



Saint Henry Catholic Church

5315 W. Main St., Belleville, IL 62226

June 7, 2026

The Most Holy Body and Blood of Christ John 6:51-58

When I was a young altar server, I once overheard two very different comments about the Eucharist. One person asked, "Is Father distributing the bread or the wine?" Later, another asked, "Can you go get Jesus from the tabernacle?" Same parish, same Mass, but two very different ways of speaking. I pondered: So, is it bread that we pretend is Jesus? Or is Jesus a tiny white thing in a box? I was utterly confused.

This Feast of Corpus Christi is an excellent time to think about how we should speak about the Eucharist. In today's Gospel, Jesus declares: **"My flesh is true food, and my blood is true drink."** (John 6:55) His words scandalized his listeners, who feared cannibalism, and even today puzzle many, who reduce them to metaphor. Both miss the truth.

The Church gives us better words that honor Jesus' words in the Gospel. After the consecration, we do not call it "bread" or "wine." Nor do we say, "a piece of Jesus" or even "Jesus." We say: *the Eucharist*. We say: *the Body and Blood of Christ*. We say: *the Real Presence*. We say: *the Most Blessed Sacrament*. These words safeguard the astonishing reality that Christ himself is truly present, whole and entire, under the appearances of bread and wine.

If we speak well about the Eucharist, we will think more clearly and believe more deeply. And if we believe more deeply, we will adore more truly the One who gives himself to us — not bread, not wine, but Jesus Christ himself, whole and entire.

— *Father John Muir*

©LPi



THE MOST HOLY BODY AND BLOOD OF CHRIST

"This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever." - Jn 6:57-58

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPi

PASTOR - (618) 233-2423
Very Reverend Kenneth J. York

DEACON
Deacon Gerald Bach
dcaon1948@charter.net

Deacon James Law - (618) 406-5709 or
deaonjlaw@gmail.com

Organist & Choir
Robert Wojcik - (618) 610-0121

Parish Secretary
Dawn Partington - (618) 233-2423 or
Email : sthenryc@peaknet.net

Parish Office Hours
Mon.-Fri. 8:00 am - 4:00 pm
Lunch 12:00 pm - 1:00 pm

Creative Learning Center
Jennifer Campbell - Director
Nicole Hettenhausen - Assist. Director
www.sthenryclc.com (618) 234-6061

St. Henry's Prayer Chain
Carol Lesko (618) 698-5838

Weekday Masses
Monday-Saturday 8:00 a.m.

Weekend Masses
Saturday 4:00 p.m.
Sunday 8:30 a.m. & 10:30 a.m.

Sacrament of Reconciliation
Saturday 3:00 p.m. to 3:45 p.m.

Liturgical Ministers	Lector	Eucharistic Minister	Greeter	Gift Bearer	Usher
June 13th Saturday, 4:00 PM	Karen O'Dell	Joyce Dierkes Janet Visintine	Mary Jo Hanvey Need Volunteer	Bobby Elam Marilyn Elam	Anne Louth Mike Louth
June 14th Sunday, 8:30 AM	Lynne Fulte	Gayle Bibee	Need Volunteer	Bernadette Gadu Kathy Pajares	Daniel Broeckling Paul Schwartzhoff
June 14th Sunday, 10:30 AM	Jerry Ahrens	Beth Regensberger	Kathleen Dumontier	Dawn York Need Volunteer	Chris Knee Carol Tyler

Respect Life Corner

“Christ’s blood reveals to man that his greatness, and therefore his vocation, consists in the sincere gift of self. ...It is from the blood of Christ that all draw the strength to commit themselves to promoting life. It is precisely this blood that is the most powerful source of hope, indeed it is the foundation of the absolute certitude that in God’s plan life will be victorious.”

Pope Saint John Paul II, Evangelium vitae © 1995, Libreria Editrice Vaticana.

Vocation Corner

Today we celebrate the great gift of the Eucharist. This gift is what truly defines us as Catholics. We rejoice that Jesus gave His Body and Blood for our redemption. This is the remembrance we commemorate during each Liturgy, which is only possible through the Holy Sacrifice of the Mass, celebrated by a priest. We are challenged to pray for more priests and are challenged to encourage those who may have a calling to Holy Orders. Consider posing the question: “Have you ever considered becoming a priest?”

LIVE THE LITURGY - INSPIRATION FOR THE WEEK

The starving Israelites found their physical salvation in manna, “a food unknown to your fathers.” We find our spiritual salvation in the Body and Blood of Jesus Christ, a food unknown to too many souls. Blessed are we to partake of the Bread of Life.

©LPi

READINGS OF THE WEEK

Readings for the week of June 7, 2026

Sunday: Dt 8:2-3, 14b-16a/Ps 147:12-13, 14-15, 19-20/1 Cor 10:16-17/Jn 6:51-58
Monday: 1 Kgs 17:1-6/ Ps 121:1bc-2, 3-4, 5-6, 7-8/Mt 5:1-12
Tuesday: 1 Kgs 17:7-16/ Ps 4:2-3, 4-5, 7b-8/Mt 5:13-16
Wednesday: 1 Kgs 18:20-39/ Ps 16:1b-2ab, 4, 5ab and 8, 11/Mt 5:17-19
Thursday: Acts 11:21b-26; 13:1-3 (580)/Ps 65:10, 11, 12-13/Mt 5:20-26
Friday: Dt 7:6-11/Ps 103:1-2, 3-4, 6-7, 8, 10/1 Jn 4:7-16/Mt 11:25-30
Saturday: 1 Kgs 19:19-21/Ps 16:1b-2a and 5, 7-8, 9-10/Mt 5:33-37
Next Sunday: Ex 19:2-6a/Ps 100:1-2, 3, 5/Rom 5:6-11/Mt 9:36-10:8

Observances for the week of June 7, 2026

Sunday: The Most Holy Body and Blood of Christ
Monday:
Tuesday: St. Ephrem, Deacon and Doctor of the Church
Wednesday:
Thursday: St. Barnabas, Apostle
Friday: The Most Sacred Heart of Jesus
Saturday: The Immaculate Heart of the Blessed Virgin Mary;
St. Anthony of Padua, Priest and Doctor of the Church
Next Sunday: 11th Sunday in Ordinary Time; Flag Day
©LPi

Mass Intentions for the week of June 7, 2026

SUN 6/7	8:30 AM 10:30 AM	For The People Eileen O'Brien
MON 6/8	8:00 AM	William Eckmann
TUES 6/9	8:00 AM	Eileen O'Brien
WED 6/10	8:00 AM	Wayland Downen
THURS 6/11	8:00 AM	Catholic Extension Donor Intentions
FRI 6/12	8:00 AM	For The People
SAT 6/13	8:00 AM 4:00 PM	Catholic Extension Donor Intentions Dr. William Lesko, Quentin Lauer
SUN 6/14	8:30 AM 10:30 AM	John Rensing For The People

Sunday, June 7, 2026 | The Most Holy Body and Blood of Christ

(PRACTICING) CATHOLIC- BENEATH THE SURFACE

By Colleen Jurkiewicz Dorman

Mini reflection:

What is “true food” and “true drink,” when you live in a society where bodily nourishment is so plentiful that we reject it out of pride, that we feel a shame for needing it, and that we use it as a balm for feelings of boredom, pain, and fear?

True Food

Like most millennial women, I have a bizarre relationship with food.

I’m so busy and distracted that most days, I forget to eat — until nighttime, when I make some very questionable decisions, usually involving cake. I also came of age in a time when any woman without a visible eating disorder was labeled as “curvy” (and curvy was understood by everyone to be A Very Bad Thing). Thus, I have a deep feeling of shame whenever I do eat, even when I am hungry, and even when it’s something good for me.

I’m so messed up when it comes to food that I often wonder if I even have a good point of reference for understanding the Eucharist. What is “true food” and “true drink,” when you live in a society where bodily nourishment is so plentiful — at least for certain fortunate people like me — that we reject it out of pride, that we feel a shame for needing it, and that we use it as a balm for feelings of boredom, pain, and fear?

But I suppose there’s no better way to understand the Eucharist, when you really think about it. The Israelites survived on manna from Heaven — what they would have given for a grocery store. What they would have given for redemption.

I am given both. I appreciate neither to the extent that I should.

True food, true nourishment, true life — physical and spiritual — these are things we all desperately want. And so many of us have them. But our ability to understand what they mean — well, it’s hampered. This isn’t Eden, after all.

We are reading a book missing half its pages, singing a harmony missing half its parts. We stumble forward, knowing that the fullness can come, will come — one day.

If we keep trying.

©LPi

THE MOST HOLY
BODY AND BLOOD OF CHRIST



Gratitude, Explained!

How many of us have been told to “be grateful” when we look a little glum? But the truth is that gratitude is about more than just attitude. This virtue concerns our actions — how we carry ourselves in the world, how we behave toward other people, and how we submit to lawful authority.

“Gratitude answers to the moral debt,” St. Thomas Aquinas writes (Sum., II:II, 106, Art. 1). We owe gratitude to those who have cared for us — children owe it to their parents in the form of respect (CCC 215) and citizens owe it to their country in the form of love and service (CCC 215).

The Eucharist is the most perfect act of gratitude. Appropriately, Jesus “gives thanks” for the bread at the Last Supper, just as we give thanks before the Eucharist — acknowledging God as the principal source of all that is good.

©LPi

Corpus Christi Prayer

O Precious Jesus,
The gift of your Body and Blood, shared with us, is unfathomable.
Like manna that satiated our hunger, fill us where we lack. Like the bread given to Elijah in the desert, sustain us.
Grace us with a glimpse into your love for us, now and forever,
present in the Eucharist.
Amen.

©LPi



PRAYER REQUESTS

"Heavenly Father, we offer all the prayer requests on our prayer chain to you. We ask that you would hear and answer each one according to your perfect will. We trust in your love, your power, and your grace. May your peace reign in our hearts and in the lives of those we are praying for."

Benson Family	Janet	Mike
Bob	Jenny	Odette
Caitlyn	Jim	Paul
Cathy		Prudy
David	Kathy	Ron
Donn	Kay	Scott
Dorothy	Kenneth	Smith/Gereaux Family
Emma	Lou	Tanya
Father Port	Matt	Tim
Gilbert	Maureen	Toby

Please keep in your prayers all who are ill, specially those listed below, their families and their caregivers.

To add names to the Prayer List, please contact Carol Lesko by phone at 618-698-5838. If she unavailable to take your call please leave a message.

Names will be published for 4 weeks unless we are notified to retain them longer.



****All parish support listed is from the week's collections, mailed in, and online donations.****

May 31, 2026

Envelopes/Loose	\$ 4,480.15
St. Vincent de Paul	\$ 166.60
Guatemala	\$ 40.00
Seminarian Education	\$ 55.00

THANK YOU

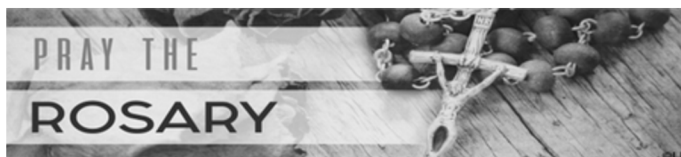
to everyone who supports our parish through donations, prayer, and or service!



June 7, 2026

Sunday	8:30 AM Mass Live Stream 8:30 AM Mass 10:30 AM Mass
Monday	8:00 AM Mass
Tuesday	8:00 AM Mass NO Men's Club Mtg
Wednesday	8:00 AM Mass Eucharistic Exposition 2:30-4:30 pm
Thursday	8:00 AM Mass
Friday	8:00 AM Mass
Saturday	8:00 AM Mass 4:00 PM Mass
Sunday	8:30 AM Mass Live Stream 8:30 AM Mass 10:30 AM Mass

The Sacred Heart of Jesus
Solemnidad del Sagrado
Corazón de Jesús



The Parish Rosary Program. Each week parishioners are requested to either email to the church secretary sthenryc@peaknet.net or drop a slip of paper in the collection basket with the number of rosaries they prayed this week. (started February 12, 2023)

Weekly	Year to Date	Grand Total
222	3,072	19,820



****All parish support listed is from the week's collections, mailed in, and online donations.****

May 24, 2026

Envelopes/Loose	\$ 3,284.10
St. Vincent de Paul	\$ 352.00
Guatemala	\$ 50.00
Catholic Communication Campaign	\$ 65.00
Seminarian Education	\$ 100.00



MEN'S CLUB



The Men's Club will not meet during the month of June. Our next meeting will be at 7 pm on Tuesday, July 14, 2026, in the Msgr. Voss Parish Center where we will watch the MLB All-Star Game.

Congratulations to ALL who won prizes from St. Henry Ladies Club Spring Raffle.



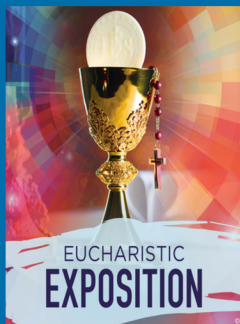
St. Henry Ladies Club would like to thank everyone who purchased raffle tickets for the spring raffle.

The drawing was held at our meeting on May 19th. There is a list of winners on the back table.

Many thanks to all the businesses that donated to the raffle and to Cathy Lugge for her work on getting the raffle items.

THANK YOU!

Sunday, June 7, 2026 | The Most Holy Body and Blood of Christ

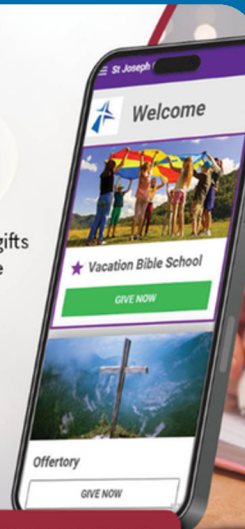


The Chaplet of Divine Mercy
is the most powerful prayer a person
can say to obtain God's mercy!
If you have never experienced The
Chaplet in song then you are in for an
amazing experience.
Eucharistic Exposition every
Wednesday from 2:30-4:30.



As we journey through winter and prepare
for spring, we set new goals dedicated to
strengthening our church's community.
Faithfulness in giving allows us to share the gifts
that God has given us, so our spiritual home
may thrive. That is why our church offers
Online Giving as an option to support our
ongoing mission and ministries.

Online Giving helps support our church by
allowing you to make donations, payments,
and pledges via your mobile phone, smart
device, or computer to our church.



SIGN UP TODAY BY VISITING OUR CHURCH WEBSITE!



HAPPY BIRTHDAY

Nancy Gouge 6/8	Logan McMahon 6/12
Caitlin Douglas 6/9	Robert Dennler 6/12
Sandra Hartenstein 6/9	Ronald Messbarger 6/12
Andrew Thomas 6/10	Dashiell Wuller 6/14
Mackenzie Marchand 6/10	Jonathan Ledee 6/14
Brian Babka Sr. 6/11	Julie Dumstorff 6/14
Hillary Wessel 6/11	Kyle Feldt 6/14
Mary Carty 6/11	



**CLEANING HOUSE? - St. Vincent de Paul
Needs your Household items And Home
Décor for a Sale Benefiting Our Ministries**

DROP OFF TIMES ARE:
Wednesday, June 17 – 10:00 am – 3:00 pm
Thursday, June 18 – 1:00 pm – 6:00 pm
Friday, June 19 – 9:00 am – 1:00 pm

Items **NOT** accepted include:
Mattresses, bed frames, large appliances, couches, Recliners,
entertainment centers, large sporting items. TVs, computers, car
seats, text books. **NO CLOTHES**

*Drop Off at St. Clare School Gymnasium
214 West 3rd Street – O'Fallon, Illinois*

QUESTIONS: Please call (618) 806-3898

COALITION LIFE | Circle

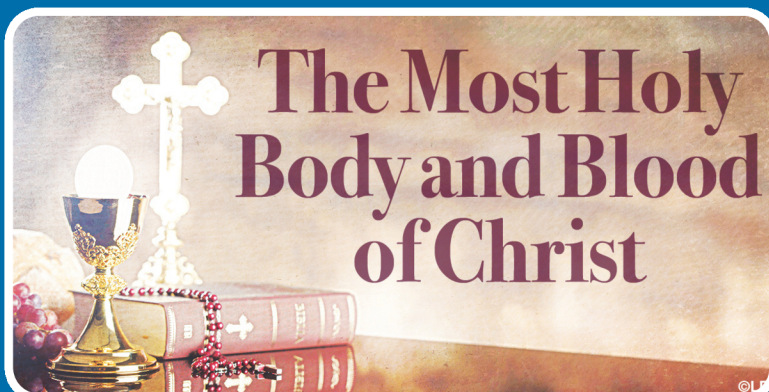
Nation's Largest 9 Day Public Prayer for LIFE

Coalition Life Circle is the Nation's Largest 9-Day
Public Prayer for Life, a movement uniting
believers across America in public, faithful
prayer outside in the public square.



**SIGN UP TO PRAY
June 11th-19th**

CoalitionLifeCircle.com



Remember your loved ones with a Mass.
Contact the parish office at 618-233-2423.

Sunday, June 7, 2026 | The Most Holy Body and Blood of Christ

HANDMADE EVERYDAY



PAPA VITO'S
Pizza

4205 North Belt West, Belleville
618-416-7900
Parishioner

BELOMAN
Air Conditioning • Plumbing
Air Solutions • Heating

Dial 618-B-E-L-O-M-A-N

Senior & Military Discounts!



Does your organization need a newsletter?
We'll cover the printing costs!

Learn more at
lpicommunities.com



St. Henry's Creative Learning Center

A Full Service Child Care Facility

Pre-K Classes
Pre-School
15 Months - 5 Years

OPENING AVAILABLE

Hours: 7:00am-5:00pm

40 Years of Excellence
DCFS Licensed

Jennifer Campbell, Director
Nicole Hettenhausen, Asst. Director

5303 W Main St. • Belleville
(618)234-6061 • sthenryclc.com

4 GENERATIONS OF TRUSTED SERVICE...

KASSLY
MORTUARY LTD.

618-398-1122
kasslyfuneral.com

Let Go.
Let God.

IF YOU LIVE ALONE

MDMedAlert!™ STARTING AT \$19⁹⁵ mo.

- ✓ Ambulance/Police
- ✓ Family/Friends
- ✓ GPS & Fall Alert

CALL NOW! 800.809.3570



md-medalert.com

Advertise in Our Church Bulletin!

Contact Michelle Crites

mcrites@4LPi.com
(800) 950-9952 x2256

Dignity
MEMORIAL

Valhalla Gardens of Memory

Funeral Home & Valhalla Gardens of Memory

618-233-3110

Catholic & Community
CREDIT UNION

6100 West Main 233-2212
1900 Carlyle 222-1508
1109 Hartman Ln 233-8073

www.candccu.com

Made you look.

Advertise here to reach your local audience.

Scan to get started!



Visit 4LPi.com/advertising-solutions

Support Our Advertisers!

RENNER
FUNERAL HOMES

618-233-5400

Family Owned
www.rennerfh.com

Little space.
Big impact.

Advertise Here!

Engage with consumers in your neighborhood.



Advertise here
Call 800-950-9952

Never miss our bulletin!

Get this bulletin delivered straight to your inbox every week.

Scan to subscribe on
parishesonline.com




ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502

