

## The Body and Blood of Christ

**D**uring the forthcoming "Ordinary Time", *Catholic Link* will be in conversation with different schools of thought that have challenged and refined our thinking about our faith, or others that have provided us with helpful wording for the expression of our faith. An example is the feast we celebrate today of the Body and Blood of Christ, whose Eucharistic Presence is most often described by the term "transubstantiation". According to the Catechism of the Catholic Church (CCC) 1376, transubstantiation is the substantial change of the entire bread and wine into the body, blood, soul, and divinity of Jesus Christ during the Eucharist consecration. While the outward characteristics of bread and wine remain, their very material reality becomes Christ's real presence. This occurs during the Eucharistic prayer through the power of Christ's words and the action of the Holy Spirit. Christ is present in a true, real, and substantial manner. The outward accidentals of the bread and wine remain, i.e. taste, look, smell, and texture. But the bread and wine have changed into Christ's body and blood, hence the term transubstantiation.

Behind this definition lies an interesting history. The ancient writings of Greek philosophers had been studied by Muslim scholars who had discovered them during the westward spread of Islam (around 711 A.D.). European Christian scholars were then exposed to them and translated them into Latin. From Aristotle they got words like potency and act, substance and accidents, matter and form. St Thomas Aquinas embraced the thinking of Aristotle and saw its relevance to an explana-

tion of the Real Presence of Christ in the Eucharist, namely, how the substances of bread and wine remain, but are transformed into the Body and Blood of Christ.

We must not forget that our Christian forebears believed in the Real Presence for over a thousand years before the word transubstantiation appeared. Space will only afford us two examples.

St Theodore of Mopsuestia put it this way: "When Christ gave the bread he did not say, 'This is the symbol of my body,' but, 'This is my body.' In the same way, when he gave the cup of his blood he did not say, 'This is the symbol of my blood,' but, 'This is my blood'." He tells us to see with the eyes of faith. "We ought not regard the elements merely as bread and cup, but as the body and blood of the Lord, into which they were transformed by the descent of the Holy Spirit" (*Catechetical Homilies* 5:1, A.D. 405.)

Augustine's teaching is also clear. In a homily after the baptism of new Christians, he reminded them of a promise he made to preach "a sermon in which I would explain the sacrament of the Lord's Table. That bread which you see on the altar, having been sanctified by the word of God, is the body of Christ. That chalice, or rather, what is in that chalice, having been sanctified by the word of God, is the blood of Christ" (*Sermons* 227, A.D. 411). In a later sermon (272) he declares: "What you see is the bread and the chalice; that is what your own eyes report to you. But what your faith obliges you to accept is that the bread is the body of Christ and the chalice is the blood of Christ."

# SUNDAY MASS

## ENTRANCE ANTIPHON:

*He fed them with the finest wheat, and satisfied them with honey from the rock.*

**FIRST READING:** Deuteronomy 8:2-3, 14-16.

**RESPONSORIAL PSALM:** Psalm 147.

## RESPONSE:

*O Jerusalem, glorify the Lord!*

- O Jerusalem, glorify the Lord!  
O Zion, praise your God!  
He has strengthened the bars of your gates;  
he has blessed your children within you. **R**
- 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. **R**
- 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. **R**

**SECOND READING:** 1 Corinthians 10:16-17.

## GOSPEL ACCLAMATION:

*Alleluia, alleluia! I am the living bread which came down from heaven, says the Lord; if any one eats this bread he will live forever. Alleluia.*

**GOSPEL:** John 6:51-58.

## COMMUNION ANTIPHON:

*Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.*

## THE WEEK AHEAD

# Live the Word

### Mon 8 Jun Liturgy of the Day

1 Kings 17:1-6; Psalm 121; Matthew 5:1-12

Society today doesn't place much importance on the honouring of commitments. It is important to keep your word – to do something if you said that you would. Let your 'Yes' mean 'Yes'.

### Tue 9 Jun (St Ephrem, DcnD)

1 Kings 17:7-16; Psalm 4; Matthew 5:13-16

St Ephrem (c. 306–373), a Deacon and Doctor of the Church, known as the "Harp of the Holy Spirit," left behind profound hymns and prayers focused on the Cross, the Virgin Mary, and the Word of God.

### Wed 10 Jun Liturgy of the Day

1 Kings 18:20-39; Psalm 16; Matthew 5:17-19

Reflect today on the deeper roots of our tendency to judge others. What might be lurking there: jealousy, fear, hurt, anger, loneliness? Lord, give me the courage to be honest with you, with others and with myself.

### Thu 11 Jun St Barnabas, A

Acts 11:21-26; 13:1-3; Psalm 98; Matthew 10:7-13

St Barnabas was known as the "Apostle of Encouragement." Scripture reveals his actions of faith, generosity, and mentoring Paul. He is described as a good man, filled with the Holy Spirit and with faith.

### Fri 12 Jun SACRED HEART OF JESUS

Deuteronomy 7:6-11; Psalm 103; Matthew 11:25-30

"Behold this Heart which has so loved us that it spares nothing... to prove to them it's love. I need nothing but God, and to lose myself in the heart of Jesus." – St Margaret Mary Alacoque

### Sat 13 Jun Immaculate Heart of Mary

Isaiah 61:9-11; Resp: 1 Samuel 2:1,4-8; Luke 2:41-51

"My Immaculate Heart will be your refuge and the way that will lead you to God." – Our Lady of Fatima. Pope Pius XII consecrated the world to the Immaculate Heart, emphasizing it as a source of peace.

### Sun 14 Jun 11TH SUNDAY IN ORDINARY TIME

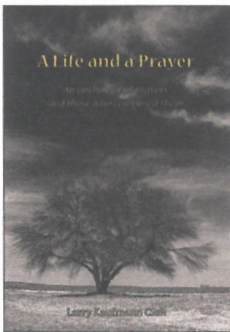
Exodus 19:2-6; Psalm 100; Matthew 9:36-10:8

"It's often in working for outer freedom, peace, and justice in the world that we discover an even deeper inner freedom. We must discover this freedom to survive in the presence of so much death." – Fr Richard Rohr

**KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial) Dcn=Deacon; D=Doctor; A=Apostle**

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# CHRIST THE KING PARISH

1154 Woodlands Drive, Queenswood, PRETORIA,  
0186

Webpage: Christ the King Queenswood

Tel: 012 333 4738

## MASS INTENTIONS JUNE 2026

06	Sat	17h00	RIP Mario Mazzoli
07	Sun	08h00	RIP João Sardinha RIP Fatima de Abreu RIP Celestino Agrião RIP Augusta & Fernando Moutinho RIP Maria dos Reis Ferreira RIP Michael, Owen and Micaela Clayton RIP Katie & Nerise Hendricks Special intention – Vocation discernment
		10h00	RIP Clementina de Nobrega
		17h00	
08	Mon	18h00	COMMUNION SERVICE
09	Tues	18h00	
10	Wed	18h00	RIP Quinto Rancati RIP Tereza Durao
11	Thu	18h00	
12	Fri	18h00	

## SICK LIST

We pray for the sick, housebound and their caregivers.



Richard Heslop, Kevin Demmer, Harold de Jongh, Gordon Milburn, Lyn Bogle, Elza Stroh, Veronica Wheeler, Leonardo, Ken Walters, Wendy Elliott, Genevieve van der Merwe, Gideon Wathen, Nadine Botha, Enita Davies, Michael Serrao, Vincent S, Leo Vest, Miriam Marais and Jan Staas.

# PARISH NOTICES

## KDG ANNUAL BLANKET DRIVE

The Knights of De Gama will be coming to the parish on the weekend of the 27<sup>th</sup> and 28<sup>th</sup> of June for their annual blanket drive. Please give generously to our needy.

## MASS TIME CHANGE

Kindly note the new Mass times during the winter season until September 2026. Saturday and Sunday evening Masses are now at 17h00. Confession will start at 16h15 on Saturday.

## COMMISSIONING OF MOC

The commissioning of the Ministers of Communion will take place on 7th of June at 14h00 at Zwavelpoort.

## SAVE THE DATES:

We will be launching the Parish Justice Desk during weekend of the 13th & 14th June 2026. The Synod Parish Listening Session will be held on Saturday 27th June 2026 from 13h00 till 16h00. Additional information will be posted on both events as soon as its available.

## FEAST OF OUR LADY OF CONSOLATION

This will take place on the weekend of the 20<sup>th</sup> and 21<sup>st</sup> of June.

## SOCIAL COMMITTEE

The Social Committee invites you to their monthly get-together at the Adami Centre immediately after the 10:00am Mass. Tea will be served. We, look forward to seeing you there.

## ENTHRONEMENT OF SACRED HEART STATUE

The enthronement of the Sacred Heart statue will take place during the 18h00 Mass on Friday the 12<sup>th</sup> of June. All are welcome to attend the Mass.

## BAPTISMS:

Our next baptism will be on the 5<sup>th</sup> of July after the 10am Mass. All parents wanting to baptise their children must contact the parish office to make an appointment with Fr Daniel.

## WEDDINGS:

All those wishing to be religiously married in the Parish must please contact the parish office **before booking the wedding venue** as there are matters of importance that need to be discussed.

## PARISH FINANCES

### TITHING:

All parishioners who are tithing can find the record of payments made on the notice board. Please check that your payment is registered. If you would like to tithe, please fill in the form in the box.

**Please continue to support our Parish via the banking details or the attached Snapscan code**  
Email details: [Finance@christking.org.za](mailto:Finance@christking.org.za)

### Banking details:

**Christ the King Catholic Church**  
**Standard Bank Branch Code 051001**  
**Main Account No. 011564733**  
**Tithing Account No. 011181230**  
**Outreach Account no. 01118270**

SnapScan

Scan the SnapCode to complete the payment.



Queenswood Catholic Church

## NEWS

### NGOME TRIP SEPTEMBER 2026:

The Ngome trip is on the weekend of the 18<sup>th</sup> of September 2026.

We are inviting all interested parties to contact the parish office for further details and booking arrangements.

The cost will be R2200.00 per person.

Please forward all proof of payment to

[secretary@christking.org.za](mailto:secretary@christking.org.za)

All payments must be received by the end of July for the bus to be booked. Please keep all proof of all payments made for reconciliation purposes. Please use the main account for your payments 01 1564733 referencing Ngome and your name.

## PARISH OFFICE

### **Parish Priest:**

Fr. Daniel Kivuw'a IMC  
Tel: 012 333 4738 / 071 306 3769  
Email: [dankbwa@yahoo.fr](mailto:dankbwa@yahoo.fr)

### **Parish Office Administrator:**

Angela Solomons  
[secretary@christking.org.za](mailto:secretary@christking.org.za)

### **Office Hours:**

**Mon to Fri 07h30 - 15h30**

**Tel: 012 333 4738**

For any appointments with Fr. Daniel, please contact Angela, she manages Fr. Daniel's diary.

### **University Chaplain:**

Fr Charles Mundia 071 364 0150  
Email: [cmundia@gmail.com](mailto:cmundia@gmail.com)

## CARITAS

### CHRIST THE KING OUTREACH PROGRAMME



We provide various food parcels, baby and adult clothing, all household items and toys to the less fortunate. We support various homes for both adults and children. Should you have items that you wish to donate these can be dropped off at the parish office during the week or left in the baskets at the back of the church over the weekends. We continue to assist many families in our parish with everyday necessities thanks to your generous donations. Should you wish to donate to this worthy cause our banking details are: **Christ the King Catholic Church**  
**Queenswood: Standard bank, Cheque account, Account number 011182709, Branch code 000145**