

Readings on the Eucharist

The following is drawn from the rite of *Holy Communion and Worship of the Eucharist outside Mass* and then other liturgical celebrations which have a focus on the Eucharist.

Holy Communion and Worship of the Eucharist outside Mass

From the Introduction to Vol II

Rite of Distributing Holy Communion outside Mass

2. The texts for the Liturgy of the Word may be chosen from the Mass of the day. Alternatively, they may be chosen from the selection provided here, which are those for the Votive Masses of the Holy Eucharist, the Precious Blood and the Sacred Heart. [V-HE, V-PB, V-SH]

3. Even when there are only one or two for communion and a true community celebration is impossible, any of these texts may be used. Alternatively, at the minimum a short passage from scripture is read, which may be chosen from those provided in the *Shorter Rite for use with only one or two communicants*.

Rite of Eucharistic Exposition and Benediction

4. During the period of exposition there should be prayers, songs and readings to direct the attention of the faithful to the worship of Christ the Lord,

To encourage a prayerful spirit, there should be readings from scripture with a homily or brief exhortations to develop a better understanding of the Eucharistic mystery. It is also desirable for the people to respond to the word of God by singing and to spend some periods of time in religious silence.

The scripture readings provided here will be particularly suitable.

A The Most Holy Eucharist

Old Testament Readings

01	Gen 14:18-20	<i>He (Melchizedek) brought bread and wine</i>	V-HE
02	Ex 12:21-27	<i>When the Lord sees the blood on the lintel and on the two doorposts, he will pass over the door.</i>	V-HE V-PB
03	Ex 16:2-4, 12-15	<i>I will rain down bread for you from the heavens</i>	V-HE
04	Ex 24:3-8	<i>This is the blood of the Covenant that the Lord has made with you.</i>	V-HE V-PB
05	Deut 8:2-3, 14-16	<i>He fed you with manna which neither you nor your fathers had known.</i>	V-HE
06	1Kg 19:4-8	<i>Strengthened by that food he (Elijah) walked until he reached the mountain of God.</i>	V-HE
07	Prov 9:1-6	<i>Come and eat my bread, drink the wine I have prepared!</i>	V-HE

New Testament Readings

N1	Act 2:42-47	<i>They remained faithful to the brotherhood and to the breaking of bread.</i>	V-HE
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Readings on the Eucharist

N2	Act 10:34. 37-43	<i>We have eaten and drunk with him after his resurrection.</i>	V-HE
N3	1Cor 10:16-17	<i>That there is only one loaf means that, though there are many of us, we form a single body.</i>	V-HE
N4	1Cor 11:23-26	<i>Every time you eat this bread or drink this cup, you are proclaiming the Lord's death</i>	V-HE
N5	Heb 9:11-15	<i>The blood of Christ can purify our inner self from dead actions.</i>	V-HE V-PB
N6	Heb 12:18-19, 22-24	<i>You have come to Jesus, the mediator who brings a blood for purification which pleads more insistently than Abel's.</i>	V-HE V-PB
N7	1Pet 1:17-21	<i>The ransom that was paid to free you was paid in the precious blood of a lamb without spot or stain, namely Christ.</i>	V-HE V-PB
N8	1Jn 5:4-8	<i>There are three witnesses: the Spirit, the water and the blood.</i>	V-HE V-PB
N9	Apo 1:5-8	<i>He loves us and has washed away our sins with his blood.</i>	V-HE V-PB
N10	Apo 7:9-14	<i>They have washed their robes white in the blood of the Lamb.</i>	V-HE V-PB

Responsorial Psalms

P1	Ps 22 r.1	<i>The Lord is my shepherd; there is nothing I shall want.</i>	V-HE
P2	Ps 33:2-9 r. 9	<i>Taste and see that the Lord is good.</i>	V-HE
P3	Ps 39: 2. 4. 7-10. R. 8-9	<i>Here I am , O Lord, I come to do your will.</i>	V-HE V-PB
P4	Ps 77: 3-4. 223-25. 54 r. 24	<i>The Lord gave them bread from heaven.</i>	V-HE
P5	Ps 109: 1-4 r. 4	<i>You are a priest for ever, a priest like Melchizedek of old. [A priest for ever, a priest like Melchizedek of old, Christ the Lord offered bread and wine.]</i>	V-HE
P6	Ps 115: 12-13. 15-18 r.13 or 1Co 10:16	<i>The cup of salvation I will raise; I will call on the Lord's name. The blessing-cup we bless is a communion in the blood of Christ.</i>	V-HE V-PB
P7	Ps 144: 10-11, 15-18 r. 16	<i>You open wide you hand, Lord, grant the desires of all who live.</i>	V-HE
P8	Ps 147: 12-15. 19-20 r. 12 or Jn 6:58	<i>O praise the Lord, Jerusalem! Anyone who eats this bread will live for ever,</i>	V-HE

Acclamations before the Gospel

V1	Jn 6:51	<i>I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever.</i>	V-HE
V2	Jn 6:56	<i>He who eats my flesh and drinks my blood lives in me and I live in him, says the Lord.</i>	V-HE
V3	Jn 6:57	<i>As I, who am sent by the living Father, myself draw life from the Father,</i>	V-HE

		<i>so whoever eats me will draw life from me, says the Lord.</i>	
V4	Apo 1:5	<i>Jesus Christ, the faithful witness, the First-born from the dead, loves us and has washed away our sins with his blood.</i>	V-HE V-PB
V5	Apo 5:9	<i>You are worthy, Lord, to take the scroll and break the seals of it because you were sacrificed, and with your blood you bought us for God.</i>	V-HE V-PB

Gospel Readings

G1	Mark 14: 12–16. 22–26	<i>This is my body. This is my blood.</i>	V-HE V-PB
G2	Mark 15:16–20	<i>They dressed him up in purple, twisted some thorns into a crown and put it on him.</i>	V-HE V-PB
G3	Luke 9:11–17	<i>They all ate as much as they wanted.</i>	V-HE
G4	Luke 22:39–44	<i>His sweat fell to the ground like great drops of blood.</i>	V-HE V-PB
G5	Luke 24:13–35 [24:13–16. 28–35]	<i>They recognised him at the breaking of bread.</i>	V-HE
G6	John 6:1–15	<i>Jesus gave out as much as was wanted to all who were sitting ready.</i>	V-HE
G7	John 6:24–35	<i>He who comes to me will never be hungry; he who believes in me will never thirst.</i>	V-HE
G8	John 6:41–45	<i>I am the living bread which has come down from heaven.</i>	V-HE
G9	John 6:51–58	<i>My flesh is real food and my blood is real drink.</i>	V-HE
G10	John 19: 31–37	<i>One of the soldiers pierced his side and there came out blood and water.</i>	V-HE V-PB
G11	John 21: 1–14	<i>Jesus took the bread and gave it to them, and the same with the fish.</i>	V-HE

B God’s love for all

Old Testament Readings

O1	Ex 34:4–6. 8–9	<i>Lord, Lord, a God of tenderness and compassion.</i>	V-SH
O2	Deut 7:6–11	<i>The Lord set his heart on you and chose you.</i>	V-SH
O3	Deut 10:12–22	<i>It was on your fathers that the Lord set his heart and chose their descendants.</i>	V-SH
O4	Isa 49:13–15	<i>Does a woman forget her baby? I will never forget you.</i>	V-SH
O5	Jer 31–1–14	<i>I have loved you with an everlasting love.</i>	V-SH
O6	Ez 34:11–16	<i>I myself will pasture my sheep, I myself will show them where to rest.</i>	V-SH
O7	Ho 11:1. 3–4. 8–9	<i>My heart recoils from it.</i>	V-SH

Readings on the Eucharist

New Testament Readings

N1	Rom 5:5-11	<i>The love of God has been poured into our hearts.</i>	V-SH
N2	Eph 1:3-10	<i>Such is the richness of the grace he has showered on us.</i>	V-SH
N3	Eph 3:8-12	<i>To proclaim to the pagans the infinite treasure of Christ.</i>	V-SH
N4	Eph 3:14-19	<i>To know the love of Christ, which is beyond all knowledge.</i>	V-SH
N5	Phil 1:8-11	<i>Christ Jesus loves you.</i>	V-SH
N6	1Jn 4:7-16	<i>God's love for us.</i>	V-SH
N7	Apoc 3:13. 20-22	<i>I will come into share his meal, side by side with him.</i>	V-SH
N8	Apoc 5:6-12	<i>With you blood you bought is for God.</i>	V-SH

Responsorial Psalms

P1	Isa 12:2-6 r. 3	<i>With joy you will draw water from the wells of salvation.</i>	V-SH
P2	Ps 22 r.1	<i>The Lord is my shepherd; there is nothing I shall want.</i>	V-SH
P3	Ps 24:4-10 r.6	<i>Remember your mercy, Lord.</i>	V-SH
P4	Ps 32: 1-2. 4-5. 11-12. 18-21 r. 5	<i>The Lord fills the earth with his love.</i> <i>[Learn from me, for I am gentle and humble in heart.]</i>	V-SH
P5	Ps 33:2-9 r. 9	<i>Taste and see that the Lord is good.</i>	V-SH
P6	Ps 102: 1-4. 6-8. 10 r. 17	<i>The love of the Lord is everlasting upon those who hold him in fear.</i>	V-SH

Acclamations before the Gospel

V1	Matt 11:25	<i>I bless you, Father, Lord of heaven and earth, for revealing the mystery of the kingdom to children.</i>	V-SH
V2	Matt 11:28	<i>Come to me all who labour and are overburdened, and I will give you rest, says the Lord.</i>	V-SH
V3	Matt 11:29	<i>Shoulder my yoke and learn from me, says the Lord, for I am gentle and humble in heart.</i>	V-SH
V4	John 10:14	<i>I am the good shepherd, says the Lord, I know my own sheep, and my own know me.</i>	V-SH
V5	John 15:9	<i>As the Father has love me, so I have loved you. Remain in my love, says the Lord.</i>	V-SH
V6	1Jn 4:10	<i>God so loved us when he sent his Son to be the sacrifice that takes our sins away.</i>	V-SH

Gospel

G1	Matt 11:25-30	<i>I am gentle and humble in heart.</i>	V-SH
G2	Luke 15:1-10	<i>Heaven is filled with joy when one sinner turns back to God.</i>	V-SH
G3	Luke 15:1-3. 11-32	<i>We are celebrating because your brother has come back from death.</i>	V-SH
G4	John 10:11-18	<i>The good shepherd is one who lays down his life for his sheep.</i>	V-SH
G5	John 15:1-8	<i>Make your home in me, as I make mine in you.</i>	V-SH
G6	John 15:9-17	<i>This is my commandment: love one another, as I have loved</i>	V-SH

		<i>you.</i>	
G7	John 17:20-26	<i>I have loved them as much as you have loved me.</i>	V-SH
G8	John 19: 31-37	<i>He pierced his side and immediately there came out blood and water.</i>	V-SH

Shorter Rite of Distributing Holy Communion outside Mass

Short Reading of the Word of God

41. Omitting the celebration of the word of God, the minister or other person should read a short scriptural text referring to the bread of life.

1	John 6:54-55	<i>Anyone who eats my flesh</i>	
2	John 6:54-58	<i>Anyone who eats my flesh</i>	
3	John 14:6	<i>I am the Way</i>	
4	John 14:23	<i>If anyone loves me</i>	
5	John 15:4	<i>Make your home in me</i>	
6	1Cor 11:26	<i>Until the Lord comes</i>	
7	1Jn 4:16	<i>We ourselves have known</i>	

Suggestions for Themes

The Supplementary Appendix groups the readings in a series of suggested themes. There are couple of places where the references do not agree with the above list, these are noted, however they may just be editorial mistakes.

For reference readings are referred thus: Gen 14:18-20 — A-01: A= grouping A or B; O= Old Testament; 1=place in list

1. God will provide...

Ex 16 [A-O3], Deut 8 [A-O5], Ps 22 {A-P1}, Ps 77 [A-P4], Ps 144 [A-P7], Jn 6: 26-35 [cf. A-G7 (24-25)], Jn 6: 41-51 [cf. A-G8 (41-45)]

2. The Eucharist: Sacrament of Refreshment and Strength

1Kg [A-O6], Ps 33 {A-P2}, Ps 147 {A-P7}, Lk 9 [A-G3], Jn 6: 1-14 [cf. A-G6 (1-15)]

3. The Eucharist: Sacrament of Unity

Acts 2 [A-N1], 1 Cor 10 [A-N3], Jn 15: 9-17 [B-G6], Jn 17 [B-G7]

4. The Eucharist: Source and Summit of Christian Life

Ps 39 [A-P3], Ps 24 [B-P3], Ps 102 [B-P6], Eph 3: 14-19 [B-N4], Lk 24 [A-G5], Jn 6: 51-58 [A-G9], Jn 15:1-8 [B-G5]

5. The Eucharist: Foretaste of Heavenly Glory

Ps 32 [B-P4], 1Cor 11 [A-N4], Apoc 3 [B-N7]

6. The Eucharist: Sacrament of Redemption and Purification

Ex 12 [A-O2], Is 12 [B-P1], Rom 5 [B-N1], Eph 1 [B-N2], Heb 9 [A-N5], 1Pt [A-N7], Apoc 1 [A-N9]

7. The Institution of the Eucharist

Some of the above readings, e.g. 1 Cor 11:23-25(26), together with the three institution narratives:

- Matthew 26: [26-28 or 17-35]
- Mark 14: 2-16. 22-26 [or 2-31]
- Luke 22: [7-20]

Lectionary for Mass

Maundy Thursday

1R	Ex 12:1-8. 11-14	<i>Instructions concerning the Passover meal.</i>	
Ps	Ps 115: 12-13. 15-18 r. 1Co 10:16	<i>The blessing-cup we bless is a communion in the blood of Christ.</i>	
2R	1Cor 11:23-26	<i>Every time you eat this bread or drink this cup, you are proclaiming the Lord's death</i>	
A	Jn 13:34	<i>I give you a new commandment: love one another just as I have loved you, says the Lord.</i>	
G	Jn 13:1-15	<i>Now he showed how perfect his love was.</i>	

The Body and Blood of Christ

Year A

1R	Deut 8:2-3. 14-16	<i>He fed you with manna which neither you nor your fathers had known.</i>	
Ps	Ps 147: 12-15. 19-20 r. 12	<i>O praise the Lord, Jerusalem! Alleluia</i>	
2R	1Cor 10:16-17	<i>That there is only one loaf means that, though there are many of us, we form a single body.</i>	
A	Jn 6:51-52	<i>I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever.</i>	
G	John 6:51-58	<i>My flesh is real food and my blood is real drink.</i>	

Year B

1R	Ex 24:3-8	<i>This is the blood of the Covenant that the Lord has made with you.</i>	
Ps	Ps 115: 12-13. 15-18 r.13	<i>The cup of salvation I will raise; I will call on the Lord's name. Alleluia!</i>	
2R	Heb 9:11-15	<i>The blood of Christ can purify our inner self from dead actions.</i>	
A	Jn 6:51-52	<i>I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever.</i>	
G	Mark 14: 12-16. 22-26	<i>This is my body. This is my blood.</i>	

Year C

1R	Gen 14:18-20	<i>He (Melchizedek) brought bread and wine</i>	
Ps	Ps 109: 1-4 r. 4	<i>You are a priest for ever, a priest like Melchizedek of old.</i>	
2R	1Cor 11:23-26	<i>Every time you eat this bread or drink this cup, you are proclaiming the Lord's death</i>	

A	Jn 6:51-52	<i>I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever.</i>	
G	Luke 9:11-17	<i>They all ate as much as they wanted.</i>	

The Sacred Heart of Jesus

Year A

1R	Deut 7:6-11	<i>The Lord set his heart on you and chose you.</i>	
Ps	Ps 102: 1-4. 6-8. 10 r. 17	<i>The love of the Lord is everlasting upon those who hold him in fear.</i>	
2R	1Jn 4:7-16	<i>Love comes from God.</i>	
A	Matt 11:29	<i>Shoulder my yoke and learn from me, says the Lord, for I am gentle and humble in heart.</i>	
G	Matt 11:25-30	<i>I am gentle and humble in heart.</i>	

Year B

1R	Hos 11:1. 3-4. 8-9	<i>My heart recoils from it.</i>	
Ps	Isa 12:2-6 r. 3	<i>With joy you will draw water from the wells of salvation.</i>	
2R	Eph 3:8-12. 14-19	<i>The love of Christ is beyond all knowledge.</i>	
A	Matt 11:29	<i>Shoulder my yoke and learn from me, says the Lord, for I am gentle and humble in heart.</i>	
	1Jn 4:10	<i>This is the love I mean: God so loved us when he sent his Son to be the sacrifice that takes our sins away.</i>	
G	John 19: 31-37	<i>One of the soldiers pierced his side and immediately there came out blood and water.</i>	

Year C

1R	Ez 34:11-16	<i>I myself will pasture my sheep, I myself will show them where to rest.</i>	
Ps	Ps 22 r.1	<i>The Lord is my shepherd; there is nothing I shall want.</i>	
2R	Rom 5:5-11	<i>What proves that God loves us is that Christ has died for us.</i>	
A	Matt 11:29	<i>Shoulder my yoke and learn from me, says the Lord, for I am gentle and humble in heart.</i>	
	John 10:14	<i>I am the good shepherd, says the Lord, I know my own sheep, and my own know me.</i>	
G	Luke 15:3-7	<i>Rejoice with me, I have found my sheep that was lost.</i>	

17th –21st Sundays in Ordinary Time, Year B

17th Sunday

1R	2Kg 4:42-44	<i>They will eat and have some left over.</i>	
Ps	Ps 144: 10-11, 15-18 r. 16	<i>You open wide you hand, O Lord, and grant our desires.</i>	

Readings on the Eucharist

G	John 6:1-5	<i>Jesus gave out as much as was wanted to all who were sitting ready.</i>	
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18th Sunday

1R	Ex 16:2-4, 12-15	<i>I will rain down bread for you from the heavens</i>	
Ps	Ps 77: 3-4. 223-25. 54 r. 24	<i>The Lord gave them bread from heaven.</i>	
G	John 6:24-35	<i>He who comes to me will never be hungry; he who believes in me will never thirst.</i>	

19th Sunday

1R	1Kg 19:4-8	<i>Strengthened by that food he (Elijah) walked until he reached the mountain of God.</i>	
Ps	Ps 33:2-9 r. 9	<i>Taste and see that the Lord is good.</i>	
G	John 6:41-51	<i>I am the living bread which has come down from heaven.</i>	

20th Sunday

1R	Prov 9:1-6	<i>Come and eat my bread, drink the wine I have prepared!</i>	
Ps	Ps 33:2-3. 10-15 r. 9	<i>Taste and see that the Lord is good.</i>	
G	John 6:51-58	<i>My flesh is real food and my blood is real drink.</i>	

21st Sunday

1R	Josh 24: 1-2. 15-18	<i>We will serve the Lord, for he is our God.</i>	
Ps	Ps 33:2-3. 15-18 r. 9	<i>Taste and see that the Lord is good.</i>	
G	John 6:60-69	<i>Who shall we go to? You have the message of eternal life.</i>	

Children's First Communion

Some or all of the readings may be taken from the Mass of the day, Mass of Christian Initiation, or Votive Mass of the Holy Eucharist.

Votive Masses

The Votive Masses of the:

- Holy Eucharist [V-HE]
- Precious Blood [V-PB]
- Sacred Heart [V-SH]

form the basis of the Lectionary for *Holy Communion and Worship of the Eucharist outside Mass* and are indicated in the tables above.

**Liturgy
Office**

ENGLAND
& WALES

This leaflet is part of a series of material for Adoremus National Eucharistic Pilgrimage & Congress prepared by the Liturgy Office.
www.liturgyoffice.org.uk/Resources

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