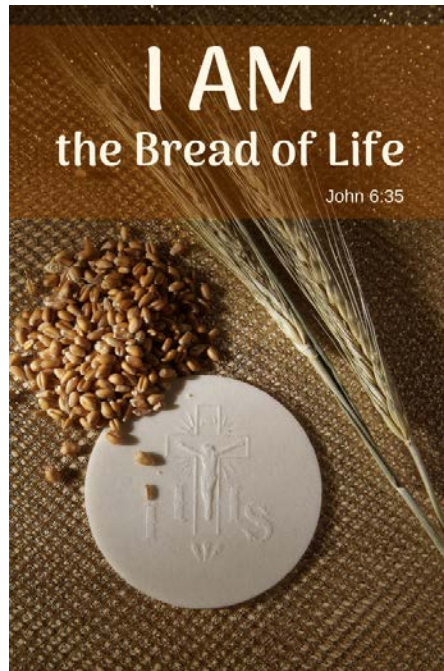


THIS WEEK'S SCRIPTURES

August 5, 2018

The Eighteen Sunday in Ordinary Time

Exodus 16:2-4, 12-15 † Ephesians 4:17, 20-24 † John 6:24-35



Reflection by: Christina Iribarne, OPA

Jesus has given us directions on how to be faithful and believe. Jesus is the food that nurtures us- the food that we need. He gives us eternal life. He is the bread of life.

When we come to the table before the Lord a miracle happens each time. We witness when simple bread becomes His body and wine becomes His blood. During the consecration, we ask the Lord to feed us. When we are nurtured and fed we believe in Him. When we BELIEVE in His real presence we walk in faith and we are we are recommitted to Him. We are bound to Christ by the bread of life.

“I am the bread of life whoever comes to me will never hunger and whoever believes in me will never thirst (John 6:35).” This is all we need.