

# Sunday Readings

12<sup>th</sup> August 2018

## SECOND READING

A reading from the letter of St Paul  
to the Ephesians

4:30 - 5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord. *Thanks be to God.*

## Gospel Acclamation

Jn 14:23

*Alleluia, alleluia!*

*If anyone loves me he will keep my word,  
and my Father will love him,  
and we shall come to him.*

*Alleluia!*

## GOSPEL

John 6:41-51

The Lord be with you. *And with your Spirit.*  
A reading from the holy Gospel according to John.  
*Glory to you, O Lord.*

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me  
unless he is drawn by the Father who sent me,  
and I will raise him up at the last day.

It is written in the prophets:

*They will all be taught by God,*

and to hear the teaching of the Father,  
and learn from it, is to come to me.

Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.

I tell you most solemnly,  
everybody who believes has eternal life.

'I am the bread of life.

Your fathers ate the manna in the desert  
and they are dead;

but this is the bread that comes down from heaven,  
so that a man may eat it and not die.

I am the living bread which has come down from  
heaven.

Anyone who eats this bread will live for ever;  
and the bread that I shall give is my flesh,  
for the life of the world.'

The Gospel of the Lord.

*Praise to you, Lord Jesus Christ.*

## Collect

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit, one God, for ever and ever. Amen.

## FIRST READING

A reading from the first book of Kings

19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord. *Thanks be to God.*

## Responsorial Psalm

*Psalm 33:2-9. R/. v.9*

### **R/. Taste and see that the Lord is good.**

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. **R/.**

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. **R/.**

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called, the Lord heard him  
and rescued him from all his distress. **R/.**

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. **R/.**

# The Nineteenth Sunday in Ordinary Time

Lectionary Year B

*the word of god*

*saint of the week*

**Tuesday 14 August 2018**

***"I am the living bread which has come down from heaven."***

**T**he First Book of Kings today speaks to us about Elijah, one of God's chosen prophets. We modern Christians are supposed to be prophets in our world today, proclaiming the word of God by our way of living and loving others.

For Elijah, God sends the food that is necessary. One small meal was enough for Elijah to walk forty days and forty nights to meet the Lord. Two things strike us immediately: how could that possibly be enough food? Why forty days and forty nights?

Food from heaven is always more sustaining than regular food. When God gives us food, it sustains us beyond what we can imagine. Forty is almost always a symbol of the limit of endurance. Jesus fasts for forty days and forty nights when he goes into the wilderness. The chosen people wander for forty years in the desert. Moses speaks to God for forty days and forty nights on the mountain. When the floods come in the time of Noah, it rains for forty days and forty nights.

God will always take care of us, to the very limit of our endurance. God always sustains us. Whoever eats this bread will live forever. All the Lord asks of us is that we be kind to one another, compassionate, forgiving one another as God has forgiven us in Christ. It always sounds so simple. Why is it so difficult to live this way?

Only if we choose to be fed with the food from heaven will we have the strength we need to live for God and to love one another. Let us open our hearts today to understand this God who loves us and sends us His Son as food. Let us eat the bread of heaven and drink the blood of the Son of God so that we can live.

## *prayer of the week*

### **A Prayer of Consecration to Our Lady (based on a prayer of St Maximilian Kolbe)**

Immaculata, Queen and Mother of the Church, I renew my consecration to you for this day and for always, so that you might use me for the coming of the Kingdom of Jesus in the whole world. To this end I offer you all my prayers, actions and sacrifices of this day.

Amen.

### **St Maximilian Kolbe**

**(1894 - 1941)**



He was born on 8 January 1894 in occupied Poland: he joined the Franciscans in Lwów in 1910, and was ordained eight years later, as his country became free and independent for the first time in over 120 years.

He believed that the world was passing through a time of intense spiritual crisis, and that Christians must fight for the world's salvation with all the means of modern communication. He founded a newspaper, and a sodality called the Knights of Mary Immaculate, which spread widely both in Poland and abroad.

In 1927 he founded a community, a "city of Mary," at Teresin: centred round the Franciscan friary, it attracted many lay people, and became self-supporting, publishing many periodicals and running its own radio station.

In 1930 he went to Japan, studied Buddhism and Shintoism, and through the Japanese edition of his newspaper spread the Christian message in a way that was in harmony with Japanese culture. In Nagasaki, he set up a "Garden of the Immaculate," which survived the atomic bomb. He also travelled to Malabar and to Moscow, but was recalled to Poland in 1936 for reasons of health.

When the Germans invaded in 1939, the community at Teresin sheltered thousands of refugees, most of them Jews. In 1941 he was arrested and sent to the concentration camp at Auschwitz, where he helped and succoured the inmates. In August of that year a prisoner escaped, and in reprisal the authorities were choosing ten people to die by starvation. One of the men had a family, and Maximilian Kolbe offered to take his place. The offer was accepted, and he spent his last days comforting his fellow prisoners.

The man he saved was present at his canonization.