



a Kendall Hunt Company

Solemnity of the Most Holy Body and Blood of Christ, Year B - RCLB Lectionary



Lectionary: 168B

Read: [Mark 14:12-16, 22-26](#)

Gospel Summary

Mark describes for his community the words and actions of Jesus at the Last Supper. Scripture scholars believe that the words were meant by Mark to help the early Christian community to understand the Eucharist. While they may not be the exact words spoken by Jesus, they help us understand that Jesus gave his disciples a way of remembering him through the bread and the wine—his Body and his Blood.

Reflection for Parents

Much of today's Gospel focuses on the preparation for and sharing of a meal. The busy schedules that many parents and families keep today often intrude on this important daily ritual of sharing a meal, conversation, and time together. Mealtime should be a holy time, a gathering where all are welcome to share dreams, joys, and struggles of the day. Think about the ritual of sharing a meal as a family. What can you do to create time for this in your family's daily routine? How can you involve all family members in the preparation for and celebration of a daily meal together? How can you make family mealtime a holy time, a joyful time, a prayerful time, and a memorable time?

Bringing the Good News Into Your Family

The Last Supper was a special meal that the disciples of Jesus would never forget. Jesus' actions—the breaking of the bread, the sharing of the cup, the washing of the feet—drew the attention of the disciples. While they did not fully understand Jesus' words—"Take it; this is my body" and "This is my blood of the covenant, which will be shed for many"—they could sense that there was something very special taking place. As a family, discuss your memories of very special meals. Who was at table with you? What did you talk about? What foods did you eat? If time allow, plan a special meal for a small group of family members or friends. Decide on a date, what foods you will serve, and what questions you might ask your special guests.

Discussion Starters

In light of today's emphasis on preparing for and sharing a meal, move from today's session to a shared family meal. Invite all family members to take part in setting the table; preparing the food; discussing hopes, dreams, and struggles; clearing the table; and washing the dishes.