

Sentence

As often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. 1 Corinthians 11.26

or

Truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood abide in me, and I in them. John 6.53,56

Prayer of the Day

O God,
in a wonderful sacrament
you have given us a memorial of the passion of your dear Son:
grant that we may so reverence
the sacred mysteries of his body and blood
that we may ever know within ourselves
the fruits of his redemption;
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

First Reading

Exod. 24:3-8

A reading from the book of Exodus

Moses came and told the people all the words of the Lord and all the ordinances; and all the people answered with one voice, and said, "All the words that the Lord has spoken we will do." And Moses wrote down all the words of the Lord. He rose early in the morning, and built an altar at the foot of the mountain, and set up twelve pillars, corresponding to the twelve tribes of Israel. He sent young men of the people of Israel, who offered burnt offerings and sacrificed oxen as offerings of well-being to the Lord. Moses took half of the blood and put it in basins, and half of the blood he dashed against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, "All that the Lord has spoken we will do, and we will be obedient." Moses took the blood and dashed it on the people, and said, "See the blood of the covenant that the Lord has made with you in accordance with all these words." Hear the word of the Lord. **Thanks be to God.**

Psalm 116 — A.P.B.A. Page 347

- 11 How shall I repay the Lord:
for all his benefits to me?
- 12 I will take up the cup of Salvation:
and call upon the name of the Lord.
- 13 I will pay my vows to the Lord:
in the presence of all his people.
- 14 Grievous in the sight of the Lord:
is the death of his faithful ones.
- 15 O Lord, I am your servant,
your servant and the child of your handmaid:
you have unloosed my bonds.
- 16 I will offer you a sacrifice of thanksgiving:
and call upon the name of the Lord.
- 17 I will pay my vows to the Lord:
in the presence of all his people,
- 18 In the courts of the house of the Lord:
even in your midst, O Jerusalem. Praise the Lord.

Second Reading

1 Cor. 10:14-21

A reading from the First Letter to the Corinthians

My dear friends, flee from the worship of idols. I speak as to sensible people; judge for yourselves what I say. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing 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. Consider the people of Israel; are not those who eat the sacrifices partners in the altar? What do I imply then? That food sacrificed to idols is anything, or that an idol is anything? No, I imply that what pagans sacrifice, they sacrifice to demons and not to God. I do not want you to be partners with demons. You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. Hear the word of the Lord. **Thanks be to God.**

