

THIS WEEK'S SCRIPTURES

August 8, 2021

Nineteenth Sunday in Ordinary Time

1 Kings 19:4–8 † Ephesians 4:30—5:2 † John 6:41–51



Reflection by: Anne Whalen Cerchio, OPA

In the first reading, Elijah is worn out; filled with despair. He just wanted to give up, lay down and die. Twice he was awakened by angel who told him to eat bread to give him strength for the journey.

Ephesians speaks to us of being sealed with the Holy Spirit for the day of redemption. We are called to be kind, compassionate and forgiving as Jesus forgave us.

John's message is very clear. "Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

Jesus makes a mighty statement, "Whoever eats my flesh and drinks my blood has eternal life." The bread of life He offers is manna from Heaven. He who feeds on the bread will live forever.

The Eucharist is NOT a symbol. It is a sacrament uniting us to Jesus and eternal life. Jesus does not say, "I am like the bread of life." He says, "I am the Bread of Life."

Eat hearty.