



**R/ Taste and see the goodness of the Lord**

*(together)*

Look to God and be radiant with joy,  
and your face will not blush with shame.  
Afflicted ones call out to God,  
From all your distress you are saved.

**Alleluia** (sung)

**Gospel of John (Chapter 6.53, 60-69)**

Jesus said to the people: "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

When many of his disciples heard this, they said: "This teaching is difficult; who can accept it?"

But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before?"

It is the spirit that gives life; the flesh is useless.  
The words that I have spoken to you are spirit and life.  
But among you there are some who do not believe."

For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. Because of this many of his disciples turned back, and no longer went about with him.

So - Jesus asked the twelve, "Do you also wish to go away?"

Simon Peter answered him, "Lord, to whom can we go?  
You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

**Reflection**

Share a word or phrase that you *heard* today?

How does the Word touch your life and how are you called to respond?



**Blessing & Sending**

*(together)*

Holy One of God,  
you built up galaxies from nothing at all,  
and wheat fields from barren earth.

You come to us too as the  
grain of the land:  
our bread  
our life.

You ask if  
we could ever leave you.

Well,  
where would we go?  
Others have no Spirit or life.  
Please set our hearts on fire with your love!  
Help us to always choose to love you  
in every joy and every sorrow,  
in all your hungry people,  
in a crying earth,  
always love,  
always!

*Anne Osdieck*

Ki te ingoa o te Matua, o te Tamaiti, o te Wairua Tapu. Amene.