

FAITH @ Home

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Diocese of Waterford & Lismore

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



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Year B 20TH SUNDAY IN ORDINARY TIME

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

Sunday Mass Readings

First Reading:

Proverbs 9:1-6

Responsorial Psalm:

Psalm 33(34):2-3,10-15

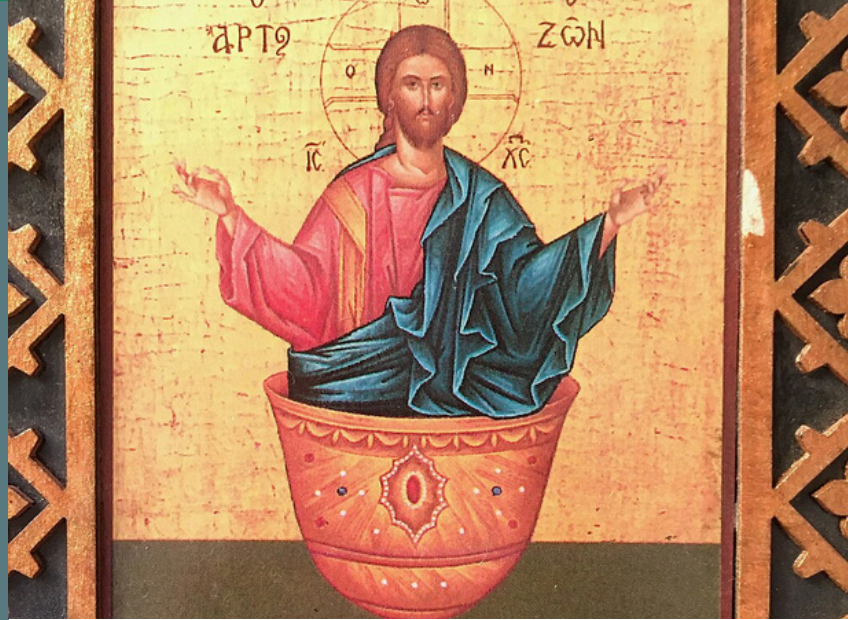
Second Reading:

Ephesians 5:15-20

Gospel:

John 6:51-58

"He who eats my flesh and drinks my blood lives in me and I live in him."



"The Living Bread" Icon: Uriel1022, CC BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0/>, via Wikimedia Commons

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 more of Jesus' famous John 6 discourse on the Bread of Life.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Those present at this teaching of Jesus found it very hard to accept. Is there anything about your faith that you are struggling to accept at the moment? Is there anything the Lord is calling you to bring to Him in prayer in a special way this week? Ask for His guidance. He may not answer you immediately but be open to the promptings of His Holy Spirit. Maybe there's a priest or religious you could share your struggles with and ask for clarity, or even ask to pray with you and for you.

Family Prayer



Bread of Life, you give us more than we need and we thank You from our hearts. Unite our hearts more and more to you each day so that we will be forever united in heaven. Amen

Talk

- Jesus continues to explain how He is the Bread of Life in this Gospel passage.
- Our Catholic faith teaches us that when we gather to celebrate Mass, Jesus himself is present to us in the Eucharist. Through the actions of the priest at Mass, the bread and wine truly become the Body and Blood of Christ. This is what we mean by the word transubstantiation.
- For those who have made their First Holy Communion, chat about your memories of the day. Have you photos you can look at together? For those who have not made their communion yet, you can already begin to prepare your heart asking Jesus to help you to know Him, love Him and serve Him!

Family Challenge!



Every time you eat bread this week, give thanks to God for providing for your needs, and ask Him to remind you always that Jesus is the Living Bread come down from Heaven. Maybe you might even bake a loaf of bread as a family activity!

BREAD OF LIFE

On this Sunday, we continue to read from the sixth chapter of the Gospel of John. Today's Gospel elaborates further on the teaching that Jesus began in our liturgy last week. In that reading, the crowds wondered about how Jesus could say that he had come down from heaven because they knew Jesus to be the son of Joseph. In this Gospel, some have difficulty with Jesus' teaching that he is the living bread sent from God. Recall that Jesus had told them that just as God gave the Israelites manna to sustain them in the desert, so now God has sent new manna that will give eternal life. We hear the concluding verse of last week's Gospel repeated in today's reading: Jesus himself is the bread sent by God; Jesus' flesh is the bread that is given for the life of the world.

Among the stumbling blocks for those who heard but did not understand Jesus is the teaching that the bread that Jesus will give is his own flesh. In response to the people who quarreled over his words, Jesus teaches with even greater emphasis that salvation comes to those who eat his Body and Blood. Jesus doesn't seem to answer the question posed about how salvation will come about, perhaps because this reality can only be understood after his death and Resurrection. Instead, Jesus teaches about the life that he will give to the world.

To many ears, Jesus' words are jarring and difficult to hear. Many who heard Jesus could not accept what he said. Many today continue to struggle to accept these words. But they are important words because they reveal our intimate connection with Jesus.

This is the mystery that is at the heart of our eucharistic theology. In the elements of bread and wine, Jesus' Body and Blood are made truly present. When we share in the Body and Blood of Christ, Jesus himself comes to dwell within us. This communion with the Lord makes us one body, brings us eternal life, and sends us forth to be Christ's body for the life of the world.

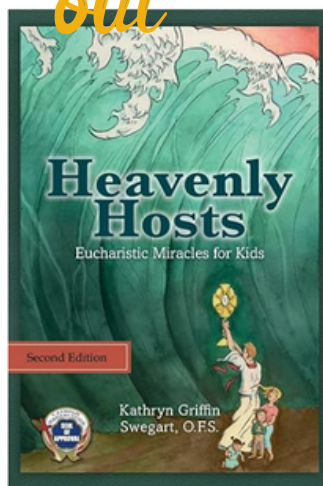
Check
this
out

Loyola Press: Sunday Connection

HEAVENLY HOSTS (SECOND EDITION): EUCCHARISTIC MIRACLES FOR KIDS

This best-selling Catholic book for children is a treasury of short stories that make a perfect read-aloud for parents and teachers to share with young readers. Illustrated with delightful pen and ink drawings. All the miracles are part of the Vatican Exhibition of Eucharistic Miracles. It makes an inspiring First Communion gift and good reading all year round. It is a delight for young and old alike.

Available at Amazon.co.uk



CARLO'S CORNER

DO I BELIEVE HIM

Do I take Jesus at His Word? That's a tough question maybe..

There are teachings of Jesus that sound nice and make sense to me. "Let the little children come to me."

Then there are teachings that are tougher to follow:

"Love your enemies, do good to those who hate you," "Take up your cross and follow me"

Then there are teachings that are beyond my understanding completely, such as Jesus' true presence in the Eucharist.

But here's the thing, if I believe Jesus is who He says He is, if I believe He is true God and true Man, if I believe His words in the Gospels and the promises He made and the prophecies made about Him, then I can trust Him, and ask for the grace for a greater understanding. I can ask to grow closer to Jesus, to understand His heart more and His love for me more. I can do this through prayer. As Mark Hart says, "Prayer doesn't help my relationship with God. Prayer is my relationship with God." If I'm not praying, if I'm not spending time with Jesus, asking Him to guide my heart and open my eyes to His presence in the Eucharist then how can I expect to grow in faith and understanding? Start this week, start today!

 **Biblical PROOF The Eucharist is Truly Jesus | Father Mike Schmitz**

 **I am the Bread of Life: The Vigil Project**

To the Heights Youth Resource also available

Events

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, or contact John @ 085 854 5255. To book please contact info@hollyfamilymission.ie.

Be Healed Retreat: Glencomeragh House, Kilsheelan, Co. Tipperary. 30 Aug 2024 - 01 Sept 2024. Discover the Lord's healing power and the freedom He offers us through the uprooting of the desires that keep us bound. Full Board €250. To book please contact info@hollyfamilymission.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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