

BEC REFLECTION FOR JUNE 2020

Yearly theme: Sent with Joy to Heal

June theme: Say the word and I shall be healed

Focus: Sent to the world to heal

Event: Corpus Christi

Social Media Trend: pmptrustingod

Introduction

Heroic and heartwarming stories abound everywhere. Like the man in Penang who recently proposed again to his wife after 26 years of marriage when he found out that she had breast cancer. Like the teenager in Johor who pulled two people out of a car involved in a collision before it burst into flames. There is also the story about the telecommunication company who provided the means to help an entire village learn to sign language because one man in the village is deaf and dumb. What about the fitness instructor who adopted a boy dying of cancer because the boy stopped coming for training at the gym?

The persons in these stories can be an inspiration to us. However, reading these stories and doing worthwhile deeds are two different things altogether. Making sacrifices, especially for others, is not easy. Yet, we too can “perform” these miracles, however small they may be, to bring healing to others whether in our homes, community or society. This month as we celebrate the Feast of *Corpus Christi*, we celebrate too our being a part of the Body of Christ and what it means to love and sacrifice ourselves for others - to become like Jesus in our world to bring healing into the world.

Opening Prayer: Invite a BEC member to lead in prayer.

Opening Hymn

How Good It Is To Dwell

How good it is to dwell with the brethren of the Lord
And to share his life today.
Our hearts all glow and swell when we meet with one accord
To worship and to pray.

You said “Where two or three are gathered in my name, there I will always be”
And in your memory we gather to acclaim, your promise for eternity.

How good it is to share in the wisdom of the Lord
And to walk his holy way.

Gathered here in prayer, where truth is told and heard,
We are learning to obey.

Dialogue:

In the month of June, we celebrate the Feast of the Most Holy Body and Blood of the Lord or as it is known in Latin, *Corpus Christi*. It is a feast that gives special importance to the Holy Eucharist. Why do we still celebrate the Eucharist 2,000 years after Christ instituted it at the Last Supper? We do this because Jesus told us to do so: “*Do this in memory of me.*”

In the Catholic Church, the Holy Eucharist is known by various names:

- 1) “*the Eucharist*” because Jesus offered himself to God the Father as an act of thanksgiving.
- 2) “*the Lord’s Supper*” or “*Breaking of the Bread*” because we celebrate it as a meal.
- 3) “*Holy Communion*” because we become one with Christ by receiving him.
- 4) “*Holy Mass*” (holy sending), because it gives us a mission: “*Go in peace, glorifying God by your life.*”

The Holy Eucharist gives us a lasting memorial of Christ’s suffering, death and Resurrection. St. Augustine in the 5th century AD when referring to the Eucharist said: “It is your Mystery, the Mystery of your life that has been placed on the altar.” The Eucharist is the Mystery of our Faith, the mystery of our Hope, the mystery of our Charity. It reminds us of our obligation to make loving sacrifices for others just as Jesus did.

Paraphrased from: <https://www.vaticannews.va/en/church/news/2019-06/sunday-reflection.html>

Buzzing question:

- What did St. Augustine mean when he said: “It is your Mystery, the Mystery of your life that has been placed on the altar.” Why is the Holy Eucharist a “Mystery?”
- What do the words, “The Eucharist is the Mystery of our Faith, the mystery of our Hope, the mystery of our Charity” mean to you?
- In what way does the mystery of Holy Eucharist link your life with others in the BEC, parish and the whole Church?

Discernment:

Romans 12:1-8.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body

we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

Reflection:

- We read the text for the first time.
- We read the text again as in silence we listen intently to the word that the Lord wants to speak to us in our hearts.
- Each of us share aloud the word/phrase that touched us.
- We share why the word/phrase has touched us.
- Together, we choose a “word of life” which the group may reflect on for the coming month.

Deeds:

- Share a story or an incident where someone you know used his or her gifts to bring healing to you or to others.
- In what way can you use or share your own spiritual gifts to bring healing to others in the BEC and to those in the neighbourhood in the coming month?

Closing Prayer

Anima Christi (*Soul of Christ*)

Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me. Water from Christ's side, wash me.
Passion of Christ, strengthen me. O good Jesus, hear me.
Within thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me and bid me come unto thee,
that I may praise thee with thy saints and with thy angels,
forever and ever.
Amen.

A decade of the Rosary or Divine Mercy may follow.

Closing Hymn

Bread, Blessed and Broken

Jesus, you're the one I love,
You're the one I know.
You're the one who makes me strong,
Spirit in my soul.
From the clouds of yesterday,
Through the night of pain,
Teach me, Lord, to know your way
Know it once again.
Bread, blessed and broken for us all;
Symbol of Your love from the grain so tall.
Bread, blessed and broken for us all;
Bread of life you give to us, bread of life for all.
Jesus, you're the one I love,
You're the one I know.
You're the one who makes me strong,
Spirit in my soul.