institution olden
 Of that supper was rehearsed.

Here the new law's new oblation,
By the new king's revelation,
 Ends the form of ancient rite:

Now the new the old effaces,
Truth away the shadow chases,
 Light dispels the gloom of night.

What he did at supper seated,
Christ ordained to be repeated,
 His memorial ne'er to cease:

And his rule for guidance taking,
Bread and wine we hallow, making
 Thus our sacrifice of peace.

This the truth each Christian learns,
Bread into his flesh he turns,
 To his precious blood the wine:

Sight has fail'd, nor thought conceives,
But a dauntless faith believes,
 Resting on a pow'r divine.

Here beneath these signs are hidden
Priceless things to sense forbidden;
 Signs, not things are all we see:

Blood is poured and flesh is broken,
Yet in either wondrous token
 Christ entire we know to be.

Whoso of this food partakes,
Does not rend the Lord nor breaks:
 Christ is whole to all that taste:

Thousands are, as one, receivers,
One, as thousands of believers,
 Eats of him who cannot waste.

Bad and good the feast are sharing,
Of what divers dooms preparing,
 Endless death, or endless life.

Life to these, to those damnation,
See how like participation
 Is with unlike issues rife.

When the sacrament is broken,
Doubt not, but believe' tis spoken,
 That each sever'd outward token
 doth the very whole contain.

Nought the precious gift divides,
Breaking but the sign betides
 Jesus still the same abides,
 still unbroken does remain.

* Lo! the angel's food is given
To the pilgrim who has striven;
 See the children's bread from heaven,
 which on dogs may not be spent.

Truth the ancient types fulfilling,
Isaac bound, a victim willing,
Paschal lamb, its life blood spilling,
 manna to the fathers sent.

Very bread, good shepherd, tend us,
Jesu, of your love befriend us.
 You refresh us, you defend us,
 Your eternal goodness send us
In the land of life to see.

You who all things can and know,
Who on earth such food bestow,
 Grant us with your saints, though lowest.
 Where the heav'nly feast you show,
Fellow heirs and guests to be.
Amen. Alleluia.

ALLELUIA

John 6: 51

Alleluia

I am the living bread which came down from heaven,

says the Lord;

if anyone eats this bread he will live forever.

Alleluia



GOSPEL

John 6:51-58

“My flesh is food indeed, and my blood is drink indeed.”

A reading from the holy Gospel according to John

At that time:

Jesus said to the crowds of the Jews, “I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever: and the bread which I shall give for the life of the world is my flesh.” The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said them, “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; he who eats flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him.

As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. This is the bread which came down from heaven, not such as the fathers ate and died: he who eats this bread will live forever"

The gospel of the Lord.

Reflection: Word of the ‘Living Father’ by Scott Hahn.

Ph. D

The Eucharist is given to us as a challenge and a promise. That’s how Jesus presents it in today’s Gospel. He doesn’t make it easy for those who hear Him. They are repulsed and offended at His words. Even when they begin to quarrel, He insists on describing the eating and drinking of His flesh and blood in starkly literal terms. Four times in today’s reading, Jesus uses a Greek word—trogein—that refers to a crude kind of eating, almost a gnawing or chewing (see John 6:54, 56, 57, 58). He is testing their faith in His Word, as today’s First Reading describes God testing Israel in the desert. The heavenly manna was not given to satisfy the Israelites’ hunger, as Moses explains. It was given to show them that man does not live by bread alone but by every word that comes from the mouth of God. In today’s Psalm, too, we see a connection between God’s Word and the bread of life. We sing of God filling us with “finest wheat” and proclaiming His Word to the world. In Jesus, “the living Father” has given us His Word come down from heaven, made flesh for the life of the world. Yet, as the Israelites grumbled in the desert, many in today’s Gospel cannot accept that Word. Even many of Jesus’ own followers abandon Him after this discourse (see John 6:66). But His words are Spirit and life, the

words of eternal life (see John 6:63, 67). In the Eucharist we are made one flesh with Christ. We have His life in us and have our life because of Him. This is what Paul means in today's Epistle when he calls the Eucharist a "participation" in Christ's body and blood. We become in this sacrament partakers of the divine nature (see 1 Peter 2:4). This is the mystery of the faith that Jesus asks us believe. And He gives us His promise: that, sharing in His flesh and blood that was raised from the dead, we too will be raised up on the last day.

Announcements

1. Today is the Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi). There will be a Eucharistic Procession as a public witness of our Faith in the Real Presence of Jesus Christ in the Blessed Sacrament after the 1.00pm Mass. All are welcome
2. Today, we will have the blessing of your tithe and family. Kindly pick an envelope at the entrance of the Church.
3. Novena to Our of Consolata will begin on Thursday 11th June during all Masses and Rosary prayers after the 5.30pm Mass in the main Church. On 20th June, the final day of the Novena, there will be a special Rosary and Candlelit procession after the 5.00pm Mass. All are welcome
4. St. Maria Goretti SCC will animate the Rosary on Saturday 13th June, after the 5.00pm Mass. All are welcome.
5. Adults preparing for the Sacrament of baptism, those baptized in non-Catholic churches and wish to be received into the Catholic Church and children aged 9 years and above are invited to register in the Catechist's office during the week.
6. The Christian Education Committee invites you to an interactive session on the Church doctrines (*topic: Sacrament of Matrimony*) today at 9.30am in the Auditorium, Allamano Centre. All are welcome

7. The Divine Mercy group ongoing formation class will be held on Sunday 14th June from 2.00pm to 3.00pm in room 3F, Allamano Centre. All are welcome
8. The Consolata Shrine annual Family and Thanksgiving Day will be held on Sunday 21st June 2026. On this day, the usual Sunday morning Masses will be merged into one grand Eucharistic Celebration at 9.30 a.m to be presided over by **His Grace, Archbishop Philip Anyolo, the Nairobi Metropolitan Archbishop**. The occasion will also mark the official launch and blessing of the Strategic plan and the new Gate and Gatehouse Project, a modern development necessitated by the need to enhance the safety and security of our parishioners, as well as improve and regulate vehicle access within the Shrine compound. After Mass lunch will be served and there will also be a lot of fun and engaging activities for the children and the youth. Please note that the Saturday 5.00 p.m and Sunday 5.00 p.m Masses will continue as scheduled. We look forward to celebrating this great event with all of you.
9. This year, Father's day and Family day will be celebrated on the same day. In honor of our Fathers and Father figures, Youth Serving Christ will be hosting a Fathers' day raffle sale on Sunday 21st June at the blue tent outside the Church. Please purchase a ticket for Ksh 100 and stand a chance to win a wonderful gift for the father figure in your life.
10. The Jumuiya Coordination Team invites you to '*the Conso Charity Quiz Noon*' on Saturday 27th June 2026 from 1.30 pm to 4.30pm in the Auditorium, Allamano Centre at a cost Ksh 1,000. Come learn, laugh, test your knowledge and deepen your understanding of our Catholic Faith in a fun - filled way. There are also limited opportunities for you to advertise your business and even fewer for your business to sell. For more information and registration, kindly visit the desk at the blue tent outside the Church.
11. The Seed Magazine (May/ June Edition) featuring the legacy of Archbishop Bert van Megan and 70 years of Consolata Mission in Materi is now available for sale at the Church bookshop. Please get yourself a copy

Wedding Bans:

There is a promise of marriage between:

1. *Zakary Waweru Gitau & Shamim Nyachuma Wanja (3rdAnnouncement)*
2. *Laura Kaleha Kaisha & Alvaro Mahasi Masitsa (2nd Announcement)*
3. *Kelvin Maina Kamau & Veronica Akinyi Otonde (2nd Announcement)*
4. *Gabriel Sado and Kuidja Kuidja Blandine Laure (1st Announcement)*
5. *Pius Inzeku Mwilitsa and Anjelina Musikohe Beti (1st Announcement)*
6. *Paul Kuhika Maina and Jennifer Muthoni Maina (1st Announcement)*
7. *Joseph Kennedy Kadaji and Esther Nafula Odanga (1st Announcement)*

Kindly visit the parish notice board for more information. If anyone has an objection, please notify the Father – in-Charge.

PARISH WEBSITE: www.consolatashrine.org; **PARISH E-MAIL:** info@consolatashrine.org; communications@consolatashrine.org; **PARISH PRIEST'S E-MAIL:** parishpriest@consolatashrine.org; Tithes Account No: 002215001004856 – ABC Bank: A/C Name: Consolata Fathers – Shrine; Allamano Project Account No. 002215001004394.: ABC Bank: Consolata Father-Shrine Project; **PARISH MPESA NUMBER: 508702**, Account Reason for payment; **ALLAMANO PROJECT MPESA NUMBER: 804877**; P.O. Box 14930 - Nairobi; Mass Intentions (text messages): 0111376737 Book'shop: 0113681608; Parish office: 0722 615105