Who-ever 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. Who-ever eats my Flesh and drinks my
Blood remains in me and 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,
who-ever eats this bread will live forever." These things he said
while teaching in the synagogue in Capernaum.

The Gospel of the Lord. R\text{P} Praise to you, Lord Jesus Christ.

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