

June 7, 2026: Solemnity of the Body and Blood of Christ
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First Reading**Deuteronomy 8:2-3, 14B-16A**

Moses said to the people:

"Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep His commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD.

"Do not forget the LORD, your God, who brought you out of the land of Egypt, that place of slavery; Who guided you through the vast and terrible desert with its saraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to your fathers."

Responsorial Psalm**Psalm 147:12-13, 14-15, 19-20**R. (12) **Praise the Lord, Jerusalem.**

or:

R. **Alleluia.**

Glorify the LORD, O Jerusalem;

praise your God, O Zion.

For He has strengthened the bars of your gates;

He has blessed your children within you.

R. **Praise the Lord, Jerusalem.**

or:

R. **Alleluia.**

He has granted peace in your borders;

with the best of wheat He fills you.

He sends forth His command to the earth;

swiftly runs His word!

R. **Praise the Lord, Jerusalem.**

or:

R. **Alleluia.**

He has proclaimed His word to Jacob,

His statutes and His ordinances to Israel.

He has not done thus for any other nation;

His ordinances He has not made known to them.

Alleluia.

R. **Praise the Lord, Jerusalem.**

or:

R. **Alleluia.**Gospel readings source: www.usccb.org/bible/readings/Find fun, free, and faithful children's activities including our Mass Prep videos at HolyHeroes.com/MassPrep

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June 7, 2026: Solemnity of the Body and Blood of

Christ

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Second Reading

1 Corinthians 10:16-17

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 the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

Sequence

Lauda Sion

Laud, O Zion, your salvation,
Laud with hymns of exultation,
Christ, your king and shepherd true:
Bring him all the praise you know,
He is more than you bestow.
Never can you reach his due.
Special theme for glad thanksgiving
Is the quick'ning and the living
Bread today before you set:
From his hands of old partaken,
As we know, by faith unshaken,
Where the Twelve at supper met.
Full and clear ring out your chanting,
Joy nor sweetest grace be wanting,
From your heart let praises burst:
For today the feast is holden,
When the institution olden
Of that supper was rehearsed.
Here the new law's new oblation,
By the new king's revelation,
Ends the form of ancient rite:
Now the new the old effaces,
Truth away the shadow chases,
Light dispels the gloom of night.
What he did at supper seated,
Christ ordained to be repeated,
His memorial ne'er to cease:

And his rule for guidance taking,
Bread and wine we hallow, making
Thus our sacrifice of peace.
This the truth each Christian learns,
Bread into his flesh he turns,
To his precious blood the wine:
Sight has fail'd, nor thought conceives,
But a dauntless faith believes,
Resting on a pow'r divine.
Here beneath these signs are hidden
Priceless things to sense forbidden;
Signs, not things are all we see:
Blood is poured and flesh is broken,
Yet in either wondrous token
Christ entire we know to be.
Whoso of this food partakes,
Does not rend the Lord nor breaks;
Christ is whole to all that taste:
Thousands are, as one, receivers,
One, as thousands of believers,
Eats of him who cannot waste.
Bad and good the feast are sharing,
Of what divers dooms preparing,
Endless death, or endless life.
Life to these, to those damnation,
See how like participation
Is with unlike issues rife.
When the sacrament is broken,
Doubt not, but believe 'tis spoken,
That each sever'd outward token
doth the very whole contain.
Nought the precious gift divides,
Breaking but the sign betides
Jesus still the same abides,
still unbroken does remain.

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The shorter form of the sequence begins here.

Lo! the angel's food is given
To the pilgrim who has striven;
see the children's bread from heaven,
which on dogs may not be spent.
Truth the ancient types fulfilling,
Isaac bound, a victim willing,
Paschal lamb, its lifeblood spilling,
manna to the fathers sent.
Very bread, good shepherd, tend us,
Jesu, of your love befriend us,
You refresh us, you defend us,
Your eternal goodness send us
In the land of life to see.
You who all things can and know,
Who on earth such food bestow,
Grant us with your saints, though lowest,
Where the heav'nly feast you show,
Fellow heirs and guests to be. Amen. Alleluia.

Gospel Reading

John 6:51-58

Jesus said to the Jewish crowds:

"I am the living bread that came down from Heaven; whoever eats this bread will live forever; and the bread that I will give is My flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you do not have life within you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him on the last day. For My flesh is true food, and My blood is true drink. Whoever eats My flesh and drinks My blood remains in Me and I in him. Just as the living Father sent Me and I have life because of the Father, so also the one who feeds on Me will have life because of Me. This is the bread that came down from Heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

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June 14, 2026: The 11th Sunday in Ordinary Time

First Reading

Exodus 19:2-6a

In those days, the Israelites came to the desert of Sinai and pitched camp. While Israel was encamped here in front of the mountain, Moses went up the mountain to God. Then the LORD called to him and said, "Thus shall you say to the house of Jacob; tell the Israelites: You have seen for yourselves how I treated the Egyptians and how I bore you up on eagle wings and brought you here to Myself. Therefore, if you hearken to My voice and keep My covenant, you shall be My special possession, dearer to Me than all other people, though all the earth is Mine. You shall be to Me a kingdom of priests, a holy nation."

Responsorial Psalm

Psalm 100:1-2, 3, 5

R. (3c) We are His people: the sheep of His flock.

Sing joyfully to the LORD, all you lands;
serve the LORD with gladness;
come before Him with joyful song.

R. We are His people: the sheep of His flock.

Know that the LORD is God;
He made us, His we are;
His people, the flock He tends.

R. We are His people: the sheep of His flock.

The LORD is good:
His kindness endures forever,
and His faithfulness to all generations.

R. We are His people: the sheep of His flock.

Second Reading

Romans 5:6-11

Brothers and sisters:

Christ, while we were still helpless, yet died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves His love for us in that while we were still sinners Christ died for us. How much more then, since we are now justified by His blood, will we be saved through Him from the wrath. Indeed, if, while we were enemies, we were reconciled to God through the death of His Son, how much more, once reconciled, will we be saved by His life. Not only that, but we also boast of God through our Lord Jesus Christ, through Whom we have now received reconciliation.

Gospel Reading

Matthew 9:36—10:8

At the sight of the crowds, Jesus' heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd. Then He said to His disciples, "The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest."

Then He summoned His twelve disciples and gave them authority over unclean spirits to drive them out and to cure every disease and every illness. The names of the twelve Apostles are these: first, Simon called Peter, and his brother Andrew; James, the son of Zebedee, and his brother John; Philip and Bartholomew, Thomas and Matthew the tax collector; James, the son of Alphaeus, and Thaddeus; Simon from Cana, and Judas Iscariot who betrayed him. Jesus sent out these twelve after instructing them thus, "Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: 'The Kingdom of Heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give."

Gospel readings source: www.usccb.org/bible/readings/

June 21, 2026: The 12th Sunday in Ordinary Time

First Reading**Jeremiah 20:10-13**

Jeremiah said:

“I hear the whisperings of many:

‘Terror on every side! Denounce! let us denounce him!’

All those who were my friends are on the watch for any misstep of mine. ‘Perhaps he will be trapped; then we can prevail, and take our vengeance on him.’ But the LORD is with me, like a mighty champion: my persecutors will stumble, they will not triumph. In their failure they will be put to utter shame, to lasting, unforgettable confusion. O LORD of hosts, You Who test the just, Who probe mind and heart, let me witness the vengeance You take on them, for to You I have entrusted my cause. Sing to the LORD, praise the LORD, for He has rescued the life of the poor from the power of the wicked!”

Responsorial Psalm**Psalm 69:8-10, 14, 17, 33-35**

R. (14c) **Lord, in Your great love, answer me.**

For Your sake I bear insult,
and shame covers my face.

I have become an outcast to my brothers,
a stranger to my children,

Because zeal for Your house consumes me,
and the insults of those who blaspheme You
fall upon me.

R. **Lord, in Your great love, answer me.**

I pray to You, O LORD,
for the time of Your favor, O God!

In Your great kindness answer me
with Your constant help.

Answer me, O LORD, for bounteous is Your kindness;
in Your great mercy turn toward me.

R. **Lord, in Your great love, answer me.**

“See, you lowly ones, and be glad;
you who seek God, may your hearts revive!

For the LORD hears the poor,
and His own who are in bonds He spurns not.

Let the heavens and the earth praise Him,
the seas and whatever moves in them!”

R. **Lord, in Your great love, answer me.**

Second Reading**Romans 5:12-15**

Brothers and sisters:

Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned—for up to the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come. But the gift is not like the transgression. For if by the transgression of the one the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many.

Gospel Reading**Matthew 10:26-33**

Jesus said to the Twelve:

“Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges Me before others I will acknowledge before My heavenly Father. But whoever denies Me before others, I will deny before my heavenly Father.”

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First Reading**Jeremiah 1:4-10**

In the days of King Josiah, the word of the LORD came to me, saying:

Before I formed you in the womb I knew you,
before you were born I dedicated you,
a prophet to the nations I appointed you.

“Ah, Lord GOD!” I said,
“I know not how to speak; I am too young.”
But the LORD answered me,
Say not, “I am too young.”
To whomever I send you, you shall go;
whatever I command you, you shall speak.
Have no fear before them,
because I am with you to deliver you, say
the LORD.

Then the LORD extended His hand and touched my mouth, saying,

See, I place My words in your mouth!
This day I set you over nations and over
kingdoms,
to root up and to tear down, to destroy and to
demolish, to build and to plant.

Responsorial Psalm**Psalm 71:1-2, 3-4a, 5-6ab, 15ab and 17**

R. (6) Since my mother’s womb, you have been my strength.

In You, O LORD, I take refuge;
let me never be put to shame.
In Your justice rescue me, and deliver me;
incline Your ear to me, and save me.

R. Since my mother’s womb, you have been my strength.

Be my rock of refuge,
a stronghold to give me safety,
for You are my rock and my fortress.

O my God, rescue me from the hand of the wicked.

R. Since my mother’s womb, you have been my strength.

For You are my hope, O Lord;
my trust, O LORD, from my youth.

On You I depend from birth;
from my mother’s womb You are my strength.

R. Since my mother’s womb, you have been my strength.

My mouth shall declare Your justice,
day by day Your salvation.

O God, You have taught me from my youth,
and till the present I proclaim Your wondrous
deeds.

R. Since my mother’s womb, you have been my strength.

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June 23, 2026: Solemnity of the Nativity of Saint John the Baptist (Vigil Mass)
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Second Reading**1 Peter 1:8-12**

Beloved:

Although you have not seen Jesus Christ you love Him; even though you do not see Him now yet believe in Him, you rejoice with an indescribable and glorious joy, as you attain the goal of your faith, the salvation of your souls.

Concerning this salvation, prophets who prophesied about the grace that was to be yours searched and investigated it, investigating the time and circumstances that the Spirit of Christ within them indicated when he testified in advance to the sufferings destined for Christ and the glories to follow them. It was revealed to them that they were serving not themselves but you with regard to the things that have now been announced to you by those who preached the Good News to you through the Holy Spirit sent from Heaven, things into which angels longed to look.

Gospel Reading**Luke 1:5-17**

In the days of Herod, King of Judea, there was a priest named Zechariah of the priestly division of Abijah; his wife was from the daughters of Aaron, and her name was Elizabeth. Both were righteous in the eyes of God, observing all the commandments and ordinances of the Lord blamelessly. But they had no child, because Elizabeth was barren and both were advanced in years. Once when he was serving as priest in his division's turn before God, according to the practice of the priestly service, he was chosen by lot to enter the sanctuary of the Lord to burn incense. Then, when the whole assembly of the people was praying outside at the hour of the incense offering, the angel of the Lord appeared to him, standing at the right of the altar of incense. Zechariah was troubled by what he saw, and fear came upon him. But the angel said to him, "Do not be afraid, Zechariah, because your prayer has been heard. Your wife Elizabeth will bear you a son, and you shall name him John. And you will have joy and gladness, and many will rejoice at his birth, for he will be great in the sight of the Lord. John will drink neither wine nor strong drink. He will be filled with the Holy Spirit even from his mother's womb, and he will turn many of the children of Israel to the Lord their God. He will go before Him in the spirit and power of Elijah to turn their hearts toward their children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord."

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June 24, 2026: Solemnity of the Nativity of Saint John the Baptist (Mass during the Day)
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First Reading**Isaiah 49:1-6**

Hear me, O coastlands,
listen, O distant peoples.
The LORD called me from birth,
from my mother's womb He gave me my
name.
He made of me a sharp-edged sword
and concealed me in the shadow of His arm.
He made me a polished arrow,
in His quiver He hid me.
You are my servant, He said to me,
Israel, through whom I show My glory.

Though I thought I had toiled in vain,
and for nothing, uselessly, spent my strength,
yet my reward is with the LORD,
my recompense is with my God.
For now the LORD has spoken
Who formed me as His servant from the womb,
that Jacob may be brought back to Him
and Israel gathered to Him;
and I am made glorious in the sight of the LORD,
and my God is now my strength!
It is too little, He says, for you to be My servant,
to raise up the tribes of Jacob,
and restore the survivors of Israel;
I will make you a light to the nations,
that My salvation may reach to the ends of the earth.

Responsorial Psalm**Psalm 139:1b-3, 13-14ab, 14c-15****R. (14) I praise You, for I am wonderfully made.**

O LORD, You have probed me, You know me:
You know when I sit and when I stand;
You understand my thoughts from afar.
My journeys and my rest You scrutinize,
with all my ways You are familiar.

R. I praise You for I am wonderfully made.

Truly You have formed my inmost being;
You knit me in my mother's womb.
I give You thanks that I am fearfully, wonderfully made;
wonderful are Your works.

R. I praise You for I am wonderfully made.

My soul also You knew full well;
nor was my frame unknown to You
When I was made in secret,
when I was fashioned in the depths of the earth.

R. I praise You for I am wonderfully made.

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June 24, 2026: Solemnity of the Nativity of Saint John the Baptist (Mass during the Day)
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Second Reading**Acts 13:22-26**

In those days, Paul said:

“God raised up David as king; of him God testified, I have found David, son of Jesse, a man after my own heart; he will carry out my every wish. From this man’s descendants God, according to His promise, has brought to Israel a Savior, Jesus. John heralded His coming by proclaiming a baptism of repentance to all the people of Israel; and as John was completing his course, he would say, ‘What do you suppose that I am? I am not He. Behold, One is coming after me; I am not worthy to unfasten the sandals of His feet.’

“My brothers, sons of the family of Abraham, and those others among you who are God-fearing, to us this word of salvation has been sent.”

Gospel Reading**Luke 1:57-66, 80**

When the time arrived for Elizabeth to have her child she gave birth to a son. Her neighbors and relatives heard that the Lord had shown His great mercy toward her, and they rejoiced with her. When they came on the eighth day to circumcise the child, they were going to call him Zechariah after his father, but his mother said in reply, “No. He will be called John.” But they answered her, “There is no one among your relatives who has this name.” So they made signs, asking his father what he wished him to be called. He asked for a tablet and wrote, “John is his name,” and all were amazed. Immediately his mouth was opened, his tongue freed, and he spoke blessing God. Then fear came upon all their neighbors, and all these matters were discussed throughout the hill country of Judea. All who heard these things took them to heart, saying, “What, then, will this child be?” For surely the hand of the Lord was with him. The child grew and became strong in spirit, and he was in the desert until the day of his manifestation to Israel.

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June 28, 2026: The 13th Sunday in Ordinary Time

First Reading**2 Kings 4:8-11, 14-16A**

One day Elisha came to Shunem, where there was a woman of influence, who urged him to dine with her. Afterward, whenever he passed by, he used to stop there to dine. So she said to her husband, "I know that Elisha is a holy man of God. Since he visits us often, let us arrange a little room on the roof and furnish it for him with a bed, table, chair, and lamp, so that when he comes to us he can stay there." Sometime later Elisha arrived and stayed in the room overnight. Later Elisha asked, "Can something be done for her?" His servant Gehazi answered, "Yes! She has no son, and her husband is getting on in years." Elisha said, "Call her." When the woman had been called and stood at the door, Elisha promised, "This time next year you will be fondling a baby son."

Responsorial Psalm**Psalm 89:2-3, 16-17, 18-19****R. (2a) For ever I will sing the goodness of the Lord.**

The promises of the LORD I will sing forever,
through all generations my mouth shall proclaim your
faithfulness.

For you have said, "My kindness is established forever;"
in heaven you have confirmed your faithfulness.

R. For ever I will sing the goodness of the Lord.

Blessed the people who know the joyful shout;
in the light of your countenance, O LORD, they walk.
At your name they rejoice all the day,
and through your justice they are exalted.

R. For ever I will sing the goodness of the Lord.

You are the splendor of their strength,
and by your favor our horn is exalted.
For to the LORD belongs our shield,
and the Holy One of Israel, our king.

R. For ever I will sing the goodness of the Lord.**Second Reading****Romans 6:3-4, 8-11**

Brothers and sisters:

Are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father,

we too might live in newness of life. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him. As to his death, he died to sin once and for all; as to his life, he lives for God. Consequently, you too must think of yourselves as dead to sin and living for God in Christ Jesus.

Gospel Reading**Matthew 10:37-42**

Jesus said to His Apostles:

"Whoever loves father or mother more than Me is not worthy of Me, and whoever loves son or daughter more than Me is not worthy of Me; and whoever does not take up his cross and follow after Me is not worthy of Me. Whoever finds his life will lose it, and whoever loses his life for My sake will find it. "Whoever receives you receives Me, and whoever receives Me receives the One Who sent Me. Whoever receives a prophet because he is a prophet will receive a prophet's reward, and whoever receives a righteous man because he is a righteous man will receive a righteous man's reward. And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple—amen, I say to you, he will surely not lose his reward."

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**June 29, 2026: Solemnity of Saints Peter and Paul,
Apostles (Mass during the Day)**
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First Reading**Acts 12:1-11**

In those days, King Herod laid hands upon some members of the Church to harm them. He had James, the brother of John, killed by the sword, and when he saw that this was pleasing to the Jews he proceeded to arrest Peter also.—It was the feast of Unleavened Bread.—He had him taken into custody and put in prison under the guard of four squads of four soldiers each. He intended to bring him before the people after Passover. Peter thus was being kept in prison, but prayer by the Church was fervently being made to God on his behalf.

On the very night before Herod was to bring him to trial, Peter, secured by double chains, was sleeping between two soldiers, while outside the door guards kept watch on the prison. Suddenly the angel of the Lord stood by him and a light shone in the cell. He tapped Peter on the side and awakened him, saying, “Get up quickly.” The chains fell from his wrists. The angel said to him, “Put on your belt and your sandals.” He did so. Then he said to him, “Put on your cloak and follow me.” So he followed him out, not realizing that what was happening through the angel was real; he thought he was seeing a vision. They passed the first guard, then the second, and came to the iron gate leading out to the city, which opened for them by itself. They emerged and made their way down an alley, and suddenly the angel left him. Then Peter recovered his senses and said,

“Now I know for certain that the Lord sent his angel and rescued me from the hand of Herod and from all that the Jewish people had been expecting.”

Responsorial Psalm**Psalm 34:2-3, 4-5, 6-7, 8-9**

R. (5) The angel of the Lord will rescue those who fear Him.

I will bless the LORD at all times;

His praise shall be ever in my mouth.

Let my soul glory in the LORD;

the lowly will hear me and be glad.

R. The angel of the Lord will rescue those who fear Him.

Glorify the LORD with me,

let us together extol His Name.

I sought the LORD, and He answered me

and delivered me from all my fears.

R. The angel of the Lord will rescue those who fear Him.

Look to Him that you may be radiant with joy,

and your faces may not blush with shame.

When the poor one called out, the LORD heard,

and from all his distress He saved him.

R. The angel of the Lord will rescue those who fear Him.

The angel of the LORD encamps around those who fear Him, and delivers them.

Taste and see how good the LORD is; blessed the man who takes refuge in Him.

R. The angel of the Lord will rescue those who fear Him.

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Second Reading**2 Timothy 4:6-8, 17-18**

I, Paul, am already being poured out like a libation, and the time of my departure is at hand. I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me, which the Lord, the just judge, will award to me on that day, and not only to me, but to all who have longed for His appearance. The Lord stood by me and gave me strength, so that through me the proclamation might be completed and all the Gentiles might hear it. And I was rescued from the lion's mouth. The Lord will rescue me from every evil threat and will bring me safe to His heavenly Kingdom. To Him be glory forever and ever. Amen.

Gospel Reading**Matthew 16:13-19**

When Jesus went into the region of Caesarea Philippi He asked His disciples, "Who do people say that the Son of Man is?" They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but My heavenly Father. And so I say to you, you are Peter, and upon this rock I will build My Church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the Kingdom of Heaven. Whatever you bind on earth shall be bound in Heaven; and whatever you loose on earth shall be loosed in Heaven."

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