

**Welcome to Holy Mass at Holy Cross Church  
18<sup>th</sup> Sunday in Ordinary Time**

**Sunday, August 2, 2009  
11:00 am**

**Holy Cross Church  
3690 Armstrong Road, PO Box 318  
Syracuse, NY 13209-0318**

Intention: +Stella and Ernest Beebe Requested by the Steve Beebe family  
Intention: for healing of Lu Luch Requested by Paul Zalewski and Jocelyn Thomas  
and  
all those in need of healing in our parish community

**The Liturgy of the Word**

**Reading I**

Exodus 16: 2-4, 12-15

**A reading from the second book of Kings**

I will rain bread from heaven upon you.

The whole Israelite community grumbled against Moses and Aaron. The Israelites said to them, "Would that we had died at the Lord's hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!"

Then the Lord said to Moses, "I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

"I have heard the grumbling of the Israelites. Tell them: in the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the Lord, am your God."

In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground. On seeing it, the Israelites asked one another, "What is this?" But Moses told them, "This is the bread which the Lord has given you to eat."

**This is the Word of the Lord.**

**Responsorial Psalm**

Psalm 78: 3-4, 23-24, 25, 54

R: The Lord gave them bread from heaven.

**What we have heard and know, and what our fathers have declared to us, we will declare to the generation to come the glorious deeds of the Lord and his strength and the wonders he has wrought.**

R: The Lord gave them bread from heaven.

**He commanded the skies above and the doors of heaven he opened; he rained manna upon them for food and gave them heavenly bread.**

R: The Lord gave them bread from heaven.

**The bread of the mighty was eaten by men; even a surfeit of provisions he sent them. And he brought them to his holy land, to the mountains his right hand had won.**

R: The Lord gave them bread from heaven.

## **Reading II**

Ephesians 4: 17, 20-24

### **A reading from the letter of Paul to the Ephesians**

Put on the new man that has been created in God's image.

I declare and solemnly attest in the Lord that you must no longer live as the pagans do – their minds empty. That is not what you learned when you learned Christ! I am supposing, of course, that he has been preached and taught to you in accord with the truth that is in Jesus: namely, that you must lay aside your former way of life and the old self which deteriorates through illusion and desire, and acquire a fresh, spiritual way of thinking. You must put on that new man created in God's image, whose justice and holiness are born of truth.

**This is the Word of the Lord.**

## **Gospel**

John 6: 24-35

### **A reading of the holy gospel according to St. John**

He who comes to me will never be hungry; he who believes in me will never thirst.

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had eaten the bread, they too embarked in the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, "Rabbi, when did you come here?" Jesus answered them: "I assure you, you are not looking for me because you have seen signs but because you have eaten your fill of the loaves. You should not be working for perishable food but for food that remains unto life eternal, food which the Son of Man will give you; it is on him that God the Father has set his seal."

At this, they said to him, "What must we do to perform the works of God?" Jesus replied, "This is the work of God: have faith in the One he sent." "So that we can put faith in you," they asked him, "what sign are you going to perform for us to see? What is the 'work' you do? Our ancestors had manna to eat in the desert; according to Scripture, 'He gave them bread from the heavens to eat.'" Jesus said to them, "I solemnly assure you, it was not Moses who gave you bread from the heavens; it is my Father who gives you the real heavenly bread. God's bread comes down from heaven and gives life to the world."

"Sir, give us this bread always," they besought him. Jesus explained to them, "I myself am the bread of life. No one who comes to me shall ever be hungry; no one who believes in me shall thirst again."

**This is the gospel of the Lord.**

## **Thoughts from the Pulpit:**

### **Multiplication of Bread – Bread from Heaven's Soil**

[John 6: 24-35]

Last Sunday in the Gospel, we saw how Jesus gave bread to the hungry people in the wilderness. This Sunday's Gospel continues further the story of still hungry people. When they came back the next day to Jesus for more, he said to them, 'Do not depend on perishables, but strive for the food that endures to eternal life.'

The Gospel makes it clear that the Son of God did not come down from above merely to satisfy physical hunger. He came to give a heavenly bread that people will eat and never become hungry. The manna in the desert was but a foreshadowing of the spiritual food which was now being offered by Jesus to the people. The manna nourished people physically on their journey through the desert. The new Bread will nourish people spiritually and sustain life eternally.

So, Jesus refused to feed them miraculously again, instead he gave them the key for the constant flow of God's generosity, simply by receiving the spiritual nourishment of the soul and body that God offers. When people asked Jesus, 'What can we do to accomplish the works of God?' He gave them a simple answer: 'Believe in the one He sent.' (John 6:28-29). Then, as

Scripture promises, 'I will rain down bread from heaven for you.' (Exodus 16:4). The Bread that comes from the very Heart of God is able to change people and is able to make them very alive, very loving, very trustworthy, very responsible, very caring, and very satisfied.

If we can just sit quietly before the Lord each day at least for a very short moment, if we can just receive His body and blood at Mass with open hearts, He will feed us. He will lavish us with the best of gifts, and we will find ourselves doing His work as a result. We won't be hungry, spiritually and bodily.

Jesus, I marvel at your desire to fill me to overflowing. You are the bread of life. Help me to open my heart to you today. Amen!

### **The Communion**

Welcome to participation in the Holy Eucharist. By receiving Holy Communion, the Body and Blood of Our Lord Jesus Christ, we fully participate in the celebration of the Holy Eucharist.

We are encouraged to receive Communion devoutly. In order to be properly disposed to receive Communion, participants should be baptized, should not be conscious of grave sin, and normally should fast for one to two hours. A person who is conscious of grave sin is not to receive Communion without prior Sacramental Confession.

We always welcome our fellow Christians to this celebration of the Holy Eucharist and Holy Communion. We pray that our common Baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions separating us.

## Announcements for August 2, 2009

We offer our prayers for Rose Kolonko, who is in Crouse Hospital recovering from an infection. She can receive cards in care of Crouse-Irving Hospital, 736 Irving Avenue, Syracuse, Ny 13204, room 4104.

We extend a happiest of birthdays to Tony Prince, whose special day is this coming Tuesday, August 4. STO LAT!!!

Please check the Solvay Field Days Sign up sheets on the table in the foyer for accuracy and to sign up if you did not last week. The group will meet briefly after mass today to review the procedures for prep and at the field tent. Please plan to attend.

The deadline for registering for the White Eagle Medical Bridge Golf Tourney is next Sunday, August 9. If you need an application or wish to sponsor a hole, please pick up an application on the foyer table. Thank you.

If you have not yet had the chance to see it, stop by the office to see our new desk furniture, donated by Pelligra Moving and Storage. They also installed castors on the back legs of the parish hall piano, so that it can be removed more easily. The Pelligra company continues to be generous with us, both with their services and their donations. If you ever have need of a local moving company, please consider Pelligra.

Other upcoming events:

Parish Committee Meeting – Sunday, August 16

Mohawk Valley Volleyball Tournament – Saturday, August 22

YMS of R Annual Track and Field Meet in Monooka–September 5

Fall Picnic – Sunday, September 13

### Weekly Calendar

NO CHOIR PRACTICE THIS WEEK!

Monday, August 3      10:00 am    Tent Set Up at Woods Road field, Solvay

Tuesday, August 4      HAPPY BIRTHDAY TO Tony Prince!!!

Thursday thru Saturday  
August 6, 7, 8      SOLVAY FIELD DAYS    Th-Fri: 4-11 pm; Sat: 1-11 pm

Sunday, August 9      19<sup>th</sup> Sunday of Ordinary Time  
                                  Intention: +Stella Beebe                      Requested by the choir  
    +Denise Vinciguerra                      Requested by Mary Ann and Dave Greenfield  
 11:00 am              Holy Mass

### Monthly Financial Summary

| Week of      | Weekly Income | Weekly Income Needed | Balance       |
|--------------|---------------|----------------------|---------------|
| July 5       | \$875         | \$642                | \$233         |
| July 12      | \$476         | \$642                | -\$166        |
| July 19      | \$473         | \$642                | -\$169        |
| July 26      | \$500         | \$642                | -\$142        |
| <b>TOTAL</b> | <b>\$2324</b> | <b>\$2568</b>        | <b>-\$244</b> |