



## **Reading II**

Ephesians 4: 30- 5: 2

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

Walk in love, just as Christ.

Do nothing to sadden the Holy Spirit with whom you were sealed against the day of redemption. Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another, compassionate, and mutually forgiving, just as God has forgiven you in Christ.

Be imitators of God as his dear children. Follow the way of love, even as Christ loved you. He gave himself for us as an offering to God, a gift of pleasing fragrance.

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

## **Gospel**

John 6: 41-51

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

I am the living bread that came down from heaven.

The Jews started to murmur in protest because Jesus claimed, "*I am the bread that came down from heaven.*" They kept saying: "Is this not Jesus, the son of Joseph? Do we not know his father and mother? How can he claim to have come down from heaven?"

*"Stop your murmuring,"* Jesus told them. *"No one can come to me unless the Father who sent me draws him; I will raise him up on the last day. It is written in the prophets: 'They shall all be taught by God.' Everyone who has heard the Father and learned from him comes to me. Not that anyone has seen the Father – only the one who is from God has seen the Father. Let me firmly assure you, he who believes has eternal life. I am the bread of life. Your ancestors ate manna in the desert, but they died. This is the bread that comes down from heaven, for a man to eat and never die. I myself am the living bread come down from heaven. If anyone eats this bread he shall live forever; the bread I will give is my flesh, for the life of the world."*

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

## **Thoughts from the Pulpit:**

### **Food for the Journey**

[John 6: 41-51]

We are God's people set on a journey of faith towards the promised land of eternal life. As we are on the journey, we are bound to encounter many difficulties along the way – shortages of provisions, doubts, lost roads, directions, lack of food, and such.

On a spiritual journey, people of faith have The Lord who is not only the goal of the journey, but also the Companion on the way.

In the Gospel today Jesus declares that he is "*the bread that has come down from heaven.*" The Bread from Heaven here is primarily the revelation given to people by Jesus: His Gospel, His Direction, His Power, His Spirit, His Guidance, His Open Gate of Heaven, His Way, His Truth, His Life. All this has been stored in the Sacrament of the Holy Eucharist that expresses the Memorial of Life that the Son of the Living God shares with people of faith on this earth.

The Eucharist Bread has been called *Viaticum*, that is, *bread for a journey*, somewhat like a soldier's rations. However, over the years *Viaticum* came to be applied in a very narrow sense. It came to mean Communion given to a dying person.

But the Eucharist is meant to sustain us all through our journey, and that is to energize us, to strengthen us, to will us to lead a Christian life, and to reach our destination – the Kingdom of God. Amen!

## **Transfiguration of Our Lord August 6**

In the calendar year, the date of 6<sup>th</sup> of August marks the Solemnity of the Transfiguration.

The Church each year perpetuates the story of the Transfiguration of Jesus on the mountain of Tabor. On that mountain Jesus' disciples got a glimpse of the glory of Jesus, the Son of God. It is also a revealing story of our own future glory as children of God.

The veil which separates the visible from the invisible and the future from the present had been removed for a moment. The sequence of time had been lifted for a short time.

On the mountain of Tabor at the moment of Transfiguration, Elijah and Moses, who were dead for many centuries, appeared as very alive in conversation with Jesus. Moses represented the Law; Elijah the Prophets. Thus Jesus being in the midst of them brings the Law and the Prophets to fulfillment.

At the end of this event, a cloud came (verse 7) and covered the place. This was no ordinary cloud, but what the Old Testament called *shekinah*, the image to describe God's dwelling among his people. It was the way God came to the Tabernacle, it had filled the Temple, and it was what the Jews dreamed would return to the Temple when the Messiah comes.

From that cloud God spoke: 'This is my beloved Son, listen to Him.'

Follow Him! He is the Light for this world! He is the Way to Salvation, where God's Glory is the Perpetual-Everlasting Inheritance for those who listen to Him and follow Him! 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 9, 2009

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

Congratulations to Joe, Angela, JJ, Nichole and Faith – they welcomed Faith’s new sister, Leah Ann Cannizzo, to their family yesterday morning at 8:40 am. Nichole and Leah Ann (21 inches – 8 lbs, 7 oz) are both doing well. STO LAT!!! We welcome our newest member of Holy Cross. with open arms and hearts. We can’t wait to meet you!!

We extend our prayers to Judy Pazdzierski, who is undergoing surgery on August 11. Also, Rose Kolonko is home from the hospital and still recuperating. Michelle Mallory and Lu Luch have both been diagnosed with cancer in recent days and face a challenging recovery. Please keep them in your prayers.

Other upcoming events:

- White Eagle Medical Bridge Golf Tourney – August 15
- Parish Committee Meeting – next Sunday, August 16
- Mohawk Valley Volleyball Tournament – Saturday, August 22
- Annual Track and Field Meet in Minooka–September 5
- Fall Picnic – Sunday, September 13

We are starting a prayer list in each Sunday’s bulletin for those specific individuals in our lives who are in need of our prayers and support as they heal. If you have a name to add to our prayer list, please let Pat know by Thursday of each calendar week. Thank you.

### Weekly Calendar

- Tuesday, August 4    6:00 pm    Choir practice
- Saturday, August 15    White Eagle Medical Bridge Golf Tourney  
9:00 am    New York Mills
- Sunday, August 16    19<sup>th</sup> Sunday of Ordinary Time  
Intention: +Denise Vinciguerra  
Requested by Mary Ann and Dave Greenfield
- 11:00 am    Holy Mass  
12:15 pm    Parish Committee Meeting

### Monthly Financial Summary

Week of	Weekly Income	Weekly Income Needed	Balance
August 2	\$560	\$642	-\$86
<b>TOTAL</b>	<b>\$560</b>	<b>\$642</b>	<b>-\$86</b>