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| John  6: 51-58  Selection C14 | **A Reading from the Holy Gospel According to John**  **Jesus said to the 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.”**  **The Gospel of the Lord** |