

Reading II

Ephesians 5: 15-20

A reading from the letter of Paul to the Ephesians

Be watchful that you may know the will of God.

Keep careful watch over your conduct. Do not act like fools, but like thoughtful men. Make the most of the present opportunity, for these are evil days. Do not continue in ignorance, but try to discern the will of the Lord. Avoid getting drunk on wine that leads to debauchery. Be filled with the Spirit, addressing one another in psalms and hymns and inspired songs. Sing praise to the Lord with all your hearts. Give thanks to God the Father always and for everything in the name of our Lord Jesus Christ.

This is the Word of the Lord.

Gospel

John 6: 51-58

A reading of the holy gospel according to St. John

My flesh is real food and my blood is real drink.

Jesus said to the crowds, *"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."*

At this the Jews quarreled among themselves, saying, "How can he give his flesh to eat?" Thereupon Jesus said to them:

"Let me solemnly assure you, if you do not eat the flesh of the Son of Man and drink his blood, you have no life in you. He who feeds on my flesh and drinks my blood has life eternal, and I will raise him up on the last day. For my flesh is real food and my blood real drink. The man who feeds on my flesh and drinks my blood remains in me, and I in him. Just as the Father who has life sent me and I have life because of the Father, so the man who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and died nonetheless, the man who feeds on this bread shall live forever."

This is the gospel of the Lord.

Thoughts from the Pulpit:

[John 6: 51-58]

The Eucharist Banquet of Life

We, the pilgrim people, are invited by God to celebrate the Eucharist, the banquet provided with the Food from Heaven - Jesus Christ the Son of God.

The Church proclaims until the end of times that the Lord and Savior Jesus Christ is present in the Eucharist. But he is not physically present. Nevertheless, He is really and truly present. The mode of His presence is beyond our understanding. We call it "the real presence" because it is presence in the fullest sense. To receive the gift of the Eucharist is to receive the Lord Himself.

The Lord said: "This is my body... this is my blood." It is not a metaphor – it is real language. 'Flesh and blood' is a Hebrew idiom for the whole person.

The Eucharist is Jesus Christ with His Gospel and the whole mystery of salvation. He comes with this whole package in the form of bread – the bread which is essential for life. Bread nourishes us and gives us life. Through the food of the Eucharist, Jesus nourishes in us the undying life of God which we received in baptism. This is why he says, "Anyone who eats this bread will live forever."

Here we are given the unthinkable promise! "Whoever eats my flesh and drinks my blood remains in me and I in him" (John 6:56). We are given the promise that each of us can come to see as Jesus sees, to speak as Jesus speaks, and to pray as Jesus prays.

Therefore St. Paul calls us to attention; he simply warns us, "watch carefully" how you live, "not as foolish persons, but as wise, making the most of the opportunity." (Ephesians 5: 15-16). 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 16, 2009

The parish committee will meet today after mass in the parish hall. Discussions about the picnic and upcoming fundraising events are key parts of the agenda. Please plan to attend.

Upcoming events:

- Mohawk Valley Volleyball Tournament – Saturday, August 22
- Annual Track and Field Meet in Minooka–September 5
- Fall Picnic – Sunday, September 13

Each Sunday, our prayer list will specifically name those 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 18 6:00 pm Choir practice

Sunday, August 23 21st Sunday of Ordinary Time
Intention: +Kathryn and Walter Sobotka
Requested by Mary Ann and Dave Greenfield

11:00 am Holy Mass

Monthly Financial Summary

Week of	Weekly Income	Weekly Income Needed	Balance
August 2	\$560	\$642	-\$86
August 9	\$365	\$642	-\$277
TOTAL	\$925	\$1284	-\$359