

**WELCOME TO  
ST JOSEPH RC CHURCH  
&  
ST NINIAN RC CHURCH**



7th June 2026

**Sunday Newsletter**

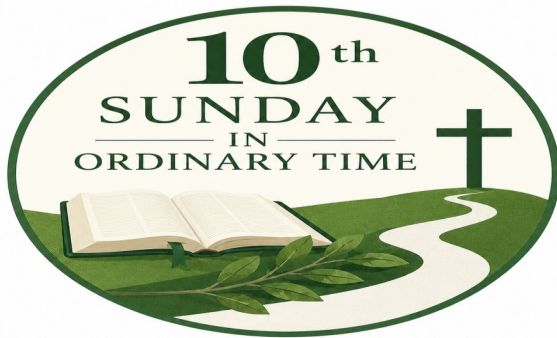
**Most Holy Body and Blood of Christ**



**Reflection** Today, the Church celebrates the **Solemnity of the Most Holy Body and Blood of Christ, traditionally known as Corpus Christi**. This feast invites us to reflect deeply on the greatest gift Jesus left to His Church: the Holy Eucharist. At the Last Supper, Jesus took bread and wine and declared, “This is my Body” and “This is my Blood.” He did not leave us merely a symbol or a memory; He gave us His very self. Every time we celebrate the Mass, Christ becomes truly present among us—Body, Blood, Soul, and Divinity. The Eucharist is the sacrament of love and unity. Through Holy Communion, Jesus nourishes our souls, strengthens us against sin, and draws us into a deeper relationship with Him. Just as ordinary food sustains our physical life, the Eucharist sustains our spiritual life. Without this heavenly food, our faith can become weak and our hearts can grow distant from God. This feast also challenges us to become what we receive. If we receive the Body of Christ, we must be the Body of Christ in the world. We are called to show compassion to the lonely, forgiveness to those who hurt us, and generosity to those in need. The Eucharist must transform our lives and shape our actions.

Today, let us renew our faith in the Real Presence of Jesus in the Blessed Sacrament. May we approach the altar with reverence, gratitude, and love, recognizing that here we encounter Christ Himself. Strengthened by this divine gift, may we become living witnesses of His love and instruments of His peace in our families, our parish, and our world. Amen.

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**Our Sunday Masses:**  
**Vigil Mass:** 5.00pm in St Ninian’s RC Church

**Sunday Mass:**  
9.30am in St. Ninian’s RC Church  
11.00am in St. Joseph’s RC Church

**Daily Masses**  
**St Ninian’s RC Church:**

Tuesday; 10am  
Wednesday; 10am  
Friday; 10am.

**St Joseph’s RC Church:**  
Wednesday; 11am  
Thursday; 10am  
Saturday; 10am

**Holy Days of Obligation:**  
Vigil Mass: 5.00pm in St Ninian’s RC Church  
**Day Masses:**  
Morning: As announced.

**EXPOSITION;**  
Saturday; 10.30am to 11am in St Joseph’s Church  
Friday; 10.30am to 11am in St. Ninian’s Church  
**Birthday Celebrations;** 3<sup>rd</sup> Sunday of the month

**Sacrament of Reconciliation - Confession**  
**St. Ninian; Saturday 4.15pm—4.45pm**  
**St. Joseph; Saturday 10.30am**

Sunday 7 June 2026

**The Most Holy Body and Blood of Christ - Solemnity •**

*Liturgical Colour: White. Year: A(II).*

Readings at Mass

### First reading

**Deuteronomy 8:2-3, 14b-16a**

**'He fed you with manna, which you did not know, nor did your fathers know.'**

Moses spoke to the people: You shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

Do not forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, who fed you in the wilderness with manna that your fathers did not know.

### Responsorial Psalm

**Ps 147: 12-13. 14-15. 19-20. R12a**

*O Jerusalem, glorify the LORD!*

O Jerusalem, glorify the LORD!

O Sion, praise your God!

He has strengthened the bars of your gates;

he has blessed your children within you.

*O Jerusalem, glorify the LORD!*

He established peace on your borders;

he gives you your fill of finest wheat.

He sends out his word to the earth,

and swiftly runs his command.

*O Jerusalem, glorify the LORD!*

He reveals his word to Jacob;

to Israel, his decrees and judgements.

He has not dealt thus with other nations;

he has not taught them his judgements.

*O Jerusalem, glorify the LORD!*

### Second reading

**1 Corinthians 10:16-17 •**

**'Because there is one bread, we who are many are one body.'**

Brothers and Sisters: The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

### SEQUENCE

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,  
then grant in heaven felicity.

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

Amen. Alleluia.

### 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.'**

At that time: Jesus said to the Jews, 'I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. . For my flesh is true food, and my blood is true drink . Whoever feeds on my flesh and drinks my blood abides in

me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live for ever.'

### **BIDDING PRAYERS**

**Celebrant:** Gathered around the table of the Lord and nourished by the Body and Blood of Christ, let us bring our prayers before our heavenly Father.

#### **For the Church**

That the Church throughout the world may faithfully proclaim the Real Presence of Christ in the Holy Eucharist and draw all people into deeper communion with Him, we pray to the Lord. **Lord, hear our prayer.**

#### **For Pope Leo XIV**

That Pope Leo XIV may be strengthened by the grace of the Eucharist as he shepherds the Church with wisdom, courage, and holiness, we pray to the Lord.

**Lord, hear our prayer.**

#### **For World Leaders**

That leaders of nations may work for peace, justice, and reconciliation, and may always respect the dignity of every human person, we pray to the Lord. **Lord, hear our prayer.**

#### **For Those in Need**

That those who suffer from poverty, loneliness, illness, or any form of hardship may find comfort, strength, and hope in Christ, the Bread of Life, we pray to the Lord.

**Lord, hear our prayer.**

#### **For Our Parish Community**

That our participation in the Eucharist may deepen our love for God and one another, inspiring us to serve generously and build up the Body of Christ, we pray to the Lord.

**Lord, hear our prayer.**

#### **Eco Prayer**

That as we receive Christ, who fills all creation with His presence, we may become faithful stewards of the earth, protecting God's gifts and ensuring that the fruits of creation are shared justly among all people, we pray to the Lord.

**Lord, hear our prayer.**

#### **For the Faithful Departed**

That those who have died may be welcomed to the heavenly banquet where Christ lives and reigns forever, we pray to the Lord. **Lord, hear our prayer.**

**Celebrant:** Father of mercy, in the Eucharist your Son gives us His Body and Blood for the life of the world. Hear the prayers we offer in faith and grant them according to your will. Through Christ our Lord. **Amen.**

## **Know Your Faith**

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### **The Ten Commandments: God's Guide for Christian Living**

The Ten Commandments are God's gift to humanity, providing a clear path for living a holy and fulfilling life. Given by God to Moses, they remain as relevant today as they were thousands of years ago. Far from being a list of restrictions, the Commandments are expressions of God's love, guiding us towards a right relationship with Him and with one another.

The first three Commandments focus on our relationship with God. They call us to worship Him alone, respect His holy name, and keep the Lord's Day sacred. These commandments remind us that God must be at the centre of our lives.

The remaining seven Commandments concern our relationships with others. They teach us to honour our parents, respect human life, remain faithful in our commitments, respect the property and dignity of others, speak truthfully, and cultivate purity of heart. In a world often marked by selfishness and division, these commandments provide a foundation for justice, peace, and mutual respect.

Jesus did not abolish the Commandments; rather, He deepened their meaning by teaching that true obedience comes from a heart filled with love. As Christians, we are called not merely to follow rules but to live according to God's love. By faithfully observing the Ten Commandments, we grow closer to God and become better witnesses to Christ in our daily lives.

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### **PRAYER FOR THE SICK**

**Please pray for those who are sick at home or in hospital especially those of our Parishes** – Pam Herron, Jim Ashwood, John McGuire, Bernadette Dailly, May Cosgrove, Irene Blaney, Maggie Stewart, Cathie Soave, Albert Soave, Fletcher Ditchburn, Margaret Forsyth, Gordon Sangster, Bill Martin, Mary Clark, Bella Shaw, Angela Keith, Cecilia McCarten, Alan Newell, Bethany Williamson, Irene McKay, Saul Sangster, Gillian Donnelly, Margaret Beck, Tony Beck, Anya Behl, Andrew Fyffe, Lyn Fyffe, Lisa Gillespie, Gerard Halliday and Margaret McDonagh. **May they feel the healing power of Christ, in body and in spirit.**

### **PRAYER FOR THE DEAD**

**Please pray for those who have died and gone before us in faith** - for the souls of Muriel Gibson, Trevor Rainbow, Bill and Bette Donnelly, Philomena Gagan, Findlay Sinclair, Harry McGregor, Fr Kevin Smyth, Alana Niven, Vicky Reilly, Yvonne Esposito and Ina West, whose anniversaries occur around this time. **May God grant them, and the souls of all the faithful departed, eternal rest.**

## ANNOUNCEMENTS



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#### PARISH EVENTS

#### DATES FOR THE DIARY

This announcement is for the twoparishes: Please block these dates for us;

Combined Parish Harvest day :  
Sunday 27th of September.

Parish Retreat:

**St Ninian: Saturday 22 August 10.30am**

**St Joseph: Saturday 15 August 10.30am**

SCIAF News

*I recently received a letter from Bishop Brian McGee, Bishop President of SCIAF, thanking us for our continued support for the work of SCIAF.*

“Your acts of service help us to reach more people here in Scotland and ultimately, helps improve the lives of many of our brothers and sisters around the world. Without you, SCIAF would not be where it is today and be in a position to support those who need it most.

Through your time and effort to this cause, you are sharing a message of love and hope and helping to build a better world by enabling those we serve to have dignity and respect, which we are called to do. As Pope Leo XIV wrote in *Dilexi Te*: **“Through your work, your efforts to change the unjust social structures or your simple, heartfelt gesture of closeness and support, the poor will come to realize that Jesus’s words are addressed personally to each of them: “I have loved you (Revelation3:9).”**

Thank you for this and all you do to support the work of the church.

Bishop Brian McGee

Jack Smith

## ST JOSEPH PARISH COUNCIL MEETING

**NOTE: THERE WOULD BE AN EMERGENCY PARISH COUNCIL MEETING ON THURSDAY 11TH JUNE 2026 AT 7PM AT THE ENTRANCE PORCH. THE BISHOP, MARIA, JOHN SMITH AND JOHN O’MEARA WILL BE PRESENT AT THE MEETING FOR AN IMPORTANT DISCUSSION. PLEASE ALL MEMBERS ARE ENCOURAGED TO BE PRESENT. THANK YOU**

## ST JOSEPH’S - OFFERTORY COLLECTION – SUNDAY 31 MAY

**Loose Plate £245    Gift Aid Envelopes £188    Standing Orders £356    Additional Offertories £16  
Maintenance Fund £60    TOTAL OFFERTORIES £865**

**THANK YOU FOR ALL YOUR FINANCIAL SUPPORT**

**Please try to give a little more each week to help St Jo’s.**

## ST NINIAN

### SUNDAY OFFERTORY COLLECTIONS 31/05/2026

OFFERTORY: 402.80    GA: 266.00

Apostolate od comm: 234.40 GA: 20.00    TOTAL: £1,017.51

**200 CLUB WINNER 31/05/2026**

**T STEPHEN NO 33**

## CHURCH CLEANING

This Wednesday 10th June after 10 o’clock Mass. All very welcome!

## Eco Thought for June

World Environment Day (5 June) and World Oceans Day (8 June) remind us that caring for creation is part of our Christian calling. The seas, rivers, plants and wildlife that sustain life are precious gifts from God. This month, why not choose one simple action to help protect our common home—reduce plastic use, save water, or spend time appreciating nature and thanking God for its beauty?

## Knitting for Matawale Clinic

A wee reminder that we are continuing to collect baby knits for the maternity clinic in Malawi.

The volunteers from the Westgate Matawale Twinning Project will be returning to Malawi in September and would be delighted to take any donations with them. Tiny hats, cardigans, booties, and other knitted items are always greatly appreciated and make a real difference to families attending the clinic.

If you are able to help, please leave your donations at the church over the coming weeks. Thank you for your kindness and generosity in supporting this wonderful project.

## Parish spotlight

## CHILDREN’S LITURGY ORGANIZERS

We warmly thank our Children’s Liturgy organisers for their generous dedication, enthusiasm, and loving service to the young members of our parish. Through their careful preparation, creativity, and commitment, they help children grow in faith, understand God’s Word, and participate more fully in the life of the Church. Their ministry creates a welcoming and nurturing environment where young hearts can encounter Christ and develop a lasting relationship with Him. We are deeply grateful for the time, patience, and energy they invest in this important work. May God richly bless them and reward their faithful service abundantly.