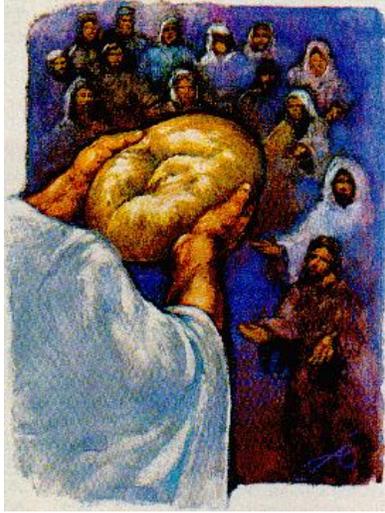


**THIS WEEK'S SCRIPTURES**  
**August 12, 2018**  
**The Nineteenth Sunday in Ordinary Time**  
**Kings 19:4-8 † Ephesians 4:30-5:2 † John 6:41-51**



**Reflection by Jeanne Goyette, OP**

*I am the Living Bread*

Elijah was given bread that gave him strength to reach the mountain of God. The Jews were given manna in the desert to give them nourishment to reach the Promised Land. But Jesus gives us Living Bread that enables us to partake in the very life of God. Jesus is the Living Bread and the bread that He gives is His flesh for the life of the world. The Word made flesh gives Himself to us and dwells in us. Thus we become one with the body of Christ in all its fullness, with all people and with all of creation. This is Eucharist.

The letter to the Ephesians gives us the blueprint for what it means to share in the very life of God and to become one with the body of Christ — to remove all bitterness, anger, reviling, and malice and to live in love, kindness, compassion, and forgiveness. This life of love must extend to all and, especially, to the poor and needy. The poor of the world need bread to have life. In 2016, approximately 815 million people were hungry worldwide — one in every nine people. (FAO, United Nations).

Pedro Arrupe, SJ reminds us, “In the Eucharist we receive Christ hungering in the world. He comes to us, not alone, but with the poor, the oppressed, the starving of the earth. Through him they are looking to us for help, for justice, for love expressed in action. Therefore we cannot properly receive the Bread of Life unless at the same time we give the bread of life to those in need wherever and whoever they may be.”

Let us who receive the Living Bread also become living bread for others.