

June 7, 2026

Written by
THE
FAITHFUL
DISCIPLE

Solemnity of the Most Holy Body and Blood of Christ

Dt 8:2-3, 14b-16a | 1 Cor 10:16-17 | Jn 6:51-58

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

I'll never forget the first time I understood that the Eucharist does more than unite us to Jesus (a reality that is astonishing on its own). We profess in our creed that we're part of a communion of saints; every time we receive the Lord in holy Communion, we're drawn into a closer union with him and with all those who are members of his Body. St. Paul tells us that in partaking of the Body and Blood of the Lord, "we, though many, are one body, for we all partake of the one loaf." In a society where people are divided in so many ways, we're reminded of the Lord's burning desire - which he spoke of at the Last Supper - that we would all be one as he and the Father are one. (Jn 17:21) In giving us his very self in the Eucharist, Jesus has given us the means for achieving the unity he desires with us and for us. As we come forward to receive the Eucharist this Sunday, let us ask the Lord for the grace to grow in love and unity with all those who share this "one loaf."

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Like the Israelites wandering in the desert, our hearts long not only for physical bread, but for spiritual nourishment. Those who have come to know the Lord know that it is only the bread that he gives that can satisfy the hungers of our hearts. One of the best descriptions for evangelization I have heard is "one beggar telling another where the food is." We have access to food that offers life eternal. How can we keep such a feast to ourselves? Because the Eucharist is at the heart of our Christian life, it ought to factor heavily into our evangelization efforts. Think about ways you can share how the hungers in your life have been satisfied by the Lord in this sacrament.

PRAY

The word Eucharist means thanksgiving. Today, take some time to thank the Lord for giving us his Body and Blood. You might consider praying with the Sequence (*Lauda Sion*) for today, a prayer of thanksgiving composed by St. Thomas Aquinas specifically for this solemnity. This beautiful sequence invites us to offer exuberant thanksgiving for this great gift: "*Full and clear ring out your chanting, / Joy nor sweetest grace be wanting, / From your heart let praises burst.*"



ascensionsaratoga.org | 408-725-3939
Masses: (Sat) 5p; (Sun) 7a, 9a, 11a, 5p
(Mon-Fri) 8a; (Sat) 9a
Confessions: (Sat) 4p - 4:45p

By Wilhelm List - Detail list eigenes Werk - Foto des Gemäldes im Familienbesitz, Public Domain

A Living Liturgy

A document from the Second Vatican Council calls the liturgy the “summit toward which the activity of the church is directed; at the same time, it is the fountain from which all her power flows.” In other words, for members of the church, liturgy is the source of life, and also that toward which life is directed. Life should be a living liturgy, and liturgy should be alive. The communion you have with God in the Eucharist celebrates the communion you have with God at all times, and the sacrifice you offer with Christ and the church at Mass empowers you to go forth and give of yourself. When you pray before Mass and after Communion, think about how what happens in church connects to what happens in the rest of your life.

-Takefiveforfaith.com

Holy Father’s Prayer Intention in June

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

Eucharistic Procession - June 7
Solemnity of Body and Blood of Christ
10:00am - after the 9:00am Sunday Mass.



What is the point of the Eucharistic Procession? It is a public act of worship in which we proclaim faith in the Lord’s eucharistic presence, extend his blessing into the community, and to symbolize humanity’s spiritual journey.

Catholic Communication Campaign

June 14

This annual collection supports the work of global and local communications. Fifty percent of funds collected remain in our Diocese to support local communications projects through social media, *The Valley Catholic* magazine, monthly eNews, etc.

WEEKLY OFFERING - May 31

-Total: **\$5,160** (\$3,926 + online: \$1,233). Goal: \$6,800.

-YTD Sunday: \$321,775. Budget: \$319,600.

-Building Fund: **\$600 + online \$193** (To date: \$7,991)

Thank you for your generosity.

Consider an **IRA or QCD Contribution**.

MASS INTENTIONS

Jun 06	Sat	05 pm	Christian Herrera & Javier Domeyko +
Jun 07	Sun	07 am	John & Dorothy Miller +
		09 am	Fr. Rey Sarmiento +
		11 am	Khiem Maria Bui +
		05 pm	Louise Harpham (L)
Jun 08	Mon	08 am	David Wong (L)
Jun 09	Tue	08 am	Anthony Lau +
Jun 10	Wed	08 am	Ann Sterri (L)
Jun 12	Fri	08 am	Ken & Jennifer McKeever (L)
Jun 13	Sat	09 am	Daniel Macedo (L)

National Consecration to the Sacred Heart



On June 11, 2026, the U.S. bishops will consecrate the United States to the Sacred Heart of Jesus. It is also part of the celebration of the 250th anniversary of the signing of the Declaration of Independence.

Local Consecration to the Sacred Heart of Jesus

Friday, June 12, at 8:00am

Church of the Ascension, Saratoga

Saturday, June 13, at 9:00am

Sacred Heart Church, Saratoga

with Bishops Cantú and Ligot and diocesan clergy.

Prayer of Consecration to the Sacred Heart

O Most Sacred Heart of Jesus:

You know the longings of our hearts,

and you desire that we enjoy friendship with you.

From your pierced side, you have poured out the wellspring of life, for which we thirst.

Your heart burns with a love for all people to return to a right relationship with you.

We celebrate the abundant gifts you have given this nation, founded on the self-evident truths that our Creator has endowed all people with the right to life, liberty, and the pursuit of happiness...

For complete prayer, scan QR code >>



Support the Spiritual Renewal or Terrace Project with Your Gift

Although we exceeded our campaign goal, we still need more donations to fund the **Terrace project**. The initial estimated cost is \$250,000.

If you want to donate to the Terrace project, please make your check payable to *Church of Ascension* and include 'Terrace project' in the memo line. **For those wishing to support the Capital Campaign**, please write your check to *Sowing Seeds of Faith*, or go to dsj.org/giving/seedsofffaith.

Consider **QCD, IRA, stock transfer**, etc.

Benevity Matching Gift

Your company may match your donations through Benevity. Donate via Benevity and look up “Church of the Ascension” using our Tax ID 94-2734503.

Are You a Sustaining ADA Donor?

In 2026, the annual ADA and the Capital Campaign are combined into a single pledge.

But if you already donated automatically to the ADA as a sustaining donor, please consider a pledge to the Capital Campaign, which provides resources for the Pastoral Plan - beyond the scope of the ADA. Details are in the materials in church or on parish website.

Men’s Club

Meeting in the Hall Lounge, Friday, June 12, 6:00pm.