

# FAITH @Home

11 AUGUST 2024 | VOL.IV ISSUE 25

Diocese of Waterford & Lismore

*Celebrating and supporting faith, hope and love in the heart of the family!*



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Year B 19TH SUNDAY IN ORDINARY TIME

"TO THE HEIGHTS" YOUTH EDITION BACK IN THE AUTUMN

## Sunday Mass Readings

First Reading:

1 Kings 19:4-8

Responsorial Psalm:

Psalm 33(34):2-9

Second Reading:

Ephesians 4:30-5:2

Gospel:

John 6:41-51

*"I am the living bread which has come down from heaven."*



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## Hear



Grab your Bible and look up the Gospel reading. Don't have one?

No worries, you can find this week's readings online [HERE](#).



## Pray



In the Gospel today we hear part of Jesus' famous John 6 discourse.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- What does it mean to you that Jesus is the Bread of Life? How do you feel your participation at Mass has been? Are you trying to pray from the heart, to listen to His word and to receive Him gratefully?
- Jesus is truly present with us in the Eucharist - the same Jesus who healed so many in the Gospels, the same Jesus who worked miracles and challenged people through His words still does. Each time we receive the Eucharist we should do so with expectant faith, expecting Jesus to do great things in our lives, to heal our wounds and our hearts, to comfort and guide us. Make a renewed effort this week to receive Jesus as the Bread of Life in your life.

## Family Prayer



*Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that He may live in us, and we in Him; who lives and reigns with You and the Holy Spirit, one God, now and for ever. Amen. <https://columban.org/prayers>*

## Talk



Jesus continues to speak in this Gospel calling himself the Bread of Life.

- Do you ever think much about what Jesus means by eternal life? Think for a moment about your family inheriting eternal life... is this what drives our actions and decisions: to be forever with God who loves us!
- What kind of things are we doing now as a family that keep us on the path to eternal life? What kind of things could we start doing?
- Jesus calls himself the Bread of Life and He is truly present with us in the Eucharist. Can you find some time this week to go together as a family to adoration, or even to sit in the church and pray in front of the tabernacle, asking the Bread of Life to bless your family, your decisions and your path to heaven?

## Family Challenge!



Make a special effort to arrive earlier for Mass this week to pray in preparation for receiving Jesus in the Eucharist (or a blessing if you haven't made your communion yet!) Stay a few minutes longer praying in thanksgiving!

## BREAD OF LIFE

On this Sunday, we continue to read from the "Bread of Life discourse" found in the sixth chapter of John's Gospel. Recall that we have been reading from this chapter for the past two weeks and will continue to read from it for another two. Last week, the crowd asked for a sign that would show that Jesus came from God. Jesus replied by saying that he is the sign and the bread of life sent by God. At this point, our Lectionary omits six verses in which Jesus predicts the unbelief of the crowd and further develops his connection with God the Father. In these verses, Jesus says that he was sent by God to do the Father's will. Jesus promises that those who look upon the Son with faith will find eternal life. Some of these themes are repeated in today's Gospel reading.

Today's Gospel begins with a report that the Jews complained about Jesus' claims regarding his identity. They knew his family, and they knew he was the son of Joseph. They could not comprehend what Jesus meant when he said that he came down from heaven. Jesus responds to the complaints by saying that only those who are chosen by God will recognize him as the one that God sent. This is a recurring theme in John's Gospel, that God has chosen those who will have faith in Jesus.

In the verses that follow, Jesus talks more about his unity with the Father. He is the one who has seen the Father and, therefore, knows the Father. Those who listen to God will recognize that Jesus is the one sent from God. Those who believe will have eternal life. Jesus concludes with the central element of our eucharistic theology. He promises that the bread of life will bring eternal life to those who partake of it, and he tells us that the bread of life will be his own flesh, given for the life of the world.

In today's reading, we hear Jesus say again, as he did in last week's Gospel, that he is the bread of life. We also hear Jesus add that he is the living bread. Both of these statements help us understand better the gift that Jesus gives us in the Eucharist. We celebrate this gift of Jesus each time we gather for Mass. We believe that receiving Jesus in the Eucharist will lead us to eternal life.

Loyola Press: Sunday Connection

Check  
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out

## YOUTH 2000 SUMMER FESTIVAL

The Youth 2000 Summer Festival 2024 will take place August 15th-18th at Clongowes Wood College, Co Kildare. It promises to be a great weekend, with lots of great activities each day as well as the usual excellent speakers, inspiring talks and fantastic workshops. There will be lots of time for prayer and time to chill out, meet new people and experience the best of what it means to be young and Catholic today! The donation only retreat is for anyone aged 16-35. Stay and eat on site, just bring a sleeping bag along with the usual necessities and everything else will be provided. Please register in advance at [www.youth2000.ie](http://www.youth2000.ie) to help Y2K prepare for your arrival - it only takes a few minutes!



## CARLO'S CORNER ARE YOUR EYES OPEN?

When Jesus told his disciples no less than five times in the John 6 discourse that He is the Bread of Life, that His flesh is real food and His Blood is real drink many walked away, they said the teaching was too hard. Fr Mike reminds us in his video that it is a difficult teaching, unless you're one of the disciples who witnessed what they just witnessed. They knew Jesus claimed to be the Son of God and had seen him back this up with miracles. They had just witnessed him feed 5000 men (not to count women and children) with just five loaves and two fish the previous day, so they knew he had the power to do what he wanted with food. The previous night, just hours earlier, he had walked to them across the lake, 3 - 4 miles just walking on water, so they knew he had the power to do what he wanted with His own body too.

We didn't witness these miracles but we have the benefit of knowing that Jesus died and rose from the dead, that He ascended into Heaven. We know that Jesus claimed to be the Bread of Life, that He promised to be with us at every Mass and to be present in the hosts in every tabernacle in every Catholic Church in the world for all time. Are we being as present to Jesus as He is to us? Are we asking for the grace to see and hear Him with the eyes and ears of faith, to open our hearts fully to him? Let's pray for that grace today!



**The Disciples Doubted the Eucharist. Do You? Fr Mike Schmitz**



**Taste and See: Shane & Shane**

To the Heights Youth Resource also available

## Events

**Youth 2000 Summer Festival:** August 15th-18th at Clongowes Wood College, Co Kildare. Ages 16 - 35. Donation only. Faith, fun, fellowship! For more info including bus routes go to [www.youth2000.ie](http://www.youth2000.ie)

**Wild at Heart Basic: Men's Retreat:** Glencomeragh House, Kilsheelan, Co. Tipperary. 22 Aug 2024, 16:30 - 25 Aug 2024, 13:30. Full Board €250. This event is run by Wild at Heart Ministry in Ireland. For more information please go to [WILDATHEARTBASIC.COM](http://WILDATHEARTBASIC.COM), or contact John @ 085 854 5255. To book please contact [info@holymission.ie](mailto:info@holymission.ie).

**Visit of Relics of St Bernadette:** 17th & 18th September. The relics of St. Bernadette will visit the Diocese and a programme of events will be held in the Cathedral of the Most Holy Trinity over the two days. More info to follow.

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