

Mindful Colouring Corpus Christi

As we light this candle
And ring the bell
We pray that God is with us this day.

Close your eyes
Place your hand on your belly. Notice your breathe as your belly moves.
Breathe in through your nose and out
Through your mouth.
Breathe in and breathe and out
Repeat for 1 minutes.

Sign of the Cross - in the name of the Father, Son and Holy Spirit. Amen.

Invite participants to begin colouring. ... While colouring, take it in turns one at a time to share for 3,4, or 5 minutes.....
“How are you? What has been happening in the last week? Do not talk while others speak, but just listen.....”



Song Play list while colouring....

<https://www.youtube.com/playlist?list=PLsvDuzoHg-g8HlqOSpbeuI0pXv9oHhcpY>

Scripture - Mark 14:12-16,22-26

Assign different readers to read the different colours below....

This is my body; this is my blood

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.' After psalms had been sung they left for the Mount of Olives. The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -

Take it in turns to read a paragraph...

In Mark 14:12-16, 22-26, we hear about a very special meal that Jesus had with his friends, called the Last Supper. This occurred during a major Jewish celebration known as Passover, which commemorates how God saved the Israelites long ago. Passover remembers the time when the angel of death passed over the houses of Israel. For Christians, the Last Supper commemorates the moment when Jesus overcame sin and death.

During the meal, Jesus took some bread, thanked God for it, broke it, and gave it to his friends, saying, "This is my body." Catholics and Orthodox Christians believe that this was Jesus' actual body, while most Protestants view it as a symbol and a sign. Either way, it communicates the incredible love that God has for us through Jesus' death and resurrection.

Then, Jesus took a cup of wine, thanked God, and shared it with his friends, saying, "This is my blood." During the crucifixion, Jesus' side was pierced by a soldier's spear, and blood and water flowed out. This mirrors the wine and water in the cup or chalice that Jesus held up.

After they ate, they sang some songs together and then went to a place called the Mount of Olives. The Last Supper was the last event Jesus experienced before he was arrested, persecuted, and killed. For Catholics and Orthodox they believe that the Bread and Wine actually become the body and blood of Jesus.

This story is very important because it starts a new tradition within the Christian community where what God gives us, his son Jesus, becomes the very life blood and food which Christians eat and drink. Thus, the mass is not simply something that happens in the past, but is realised in our world today.

Silent Reflection

Silently reflect on the today's scripture passage and its meaning for us today. Reflect on the questions for reflection.

Discussion - *You may choose to answer some of the following questions...*

1. Why did some of the disciples in the artwork look confused?
2. Why is the Last Supper important for Christians?
3. What is the meaning of the Jewish Passover?
4. What is the meaning of the Bread and the Wine?
5. Why do you think different Christian churches have different interpretations of the Eucharist (the bread and wine)?
6. What role does faith play celebration of the Eucharist?
7. How can the transformation of bread and wine into Jesus' body and blood in the Eucharist be a model for transformation in your own life?
8. What does Jesus' command to "do this in memory of me" imply for how you live out your faith daily?

Prayers of the faithful - *Take it in turns to read a prayer below...*

1. We pray for unity within the worldwide Church. As we remember the Last Supper, where Jesus shared one bread and one cup, help us to embrace our differences and work together in love and respect. Guide all Christian denominations toward deeper communion with each other, reflecting the oneness of your love. Lord hear us.

ALL - Lord hear our prayer.

2. Lord God, as Jesus served his disciples, we pray for all who serve in your Church and in the world—ministers, volunteers, caregivers, and leaders. Strengthen their hands and hearts in your service, that they may embody the humility and love shown by Christ at the Last Supper. Lord hear us.

ALL - Lord hear our prayer.

3. We pray almighty Father, inspired by Jesus' act of breaking bread and sharing it, we pray for those who are hungry and in need. Provide them with their daily bread and inspire us to share what we have with generous hearts. Help us to be instruments of your provision in their lives. Lord hear us.

ALL - Lord hear our prayer.

4. Merciful God, as the bread and wine are transformed in the Eucharist, we ask for transformation in our own lives. Help us to grow in holiness and love, turning away from sin and being more like Jesus every day. Renew us in spirit, and let our lives be a continuous offering to you. Lord hear us.

ALL - Lord hear our prayer.

5. Eternal God, we remember those who have shared in the Eucharistic feast and now have passed from this world. As we recall how Jesus shared the Last Supper before his own death and resurrection, we pray for the souls of the departed, that they may dine at the heavenly banquet and enjoy eternal peace with you. Lord hear us.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Gracious Lord, as we remember the Last Supper, where Your Son Jesus Christ shared bread and wine with His disciples, establishing a covenant of love and sacrifice, we ask You to nourish and strengthen our faith. May this sacred memory deepen our commitment to live in communion with You and each other. Teach us to cherish this gift of the Eucharist, which sustains us with the body and blood of Christ, and inspires us to serve the world with the same love and humility He showed His friends on that holy night. Unite us, O God, in worship and witness, that we might always reflect Your grace and truth in our lives. Amen.

Sign of the Cross - in the name of the Father, Son and Holy Spirit. Amen.