



## 19<sup>th</sup> Sunday of Ordinary Time

1 Kings 19:4-8  
Ps 34:2-9  
Eph 4:30--5:2  
John 6:41-51

### Monday August 10

#### St. Lawrence

2 Cor 9:6-10  
Ps 112:1-2, 5-9  
John 12:24-26

### Tuesday August 11

#### St. Clare

Deut 31:1-8  
Deut 32:3-4,7-9,12  
Matt 18:1-5, 10, 12-14

### Wednesday August 12

Deut 34:1-12  
Ps 66:1-3a,5,8,16-17  
Matt 18:15-20

### Thursday August 13

Joshua 3:7-11,13-17  
Ps 114:1-6  
Matt 18:21--19:1

### Friday August 14

#### St. Maximilian Kolbe

Joshua 24:1-13  
Ps 136:1-3,  
16-18,21-22,24  
Matt 19:3-12

### Saturday August 15

#### Assumption of Mary

Rev 11:19a;12:1-6a,10  
Ps 45:10-12, 16  
1 Cor 15:20-27  
Luke 1:39-56

John 6:41-51 is Christ's explanation of the Eucharist. He says: "Whoever believes has eternal life. I am the bread of life."

Why "bread of life"? How does it give us life?

He answers: "Whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." In other words, he gave himself to us – he gave his life for us – on the cross. Our sinfulness put us on the path of death, but he who was sinless and divine substituted himself for us, taking our deaths upon himself so that we could have the eternal life of God.

The resurrection of his body defeated this death. Therefore, his body, crucified and risen, is the source of our life. This is what we celebrate in Mass. We are not re-enacting his death during the sacrifice of the altar, as some mistakenly assume; we are uniting ourselves to his life.

The "sacrifice of the altar" is our participation in the entirety of Christ – his life, his ministry, his crucifixion for our sins, his resurrection, and his ascension to heaven. We unite with him by offering our lives to him so that he ministers to the world through us, sacrificing our will where it interferes with his, which results in being raised up to new life as we follow Christ to heaven.



Every Catholic Mass accomplishes this by providing us with our Savior's body and blood in the form of food: the bread of life.

This holy communion comes to us from Christ's Last Supper, through generation after generation of the apostolic priesthood, beginning with the first Apostles.

Today, Christ is as fully present and as truly real here as he was when he sat among the Apostles and said, "This is my Body, this is my Blood." Thus anyone who adores and honors Jesus in the Eucharist, believing that he is their Savior, is feasting on the source of their eternal life.

### Reflect & Discuss:

1. How do you know that the Eucharist is truly the high point and center of YOUR life?
2. What's missing from your current experience of meeting Jesus in person in the miracle that takes place on the altar?
3. How is the Eucharist life-giving for you? Share how Jesus has revealed himself to you through the Blessed Sacrament.
4. How did it change you?