

**The Twentieth Sunday in Ordinary Time**

August 19, 2018

**Reading 1: Proverbs 9: 1-6**

Wisdom has built her house,  
she has set up her seven columns;  
she has dressed her meat, mixed her wine,  
yes, she has spread her table.  
She has sent out her maidens; she calls  
from the heights out over the city:  
"Let whoever is simple turn in here;  
To the one who lacks understanding, she says,  
Come, eat of my food,  
and drink of the wine I have mixed!  
Forsake foolishness that you may live;  
advance in the way of understanding."

**Responsorial: Psalm 34**

*Taste and see the goodness of the Lord.*

I will bless the LORD at all times;  
his praise shall be ever in my mouth.  
Let my soul glory in the LORD;  
the lowly will hear me and be glad.

Glorify the LORD with me,  
let us together extol his name.  
I sought the LORD, and he answered me  
and delivered me from all my fears.

Look to him that you may be radiant with joy,  
and your faces may not blush with shame.  
When the poor one called out, the LORD heard,  
and from all his distress he saved him.

**Words from our Holy Father**

As well as physical hunger, man also suffers from another form of hunger that cannot be sated with ordinary food. It is a hunger for life, a hunger for love, a hunger for eternity. Manna is the sign ... that prefigured the food that satisfies this profound hunger present in man. Jesus gives us this nourishment — or rather, He Himself is the living bread that gives life to the world. His Body is the true food in the form of bread; His Blood is the true sustenance in the form of wine. It is not a simple form of nourishment to sate our bodies, like manna; the Body of Christ is the bread of the last times, able to give life, eternal life, because the substance of this bread is Love."

*-Pope Francis, Holy Mass in the Square of St. John Lateran, June 20, 2014*

**Reading 2: Ephesians 5: 15-20**

Brothers and sisters:  
Watch carefully how you live,  
not as foolish persons but as wise,  
making the most of the opportunity,  
because the days are evil.  
Therefore, do not continue in ignorance,  
but try to understand what is the will of the Lord.  
And do not get drunk on wine,  
in which lies debauchery,  
but be filled with the Spirit,  
addressing one another in psalms and hymns  
and spiritual songs,  
singing and playing to the Lord in your hearts,  
giving thanks always and for everything  
in the name of our Lord Jesus Christ  
to God the Father.

**Gospel: John 6: 51-58**

Jesus said to the crowds:  
"I am the living bread that came down from heaven;  
whoever eats this bread will live forever;  
and the bread that I will give  
is my flesh for the life of the world."

The Jews quarreled among themselves, saying,  
"How can this man give us his flesh to eat?"

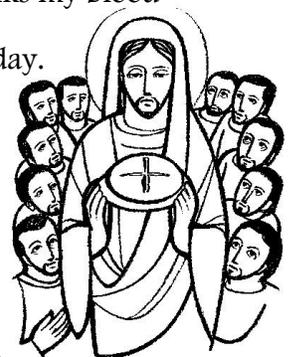
Jesus said to them,  
"Amen, amen, I say to you,  
unless you eat the flesh of the Son of Man  
and drink his blood,  
you do not have life within you.

Whoever eats my flesh and drinks my blood  
has eternal life,  
and I will raise him on the last day.

For my flesh is true food,  
and my blood is true drink.  
Whoever eats my flesh  
and drinks my blood  
remains in me and I in him.

Just as the living Father sent me  
and I have life  
because of the Father,  
so also the one 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 still died,  
whoever eats this bread will live forever."



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## I Am The Bread Of Life

I am the Bread of life.  
You who come to me shall not hunger;  
and who believe in me shall not thirst.  
No one can come to me unless the Father beckons.

*And I will raise you up, and I will raise you up,  
and I will raise you up on the last day.*

The bread that I will give  
is my flesh for the life of the world,  
and if you eat of this bread,  
you shall live for ever, you shall live for ever.

Detail: Sr. Suzanne Toolan Tune: Arr. by Richard Proulx; © 1966, arr. © 2008, GIA Publications, Inc.

## Psalm 34

*Taste and see. Taste and see the goodness of the Lord.  
Oh, taste and see. Taste and see,  
The goodness of the Lord, of the Lord.*

## Strength for the Journey

*I will be, I will be, I will be strength for the journey.  
I will be, I will be, I will be strength for the journey.*

There is a road meant for you to travel.  
Narrow and steep is the shepherd's way,  
and as you say, "Yes," letting me guide you,  
I will be strength for the journey.

There is a cross meant for you to carry.  
There is a cross meant for you alone,  
and as you bow down in humble surrender,  
I will be strength for the journey.

How many times have you doubted my word?  
How many times must I call your name?  
And as you say, "Yes," letting me love you,  
I will be strength for the journey.

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## “Ground Rules” for Small Group Faith Sharing

Maintain confidentiality – “Whatever happens in small group stays in small group.”

Judgment-free zone – You don't have to agree with every one, but you have to have respect for everyone.

No “shut downs” or “put downs” – See Christ in one another, BE Christ to one another.

Don't be a “discussion hog” – Be sure that everyone that wants to gets a chance to share.

Leave room for the Spirit – Silence is OK! Not everyone has to share.

Practice active listening – Avoid interrupting, fidgeting, criticizing, lecturing, or thinking of what you're going to say while another person is speaking.

Questions are a guide - You do not have to answer all of them or go in order.

Be open – God is doing amazing things!

## Petitions

Our response: “Lord, you are the bread of life.”

## Closing Prayer

Wise and gracious God, you spread a table before us and nourish your people with the word of life and the bread from heaven. In our sharing of these holy gifts, show us our unity in you and give us a taste of the life to come. We make our prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.



## Questions for Reflection

1. In the Gospel, how many times does Jesus command the crowd to “eat this bread” (stating it in different ways)? What does this tell us? What do we gain from eating this bread?
2. Have you ever participated in some sharing of food or drink that you found to be a meaningful experience of “communion”?
3. Jesus gives himself to us as food. When we gather to celebrate Eucharist at Mass, how does this look like a family meal? Name all the similarities. Why is this significant? How does this help us understand what it means to become a Eucharistic community?
4. Think about our parish's “family meal” at Mass on Sundays. Who is missing from the table? Who needs an invitation? Who has been excluded and how can we rectify this?
5. We encounter “Wisdom” in the First Reading. How would you define wisdom? What do you consider the defining traits of a “wise” person? Who is the most wise person you have known?
6. What is the difference between knowledge and wisdom? Do you actively seek wisdom? How?
7. Pray the Responsorial Psalm. In what ways have you “tasted and seen” the Lord's goodness? In what areas do you need to be more aware?
8. In the Second Reading, we hear that we should give thanks always and everywhere. What does this look like in joyful situations? What about it painful or difficult situations? How are we to do this?
9. Consider Pope Francis' words on the reverse of this page. What do you think he means when he calls the “substance” of the Body of Christ “love”? How does the way you live your life demonstrate that you believe this? How does our community model this?