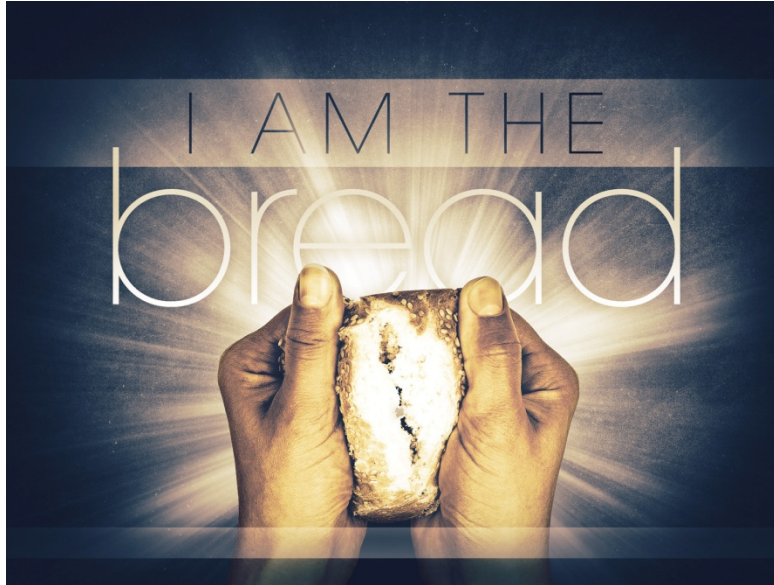


## THIS WEEK'S SCRIPTURES

August 1, 2021

Eighteenth Sunday in Ordinary Time

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



**Reflection by: Sister Elise Redmerski, OP**

You can't live on pizza...you need a balanced diet. You will not grow up to be healthy. Finish your nourishing food. You are what you eat. And so, these words became a ritual at dinner time. I had a very poor appetite

But as an adult, I grew in more ways than one to like food. When it is my turn to cook, I spend time planning, preparing, trying to cook balanced meals. I take pleasure when people enjoy the meal and leave the domestic table feeling satisfied.

And there are days that I can leave the 'church' table still hungering for more... hungering to be fed and satisfied. That leads me to question the amount of time, care and attention prepping for that meal. Is eating the Bread of Life just part of an everyday routine? How much preparation time do I put into feeding my spiritual life? Do I hunger to improve my appetite for the life giving Body of Christ? Of course, I do! This meal isn't to just nourish me but to share what I have received with whomever I encounter. I need to put in time preparing for His meal.

I will always crave more delicious food and I will always crave a better relationship with God. There will always be 'hunger' in my life.

I am what I eat.