



The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

1 Corinthians 10:16–17

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# THE MOST HOLY BODY AND BLOOD OF CHRIST

JUNE 14, 2020

## LIVING, LIFE-GIVING BREAD

The unifying motif of this year's readings for today is God's gift of living, life-giving Bread. Prefigured in the manna, which not only nourished individuals but defined Israel as a community under God's special care, Jesus, the living bread, bestows on us—individually and as a community—eternal life that, in John's perspective, begins here and is fulfilled hereafter. This "already/not yet" theme is alluded to by the Communion invitation's reference to Revelation's vision of the kingdom-feast: "Happy are those who are called to the supper of the Lamb" (Revelation 19:9) once slain who lives forever. For Saint Paul, the eucharistic bread and cup are both sign of what the community is called to be and source of the community's strength to live that ideal.

## FLESH AND BLOOD

Today's Gospel verses, John 6:51–58 are a "eucharistic version" of the previous verses, 6:35–50, in which Jesus asserts, "Whoever believes has eternal life" (6:47). Now Jesus replaces "believes" with "Whoever eats my flesh and drinks my blood has eternal life" (6:54). This parallelism is mirrored in the complementarity of the Liturgy of the Word and the Liturgy of the Eucharist, the intimate relationship between ambo (lectern) and altar, "the table of God's Word and the table of Christ's Body."

But today's Gospel presents a further parallel, the complementarity of flesh and blood. By using "flesh," a word he sometimes uses to denote the whole of human nature rather than "body," John seems to suggest that, in receiving Christ's Body in the Eucharist, we disciples are to assimilate the whole of Jesus' humanity, his own radically self-sacrificing-unto-death lifestyle as our distinctive manner of being human. Moreover, the very reason the law forbade partaking of sacrificial blood is precisely why Jesus says we must drink his blood, "for the blood is life" (Deuteronomy 12:23). By partaking of Christ's Blood in the Eucharist, we "have eternal life" here and now; that is to say, we live by Christ's victory over death in this life, a victory that will be made permanent when Jesus raises us up on the last day (6:54).

## WE ARE ONE

As we partake of this gift, we become one with Christ in reality. But there is more. We also become one with each other. As we all partake of the mystery, we are united in flesh and spirit—in the Holy Spirit—with each other as well. As Paul says, "Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf" (1 Corinthians 10:17).

Today we celebrate this wonderful gift. Even though we do not fully understand it, we believe and accept it with joy. We are one with Christ and one with each other. We too become the Body of Christ in the world.

This Week at  
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## DO THIS IN REMEMBRANCE OF ME...

His hour had come for the supreme sacrifice,  
Nothing less than the cross, He knew, would suffice-  
To prove His love to the world engulfed in sin,  
Our redemption, He wanted, all of us to win.

The night before He suffered He had a feast,  
Washing His friends' feet He told them to be the least  
Among men, as they are called to serve, not to be served,  
Giving them a new commandment to be observed.

Jesus, who knew the end, this was His Last Supper,  
He wanted a meal before He would suffer.  
He plainly told them, "One of you would betray,"  
"It's I, Lord?" to know the truth each one would pray.

There is no greater love than laying down one's life,  
That's what He would do for our eternal life.  
He didn't want this great love easily forgotten,  
The world would know He was God's only Son begotten.

Eucharist is the eternal remembrance,  
Of Jesus' love that brings us deliverance,  
From evil and our spiritual damnation,  
His Body and Blood is food for salvation.

Holy Mass is the union of believers,  
We worship our God as sisters and brothers.  
It's a celebration of our communion,  
Jesus is the reason for love and union.

Questions:  
Which line of this poem has had the most powerful effect for  
good in your life?  
How can that line help you toward your salvation?

### Reflections:

The Catholic Church teaches the doctrine of transubstantiation, namely, that in the Eucharist, the communion wafer and the altar wine are transformed and really become the body and blood of Jesus Christ. There is a real change in the substance. When Jesus first spoke about eating His Body and drinking His blood in John 6, His words met with strong opposition. "How can this man give us His flesh to eat? This is a hard saying who can listen to it. As a matter of fact many of His disciples left Him and went away refusing to follow Him anymore. It is surprising that Jesus did not run after his disciples saying, "Don't go I was just speaking metaphorically!" Today there are so many Eucharistic miracles which prove beyond the real presence of the Son of Man in the Eucharist. For the Catholics the Eucharist is the center of their life and faith. When trying to explain the Eucharist to the Roman Emperor around 155AD, St. Justin did not mince his words: "For we do not receive these things as common bread or common drink; but as Jesus Christ our Savior being incarnate by God's word took flesh and blood for our salvation, so also we have been taught that the food consecrated by the word of prayer which comes from Him . . . is the flesh and blood of that incarnate Jesus.

Probably, all the religions in the world observe some religious practices or rituals in remembrance of their dead. On these occasions, the deceased loved ones are remembered with love and gratitude, which helps to perpetuate their memories. Examples to help memorialize or recall past events are mentioned in the Old Testament. After the floods, God told Noah that He would make a covenant with man to never again destroy the world by water. To keep this firmly in the mind of

man, God placed a rainbow in the sky as a reminder of God's promise to man. Today, many of us vividly call to our minds the occasion of the flood when we see a colorful rainbow in the sky (Genesis chapter 9). Again prior to the departure of the Israelites from Egypt, God allowed a plague to take the life of every first born unless a lamb was killed and eaten. A portion of the blood was placed upon the two side posts and on the upper post of the door of the home where the lamb was eaten (Exodus 12:3-14). Those who obeyed the Lord's command were spared, and many who refused to obey God lost their children and animals. This resulted in the Passover Festival, which is a reminder to Jews to honor their God.

For Catholics, the Eucharist is the memorial of Jesus' death and resurrection. Wherever the Eucharist is celebrated, Jesus is present in His Body and Blood. The Eucharist is the reenactment of Jesus' death on the cross. He instituted the Eucharist the night before He suffered His cruel death. He celebrated His last Passover with the disciples, and during the Last Supper He took the bread and wine, looking up to His Father in heaven, and blessed and gave them to His disciples to eat and drink. Eucharist, for Catholics, is the remembrance of Jesus' atonement for our sin and death, and is a continuous reminder of His sacrificial love for all of us.

The telephone rang in one of the big churches in Washington D.C. The pastor answered the man on the other line who asked, "Is the president coming to attend the Sunday service?" The pastor responded by saying, "I do not have the plans of the president," and the pastor continued, "But I can tell you for sure that Jesus is coming." Sometimes we forget the reason for our going to attend Sunday Mass (service). Eucharist should be a personal meeting with Jesus, who comes to us in the Holy Communion. Jesus binds us, cementing all our differences and divisions.

Celebration of the Eucharist needs due preparation. According to the old tradition, we were to abstain from food and drink during the previous night until after communion the next day. Later on, this period was reduced to an hour before the Mass. This age-old practice has been largely forgotten. And again, one of the most disturbing things that we notice all over the church is the latecomer for the Sunday Mass. If we are habitually late, it may be an indication that we do not really understand the meaning of the celebration. Instead it becomes only a fulfillment of a law. How do you explain being late coming for Mass while being punctual for other important life functions?

We are meticulous about dressing by choosing matching colors when we go to parties. However, while coming to church we become casual in choosing our clothing, and sometimes one needs a magnifying glass to see if some have something on at all! We do not wear shabby clothes when we visit someone important, as our dress reveals the kind of love and respect we show to the person we are meeting. Is anything ok with Jesus? Have you heard the expression 'put on your Sunday best?' People in the past wore their best clothes when they went to Church for worship.

Eucharist, which is the best prayer, means thanksgiving. Celebrating the Eucharist is the best expression of our love and gratitude to God for His blessings and graces. We can never count God's blessings, as they are unaccountably numerous. Coming together as a family for Mass is the best example of a faith-filled family. If the saying 'The family that prays stays together' is true, the family that attends Holy Eucharist together on Sundays is bonded on a solid foundation of God's love and grace. Our Eucharistic participation helps us to grow in relationship with God. This family is like a house built on rock and can withstand any storm of human problems or crisis.



**MESSAGE FROM  
FATHER ANTONY**

In collaboration with local Bay Area officials and in service to the common good of our communities and our country, the Diocese of Oakland has suspended all public Masses until further notice. St. James will remain open to provide a place for prayers and solace for people from 8:00am - 1:00pm with Communion available on Sundays. Regularly scheduled meetings are listed in the calendar below, for information only. Please contact the Ministry leader for information.



### PARISH CALENDAR

- June 15** KofC Business Meeting 7:30pm
- June 21** Father's Day
- June 25** Bishop Begin Assembly 3546 Bus. Mtg 7:30pm
- June 30** Pastoral Council 7:00pm
- July 3** First Friday
- July 6** KofC Officer's Meeting 7:30pm
- July 13** St. Vincent de Paul Meeting 7:00pm
- July 13** Fatima Celebration
- July 19** Father's Day
- July 20** KofC Business Meeting 7:30pm
- July 23** Bishop Begin Assembly 3546 Bus. Mtg 7:30pm
- July 28** Pastoral Council 7:00pm
- July 24** St. James Feast Day - Outdoor Mass (TBD)
- Aug 15-16** St. James Festival (TBD)
- Oct 16** International Rosary 7:00pm
- Oct 17** Dinner Dance - Mother Teresa Center
- Dec 13** Parish Christmas Party - Mother Teresa Center

### WORSHIP SCHEDULE

- Monday-Saturday Mass:** 8:30am
- Saturday Mass:** 5:00pm
- Sunday Masses:** 8:30am, 10:00am, 12:00noon
- Rosary before Mass:** Monday - Saturday 8:05am
- Saturday 4:30pm
- Wednesday 7:10pm
- Sunday 8:00am and 11:40am
- 2nd Sunday 9:30am
- Masses 8:30am & 7:30pm
- Saturday 4:00pm or by appt.
- 9:00 - 10:00am
- 9:00 am-6:30pm
- 6:30pm
- 7:15pm
- 7:30pm
- Our Mother of Perpetual Help:** Mass & Novena, Wednesdays, 7:30pm

### DEVOTIONS

- Weekly:**
- Bible Study Wed. 9:30 am (Kitchen)
- Divine Mercy Chaplet: Thurs, after morning Mass
- In the Small Chapel:**
- Legion of Mary Tues 9:30am
- Bible Study with a Difference Thurs. 7:00pm
- Charismatic Prayer Meeting 2nd & 3rd Fridays 7:00pm
- Monthly:**
- Divine Mercy Cenacle 7:00pm, 2nd and 4th Mondays (Small Chapel)
- Prayer Meeting
- Our Lady of Vailankanni First Saturday 7:00pm
- Sacred Heart 6:30pm 1st Friday

### Please remember those in the Armed Services:



Evelyn Surla (Air Force) Spec. Tara Mueller, Sgt. Kristan Jofel T. Carado, Major Jenny Ryan, Captain David Evans

### And Parishioners and friends who need our prayers or who are ill.

Bob Nehls, Ron Lord, Monica Horton, Arabella Horton, Danny Powell, Cody Maisono, John DiPaola, Evelyn Reyes, Frank Smith, Concha Garcia, Deacon Ernie Dandan, Joel Rivera, Melanie O'Connor, Katherine Gomes, Lydia DeGraf, Laura Skaff, Alice Ferreira, Agnes Harris, Ray Ballin, Martha Torres



To add or update this list, send an email to [bulletin@sjapostle.net](mailto:bulletin@sjapostle.net) or phone the parish office at 510-792-1962 and leave a message.

**IF YOU OR SOMEONE YOU KNOW IS IN NEED, PLEASE CONSIDER CALLING**  
**ST. VINCENT DE PAUL**  
**510-796-5494.**



### THANK YOU FOR BEING PATIENT WHEN THERE ARE TECHNICAL DIFFICULTIES DURING OUR LIVE STREAM MASSES.

We appreciate all the work that Billy has done to make sure we have live streamed Masses each week during this pandemic. There are a few reasons why we might lose the connection when we are livestreaming our Masses. If the livestream is interrupted, our team will work quickly to ensure that the interruption is brief. We are fortunate to have people who can do this for us!

### KNIGHT'S CORNER

Would you like to join the "Men in Blue Blazers?" The Knights of Columbus of St. James the Apostle Council No. 14541 is accepting applicants. A prospective candidate must be a practicing Catholic and at least 18 years of age. This is a great opportunity for single and married men to serve God and the parish's community activities, set an example for its youth and make families closer to God.



If you are interested and would like more information, please contact Roeli Iranzo, [roeli.iranzo@icloud.com](mailto:roeli.iranzo@icloud.com), 510-825-4098. Or ask a Knight! Thank you.

*We are men of faith & men of action.*

**Missed a bulletin? Go to Parish Info on the St. James Website [sjapostle.net](http://sjapostle.net). Get the weekly bulletin delivered to your email. Sign up at <https://www.jspaluch.com/BulletinSubscribe.aspx> - (Bulletin #000268)**

**St. James Bulletin and Website since 2007**  
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 Send information for the webpage to: [webmaster@sjapostle.net](mailto:webmaster@sjapostle.net).  
 Carolyn Fiori .....Editor  
 Ericson Reduta .....Webmaster  
**Facebook:** Search *St. James the Apostle Church*, Like the page. Please, NO tagging pictures.

## ST. JAMES THE APOSTLE PARISH OFFICE HOURS

M-F 9:00AM TO NOON, SUNDAY 9:30AM - 11:30AM

### REGISTRATION IN THE PARISH

Warmest welcome to all who worship in our Community. If you are not registered in the Parish, please complete a registration form available at church entrance or at the Parish Office or drop the form below in the collection basket.

### ANOINTING OF THE SICK

Please call the Parish Office when a parishioner is home-bound or hospitalized to arrange for Holy Communion and Anointing of the Sick.

### MARRIAGES AND BAPTISMS

Please contact the Parish Office at least 6 months in advance for weddings and 3 months in advance for Baptisms.

### BAPTISMS

To have your child baptized, please **make an appointment** with Father Antony. Come to the St. James Parish office or call the Parish Office at 510-792-1962. For more details, please go to the Church website (Parish Info) or contact Marcial Vasco 650-303-7106.

**Baptism Preparation/Training class:** First Saturday of the month from 11:00 am - 12:30 pm in the Small Chapel.

**Baptism Celebration:** Last Saturday of the month 11:30am-12:30pm in the church

### FUNERALS

We recommend using Catholic Funeral and Cemetery Services / Holy Sepulchre Cemetery and Holy Angels Funeral and Cremation Services. You may contact Shirley Aldana @ 510-537-6600 X 133.

### MOTHER TERESA CENTER RESERVATIONS.

Call 510-999-5940, email [MTC@sjapostle.net](mailto:MTC@sjapostle.net), or leave a message at the Parish Office at 510-792-1962. (No prices or quotes are given over the phone or in an e-mail.)



**Fr. Antony Vazhappilly, Pastor**  
**Ernie Dandan, Deacon**

## Welcome, New Members!

We encourage you to register in the parish so that you can receive communication via email or regular mail.

Registration information is essential for the office to respond to requests, send important parish and diocesan information and verify donations for tax purposes. If you need a letter of good standing to be a sponsor or Godparent for a baptism or marriage, registration is very important.

Please fill out this form and place it in the collection basket and we will mail you a Parish Registration form. You can also find a registration form on the website ([sjapostle.net](http://sjapostle.net)) - Parish Info - Parish Membership.

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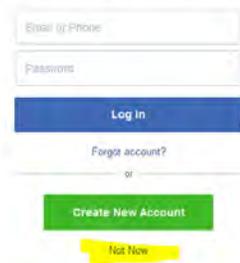
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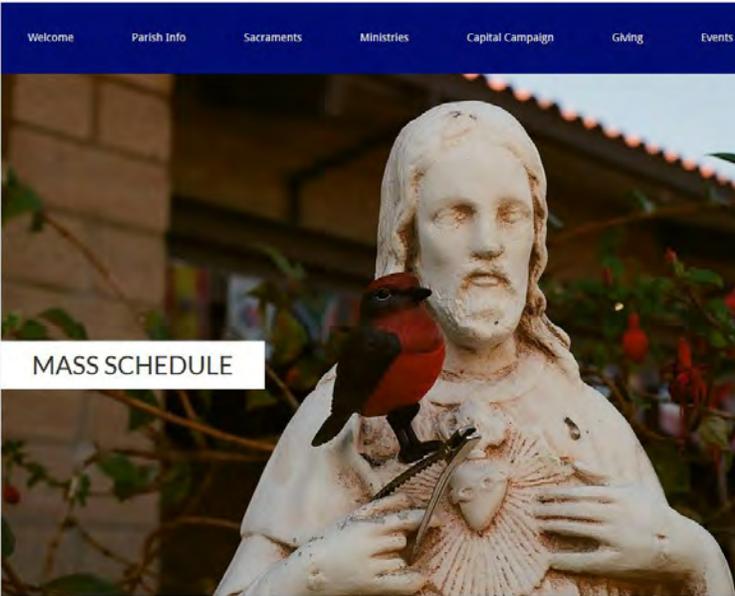
Did you know that you can view the live streaming of St. James' Masses on Facebook without logging in.

Go to the St. James website. Under Parish Info, click on Mass Schedule. There's a link to live streaming just below the photo. You will be taken to Facebook and asked if you want to log in. Click on "Not Now."

See more of St. James the Apostle Church on Facebook



Facebook login form with fields for Email or Phone and Password, and buttons for Log In, Create New Account, and Not Now.



View livestream masses here. (Link will take you to Facebook and you do not need an account to view the video.)

## St. James the Apostle Catholic Church

Open Mind. Open Heart. Open Door.



### Our Mission Statement

The community of St. James the Apostle Catholic Church, in response to God's call to faith, diligently seeks spiritual, emotional, social, and educational needs that sustain us in Christ. We reach out to others in a spirit of Open Mind, Open Heart, and Open Door, accepting and welcoming one another. We pledge our time, talent, and treasure to build our parish community.

Check out the updated St. James website:

**www.sjapostle.net**

Under Parish Info, click on **NEWS** for all the latest updates and messages from Father Antony. You'll also find a News link towards the bottom of the homepage. Let us know what you think! Send us an email: [sjawebteam@sjapostle.net](mailto:sjawebteam@sjapostle.net)

**Coming soon - Ministry pages**



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