

[First Reading: Deuteronomy 8:2-3, 14b-16a](#)

He heluhelu mai ka puke ‘alima a Mose, i kapa ‘ia ‘o ke Kānāwailua

‘Ōlelo ‘o Mose i ka ‘Isera‘ela, ‘Ī akula:

Moses said to the people:

“E ho‘omana‘o ho‘i ‘oe i ke ala a pau a Ka Haku ‘o kou Akua,

"Remember how for forty years now the LORD, your God,

i ka‘i mai ai iā ‘oe ma ka wao nahele i kēia mau makahiki he kanahā,

has directed all your journeying in the desert,

e ho‘oha‘aha‘a iho iā ‘oe, a e ho‘ā‘o ho‘i iā ‘oe,

so as to test you by affliction

e ‘ike ho‘i ia i ka mea ma loko o kou na‘au,

and find out whether or not it was your intention

i mālama paha ‘oe, i mālama ‘ole paha i kāna mau kauoha.

to keep his commandments.

Ua ho‘oha‘aha‘a ia iā ‘oe, ua hā‘awi mai ‘o ia iā ‘oe i ka pōloli,

He therefore let you be afflicted with hunger,

a ua hānai mai iā ‘oe i ka mane,

and then fed you with manna,

ka ‘ai āu i ‘ike ‘ole ai, ‘a‘ole ho‘i i ‘ike kou mau kūpuna,

a food unknown to you and your fathers,

i hō‘ike mai ia iā ‘oe, ‘a‘ole e ola ke kanaka ma ka berena wale nō,

in order to show you that not by bread alone does one live,

akā, ma nā hua ‘ōlelo a pau mai loko mai o ka waha o Ka Haku.

but by every word that comes forth from the mouth of the LORD.

Mai ‘oe ho‘opoina i Ka Haku ‘o kou Akua,

"Do not forget the LORD, your God,

nāna ‘oe i lawe mai nei mai ka ‘āina ‘o ‘Aigupita mai,

who brought you out of the land of Egypt,

mai loko mai ho‘i o ka hale ho‘oluhi;

that place of slavery;

nāna ‘oe i alaka‘i mai ma waena o kēlā wao nahele nui weliweli

who guided you through the vast and terrible desert

kahi o nā nahesa wela a me nā mo‘o huelo ‘awa,

with its saraph serpents and scorpions,

he malo‘o, he wahi wai ‘ole;

its parched and waterless ground;

nāna i ho‘okahe mai ka wai nou mai loko mai o ka pōhaku pa‘a,

who brought forth water for you from the flinty rock
nāna nō ho'i 'oe i hānai me ka mane ma ka wao nahele,
and fed you in the desert with manna,
ka mea a ko 'oukou mau kūpuna i 'ike 'ole ai."
a food unknown to your fathers."

Ka Hua 'Ōlelo a ka Haku, the Word of the Lord.

[Responsorial Psalm: Psalm 147: 12-13, 14-15, 19-20](#)

E hi'ilani i Ka Haku, e Ierusalem.

E hi'ilani i Ka Haku, e Ierusalem,

Glorify the LORD, O Jerusalem;

e halelū i kou Akua, e Ziona.

praise your God, O Zion.

Ho'opa'a 'ia nā kaola puka pā,

For he has strengthened the bars of your gates;

pōmaika'i nā keiki i loko ou.

he has blessed your children within you.

E hi'ilani i Ka Haku, e Ierusalem. R. Praise the Lord, Jerusalem.

Ho'omalū 'ia kou mau mokuna,

He has granted peace in your borders;

ho'omā'ona i ka palaoa maika'i.

with the best of wheat he fills you.

Ho'ouna 'ia kāna 'ōlelo i ka honua,

He sends forth his command to the earth;

holo kikī nō (kāna mau 'ōlelo)!

swiftly runs his word!

E hi'ilani i Ka Haku, e Ierusalem. R. Praise the Lord, Jerusalem.

Hō'ike 'ia kāna 'ōlelo iā Iakoba,

He has proclaimed his word to Jacob,

nā 'ōlelo pa'a, nā kānāwai iā 'Isera'ela.

his statutes and his ordinances to Israel.

'A'ole pēlā i ko nā 'āina 'ē,

He has not done thus for any other nation;

'a'ole lākou 'ike i kāna kānāwai. 'Aleluia.

his ordinances he has not made known to them. Alleluia.

E hi'ilani i Ka Haku, e Ierusalem. R. Praise the Lord, Jerusalem.

[Second Reading: 1 Corinthians 10:16-17](#)

***He heluhelu mai ka 'Episetole mua a Paulo ka luna'ōlelo
i kākau ai i ko Korineto***

E o'ū hoahānau:

Brothers and sisters:

'O ke kī'aha la'a a kākou e ho'ola'a nei,

The cup of blessing that we bless,

'a'ole anei 'o ia ka lawe pū 'ana i ke koko o Kristo?

The bread that we break,

A 'o ka berena nō ho'i a kākou e wāwahi nei,

is it not a participation in the blood of Christ?

'a'ole anei ia ka lawe pū 'ana i ke kino o Kristo?

is it not a participation in the body of Christ?

No ka mea, ho'okahi nō kā kākou berena,

Because the loaf of bread is one,

'oiai kākou he nui loa, ho'okahi ho'i kino,

we, though many, are one body,

no ka mea, ua 'ai pū kākou a pau, i kēlā berena ho'okahi.

for we all partake of the one loaf.

Ka Hua 'Ōlelo a ka Haku, the Word of the Lord.

Gospel Reading: John 6:51-58

He heluhelu mai ka 'Euanelio i kākau 'ia ai e loane.

‘Ōlelo akula ‘o Iesū i ka ‘aha kanaka Iudaio:

Jesus said to the Jewish crowds:

“O au nō ka berena ola, ka mea i iho mai mai ka lani mai;

"I am the living bread that came down from heaven;

e ‘ai kekahi i kēia berena, e ola mau loa ia;

whoever eats this bread will live forever;

a ‘o ka berena a‘u e hā‘awi aku ai,

and the bread that I will give

‘o ko‘u kino ia, ka mea a‘u e hā‘awi aku i ola no ko ke ao nei.”

is my flesh for the life of the world."

Ho‘opa‘apa‘a ihola nā Iudaio iā lākou iho, ‘Ī a‘ela,

The Jews quarreled among themselves, saying,

“Pehea lā e hiki ai iā ia ke hā‘awi mai i kona kino iā kākou e ‘ai?”

"How can this man give us his flesh to eat?"

‘Ōlelo akula ‘o Iesū iā lākou,

Jesus said to them,

“Oia‘i‘o, he ‘oia‘i‘o ka‘u e ‘ōlelo aku nei iā ‘oukou,

"Amen, amen, I say to you,

a i ‘ai ‘ole ‘oukou i ke kino o ke Keiki a ke Kanaka,

unless you eat the flesh of the Son of Man,

a i inu ‘ole ho‘i i kona koko,

and drink his blood,

‘a‘ole he ola i loko o ‘oukou.

you do not have life within you.

‘O ka mea e ‘ai i ko‘u kino, a e inu ho‘i i ko‘u koko,

Whoever eats my flesh and drinks my blood

he ola mau loa kona,

has eternal life,

a na‘u ia e ho‘āla mai i ka lā ma hope.

and I will raise him on the last day.

No ka mea, he ‘ai ‘i‘o ko‘u kino,

For my flesh is true food,

a he mea inu ‘i‘o ko‘u koko.

and my blood is true drink.

‘O ka mea e ‘ai i ko‘u kino, a e inu ho‘i i ko‘u koko,

Whoever eats my flesh and drinks my blood

ke noho nei ia i loko o'u, 'o au ho'i i loko ona.

remains in me and I in him.

E like me ka Makua ola, nāna au i ho'ouna mai,

Just as the living Father sent me

a e ola ana au i ka Makua,

and I have life because of the Father,

pēlā ho'i ka mea e 'ai mai ia'u,

so also the one who feeds on me

e ola nō ia ia'u.

will have life because of me.

'O kēia ka berena i iho mai mai ka lani mai.

This is the bread that came down from heaven.

'A'ole e like me ko 'oukou po'e kūpuna i 'ai ai i ka mane, a make akula,

Unlike your ancestors who ate and still died,

'o ka mea e 'ai i kēia berena, e ola mau loa ia."

whoever eats this bread will live forever."

Ka 'Euanelio a ka Haku, the Gospel of the Lord.

Corpus Christi Prayers

Collect

E ke Akua, nāu nō, ma nei kakalema kupanaha
i waiho i mea ho'omana'o o kāu 'Eha'eha,
e 'ae mai i kā mākou pule,
i mea e hō'ihi ai i nā mea pohihihi la'a o kou Kino a me kou Koko,
ma laila mākou e 'ike kino mau ai
i ka hua o kāu mōliaola.
Ka mea e ola a e noho ali'i ana me ke Akua ka Makua,
ma ka lōkahi o ka 'Uhane Hemolele,
ke Akua no nā kau a kau.

Prayer over the offerings

E hō mai i kāu 'Ekalesia, e ka Haku, ma kā mākou pule,
i nā makana o ka lōkahi a me ka maluhia,
nā mea e 'ike le'a 'ia ai ma ka pohihihi
o nā 'ālana a mākou e hāpai ana ma 'ane'i.
Ma o Kristo ko mākou Haku.

Prayer after Communion

E ka Haku, e 'āpono mai i kā mākou pule,
e 'oli'oli mau ai mākou no nā kau a kau
i ka ho'oilina o kou ola ho'ākua,
ka mea e wānana 'ia nei i kēia mau lā
ma kā mākou loa'a 'ana i kou Kino a me kou Koko hiwahiwa.
Ka mea e ola a e noho ali'i ana no nā kau a kau.