



Our Lady of Lourdes, Perth

Parish Newsletter 7th June 2026

10th Week in Ordinary Time Year A

THE MOST HOLY BODY AND BLOOD OF CHRIST

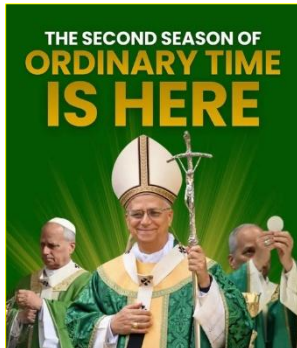


This Weekend the Church celebrates the Solemnity of Corpus Christi, the Most Holy Body and Blood of Christ. This beautiful feast invites us to give thanks for the gift of the Eucharist, which is at the heart of our Catholic faith and our parish life.

Corpus Christi is a celebration of Christ's real presence among us. In the Eucharist, Jesus remains close to His people, nourishing the Church and uniting us as one Body. Each time we gather for Mass, we are drawn into this mystery of love and reminded that the Eucharist is both a sacred gift to be received with reverence and a source of strength for our daily Christian life.

This solemnity also reminds us of the unity to which Christ calls all His disciples. As we celebrate the one Bread and the one Body, we pray with sincere hearts for greater Christian unity, asking that all who believe in Christ may grow closer in faith, charity and mutual respect.

May this feast renew in our parish a deeper love for the Mass, a greater reverence for Holy Communion, and a renewed desire to live as the Body of Christ in our homes, our parish and our wider community.



The second part of Ordinary Time especially reminds us that faith is not only lived in great feasts and solemn celebrations, but also in the simplicity of everyday life. It is in this season that we are called to live what we have received — to

let the grace of Easter and the fire of Pentecost bear fruit in our daily decisions, relationships, work, and struggles. Green, the liturgical colour of Ordinary Time, symbolizes life, growth, and renewal.

Just as plants grow steadily and quietly, so too does the soul grow in faith through consistency in prayer, participation in the Sacraments, and acts of love. God often works not in dramatic moments, but in the quiet unfolding of daily grace.



JUBILEE YEAR OF
SAINT
FRANCIS

1226-2026

St Francis of Assisi had such a deep reverence for the Eucharist that he never became a priest. He was ordained a deacon, but tradition tells us that he felt too unworthy

to ascend the altar and celebrate the mystery of the Holy Mass. This was not because he lacked love for the Eucharist, but because he loved it so profoundly. **For Francis, the Eucharist was the humble presence of Christ among us.**

He wrote that in this world we can see and possess nothing of the Most High except His Body and Blood. **Francis also urged priests to celebrate Mass with purity, reverence and devotion.** He knew that in the Eucharist Christ gives Himself completely to us under the simple appearance of bread and wine.

As we celebrate Corpus Christi, St Francis teaches us to approach Holy Communion with gratitude, humility and awe. The Eucharist is not an ordinary gift. It is Jesus Himself, present for us, feeding us and drawing us into His love.

This season also invites us to deepen our understanding of the Gospel. As we listen to the Sunday readings, we encounter the teachings of Christ that shape our identity as His disciples. We are reminded that following Jesus is a lifelong journey — one that requires patience, perseverance, and trust. **The Second Season of Ordinary Time is also a gentle call to holiness in the ordinary. In simple acts of kindness, in silent sacrifices, in choosing forgiveness over anger, and in faithfulness to our daily responsibilities, we become living witnesses of Christ.**

As we enter this season, may we not overlook its quiet beauty. Instead, may we embrace it as a sacred time of formation — where God continues to shape our hearts, deepen our faith, and lead us closer to Him. **Because in the end, nothing is truly “ordinary” when it is lived with Christ.**



OUR LADY OF LOURDES ROMAN CATHOLIC CHURCH

DIOCESE OF DUNKELD

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Our Lady's RC Primary School and ELCC Perth

Our Lady's Primary School is situated in close proximity to the Our Lady of Lourdes Parish church.

Address: Garth Avenue, Perth, PH1 2LG
Mrs Lynne Mendes, Headteacher
(Child Protection Officer)

Mrs Lisa Brown, Depute Headteacher
(Child Protection Officer)

Website: <http://ourladysrcprimary.schoolwebsite.scot/>
E-mail: ourladys@pkc.gov.uk
Telephone: 01738 477570

CONGRATULATIONS TO OUR FIRST HOLY COMMUNION CHILDREN



This Sunday we warmly congratulate all the children who receive Jesus for the first time in Holy Communion. May this special day help them to grow in love for Christ and in joy as members of the Church.

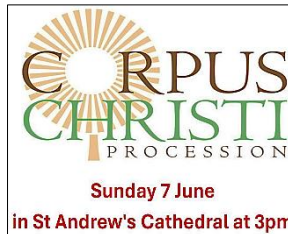
We also congratulate their parents and families, who have supported them on this important journey of faith.

A special word of thanks goes to our Catholic School for the responsible and dedicated preparation of the children for this beautiful sacrament. May God bless all who have helped them to come closer to Jesus.

THE SOLEMNITY OF CORPUS CHRISTI,



also known as the Most Holy Body and Blood of Christ, **celebrates the real presence of Jesus in the Eucharist.**



Its origins go back to the 13th century, when St Juliana of Liège encouraged a special feast in honour of the Blessed Sacrament.

In 1264, Pope Urban IV extended the celebration to the whole Church.

The feast became especially loved through Eucharistic processions, in which the Blessed Sacrament is carried through the streets as a public witness of faith.

Our Belief in Holy Communion

As Catholics, we believe that Holy Communion is not only a symbol or a reminder of Jesus. We believe that in the Eucharist we truly receive Jesus Christ Himself: **His Body, Blood, Soul and Divinity.** At every Mass, through the words of consecration and the power of the Holy Spirit, the bread and wine become the Body and Blood of Christ.

Holy Communion is the greatest gift Christ gives to His Church. It unites us with Him, strengthens us in faith, forgives our venial sins, and helps us to grow in love for God and one another.

When we come forward to receive Communion, we come with reverence, gratitude and faith, saying "Amen" to the real presence of Jesus.

The Eucharist also reminds us of Christ's prayer that all His disciples may be one. As St Paul teaches, "Because there is one bread, we who are many are one body." **In this spirit, we carry in our hearts a sincere desire for Christian unity.**

We pray that all who believe in Christ may grow closer to one another in truth, charity and mutual respect, so that one day all Christians may share fully in the one Bread and the one Body of Christ.

The Eucharist makes us one family in Christ. We are nourished at the same altar and sent out to live what we have received: to become more like Jesus in our homes, parish, school and community.

ONE BREAD, ONE BODY



One bread, one body,
one Lord of all,
One cup of blessing which we bless.
And we, though many,
throughout the earth,
we are one body in this one Lord.

1Corinthians 10:16-17, 12:4, 12-13, 20; Galatians 3:28; Ephesians 4:4-6

Fr. John Foley SJ (1978)

THE LITURGY OF THE WORD



First reading

Deuteronomy 8:2-3, 14b-16a
'He fed you with manna, which you did not know, nor did your fathers know.'

Responsorial Psalm

Ps 147: 12-13. 14-15. 19-20. **R**12a
O Jerusalem, glorify the Lord!

Second reading

1 Corinthians 10:16-17
'Because there is one bread, we who are many are one body.'

Gospel Acclamation

John 6:51
Alleluia, alleluia. I am the living bread that came down from heaven, says the Lord. If anyone eats of this bread, he will live for ever.
Alleluia.

Gospel

John 6:51-58
'My flesh is true food, and my blood is true drink.'

WEEKLY SERVICES

Feeding your soul

Tuesdays: Holy Rosary 9.30am, Holy Mass at 10.00am followed by coffee/tea in the hall.

Thursdays: Rosary 9.30am, Holy Mass at 10.00am; Adoration of the Blessed Sacrament at 6.30pm with recitation of the litany to Sacred Heart of Jesus.

Saturday: Confessions at 4.00pm-4.45pm, Saturday Vigil Holy Mass at 5.00pm.

Sunday: Holy Mass at 11.10am

(Due to my short trip to Poland Fr Abraham will come after saying Mass in St Mary Magdalene).

If you would like to arrange a confession outside the scheduled times, please call or send a message to 07909112630 to make an appointment.

SEQUENCE: LAUDA, SION

The Sequence may be said or sung in full, or using the shorter form indicated by the asterisked verses.

Praise, O Sion, praise your Saviour, praise your captain and your pastor, with hymns and solemn songs.

Perform what pow'r affords indeed; his worth all praises far exceed, none can reach his dignity.

A special theme of praise is read, a living and life-giving bread, on this day exhibited.

Which in the supper of our Lord, to twelve disciples at his board no doubt was delivered.

Let our praise be loud and free, full of joy and decent glee, with minds' and voices' melody.

For now solemnise we that day, which with joy does to us display the prince of this mystery.

At this board of our new Ruler, of new law, new Paschal order abolishes the ancient rite.

Old decrees be new annulled, shadows are in truths fulfilled, day finishes darkness.

That at supper Christ performed, to be done he rightly charged for his eternal memory.

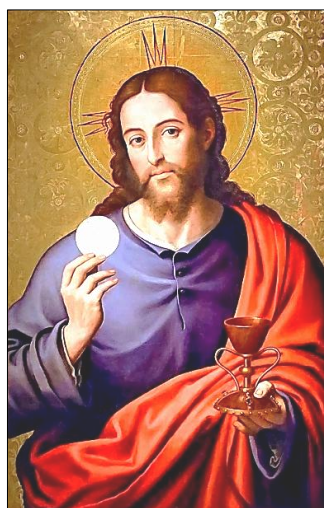
Guided by his sacred orders, bread and wine upon our altars to saving host we sanctify.

Christians are by faith assured that to flesh the bread is changed, the wine to blood most precious.

That no wit nor sense conceives, firm and grounded faith believes, in strange effects not curious.

Under kinds two in appearance, two in show but one in substance, lie things beyond comparison.

Flesh is meat, blood drink most heav'nly, yet is Christ in each kind wholly, most free from all division.



None that consumes him does rend him, none that takes him does divide him: received, he whole perseveres.

Be there one or thousands hosted, one as much as all received, he by no eating perishes.

Both the good and bad receive him, but effects are diverse in them, true life or true destruction.

Life to the good, death to the wicked, mark how both alike received with far unlike conclusion.

Form of bread not Christ is broken, not of Christ, but of his token, is state or stature altered.

Angels' bread made pilgrims' feeding truly bread for children's eating, to dogs not to be offered.

Signed by Isaac on the altar, by the lamb and paschal supper, and in the manna figured.

Jesu, food and feeder of us, here with mercy feed and friend us, hen grant in heaven felicity.

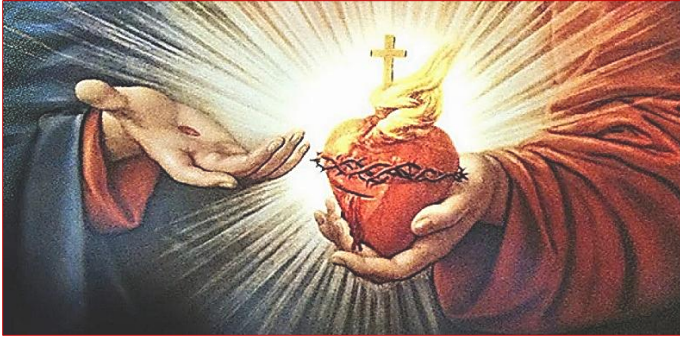
Lord of all, who here do feed us, heav'nly guests, heirs, fellows make us, in eternal company.

Amen. Alleluia.

St Thomas Aquinas (1225-1274), translated by St Robert Southwell (c. 1561-1595)

THE LITANY OF THE MOST SACRED HEART OF JESUS

"Everything that God wanted to tell us about himself and about his love, he placed in the Heart of Jesus." -Pope St. John Paul II (June 6, 1999)



Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,

Heart of Jesus, Son of the Eternal Father,
Heart of Jesus, Formed by the Holy Spirit
in the womb of the Virgin Mother,
Heart of Jesus, Substantially
united to the Word of God,
Heart of Jesus, Of Infinite Majesty,
Heart of Jesus, Holy Temple of God,
Heart of Jesus, Tabernacle of the Most High,
Heart of Jesus, House of God and Gate of Heaven,
Heart of Jesus, Burning Furnace of charity,
Heart of Jesus, Vessel of Justice and love,
Heart of Jesus, Full of goodness and love,
Heart of Jesus, Abyss of all virtues,
Heart of Jesus, Most worthy of all praises,
Heart of Jesus, King and centre of all hearts,
Heart of Jesus, In Whom are all the
treasures of wisdom and knowledge,
Heart of Jesus, In Whom dwelleth all
the fulness of the Divinity,
Heart of Jesus, in Whom the Father is well pleased,
Heart of Jesus, Of Whose fullness
we have all received,
Heart of Jesus, Desire of the everlasting hills,
Heart of Jesus, Patient and abounding in mercy,
Heart of Jesus, Rich unto all who call upon Thee,
Heart of Jesus, Fountain of life and holiness,
Heart of Jesus, Atonement for our sins,
Heart of Jesus, Filled with reproaches,
Heart of Jesus, Bruised for our offenses,
Heart of Jesus, Made obedient unto death,
Heart of Jesus, Pierced with a lance,
Heart of Jesus, Source of all consolation,
Heart of Jesus, Our Life and Resurrection,
Heart of Jesus, Our Peace and Reconciliation,
Heart of Jesus, Victim for our sins,
Heart of Jesus, Salvation of those who hope in Thee,
Heart of Jesus, Hope of those who die in Thee,
Heart of Jesus, Delight of all the Saints,
Lamb of God Who takes away the sins of the world,
Lamb of God Who takes away the sins of the world,
Lamb of God Who takes away the sins of the world,

V. Jesus, gentle and humble of heart.

R. Touch our hearts and make them like your own.

Let us pray.

Almighty and eternal God, look upon the Heart of Thine most-beloved Son, and upon the praises and satisfaction He offers Thee in the name of sinners; and appeased by worthy homage, pardon those who implore Thy mercy, in Thy Great Goodness in the name of the same Jesus Christ Thy Son, Who lives and reigns with Thee, in the unity of the Holy Ghost, world without end. *Amen.*

An Act of Consecration to the Most Sacred Heart of Jesus

To You, most sacred Heart of Jesus, I devote my life. To You I consecrate all my thoughts, words, actions, and sufferings. My whole shall be employed henceforth in loving, serving, and glorifying You. Be Thou, most blessed and adorable Heart, the sole object of my love, the protector of my life, the pledge of my salvation, and my secure refuge at the hour of my death. Be Thou my advocate at the throne of Divine Justice, and screen me from the wrath which my sins deserve.

I trust entirely in your mercy. I place all my confidence in You. Destroy in me all that is displeasing to You. Jesus, meek and humble of heart, make my heart like unto Thine. Imprint Thyself like a seal upon my heart in order that I may never be separated from You. May I be a victim forever consecrated to your glory - ever burning with the flames of your pure love in time and for eternity. This is my whole desire - to live, in You: This shall be my happiness, to live and die as your devoted servant. Sweet Heart of Jesus, I implore that I may love You more and more. *Amen.*

V. Heart of Jesus, burning with love for us.

R. Inflame our hearts with love of You.

Let us pray:

Lord, we beseech You, let your Holy Spirit kindle in our hearts that fire of charity which Our Lord Jesus Christ, your Son, sent forth from His inmost heart upon this earth, and willed that it should burn with vehemence. Who lives and reigns with You, in the unity of the same Holy Spirit, God, for ever and ever. *Amen.*



In June, we will continue our **Thursday Adoration of the Blessed Sacrament at 6.30 pm.** Everyone is warmly invited to come and spend time in prayer before the Lord.

Please note that, due to the celebration of Holy Mass with Bishop Andrew, our first Thursday devotion will be cancelled. Thank you for your understanding.

ALPHA is for anyone who wishes to explore the Christian faith. The **ALPHA Course** starts **Wednesday 10th June at 6.30pm in Our Lady of Lourdes, in the church hall.** You are warmly invited to come along, to bring a family member, friend or anyone who is curious, to share some food and to get to know each other. **Watch and listen to a talk that unpacks questions around the Christian faith,** have an open conversation about it, sharing your thoughts and hearing from others, with no judgement or pressure. **Come along and see what you think**

