

FAITH



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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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18TH SUNDAY IN ORDINARY TIME - MONTH DEDICATED TO THE IMMACULATE HEART OF MARY

Year B

Sunday Mass Readings

First Reading:

Exodus 16:2-4, 12-15

Responsorial Psalm:

Psalm 77 (78): 3-4, 23-25, 54

Second Reading:

Ephesians 4:17, 20-24

Gospel:

John 6:24-35

"I am the bread of life. He who comes to me will never be hungry. He who believes in me will never thirst"



https://commons.wikimedia.org/wiki/File:Jesus_Christ_%22The_Bread_of_Life%22_icon.jpg

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

Watch [this video](#) for a proclamation of the Gospel for adults

Children will enjoy this [animated video](#) based on this week's Gospel

Pray

In the Gospel today we hear Jesus tell us, *"I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."* The Eucharist is the source and summit of our Catholic faith. Jesus has given us Himself in the gift of Eucharist, the bread of life.

Take a sheet of A4 paper and some colouring pencils or paint. Identify a word or phrase that sticks out to you from this week's Gospel. Write or paint the word or phrase out on your paper and colour it in. As you are colouring, talk with Jesus in your heart about what it means to you. When you are finished hang your artwork on the fridge or on your wall as a reminder of what God is speaking to you through this week's Gospel.

Talk

God has shown that He cannot be outdone in generosity and that He will always provide what we need, both materially and spiritually. It is important to stop to count our blessings because we can easily miss all of the wonderful things that God does for us. Discuss the following as a family:

- How is God acting in your life right at this time? In what way(s) do you feel God's presence and providence in your life?
- In what way is God calling you to deeper trust in his providence for your material and spiritual needs?
- Identify some of the gifts that God has given to you and some of your prayers that God has answered
- What are you most thankful to God for?

Family Challenge!

Pick an evening this week when all of the family can make a visit to the Blessed Sacrament in your local Adoration chapel or Tabernacle. Spend some time in prayer together reading and reflecting on this week's Gospel

Mission: Try to visit the Church this week to spend some time with Jesus, truly present in the Eucharist. Look for the red sanctuary lamp and remember to genuflect before you enter the pew, and to sit or kneel prayerfully talking to Jesus there.

Song of the Week!

BREAD OF LIFE

Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

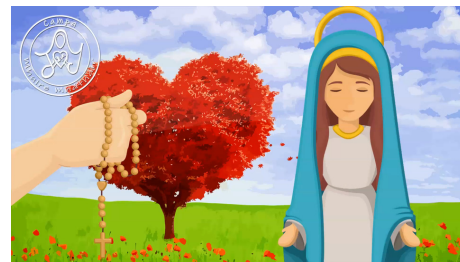
"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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EVENTS

Campa Mhuire Mháthair: Free Online Catholic Camp for Children aged 5 - 12, If you missed out last week, catch up on YouTube! For more info, [click here](#)



EVERY MASS IS A MIRACLE

We often think that if we could only see or experience a miracle for ourselves it would be easy for us to believe in God and to have strong, unshakable faith. The Gospel this week is a good reminder that this would not necessarily be the case!

Jesus had just performed a miracle before the eyes of the people. Five loaves and two fish were miraculously multiplied to feed 5,000 people. Now, the people are now looking for Jesus but for the wrong reasons. They are looking for him because he was able to give them *all the bread they wanted to eat*. Their focus was on how Jesus had satisfied their physical, material need for bread to take away their hunger. Even after such a miraculous experience the day before, they remained spiritually blind. Jesus is aware that they are not looking for him because of the signs he worked that revealed he was God. They were unable to recognise Who had provided the bread for them because they had given more value and importance to the bread itself. Jesus wants us to understand that beyond physical hunger we all have a spiritual hunger that cannot be satisfied with normal food and so he tells them *"Do not work for food that cannot last, but work for food that endures to eternal life."*

The lesson that Jesus teaches us in this week's Gospel is that we must go beyond the gift to discover the Giver. Everything comes from the providential hand of God and is given out of His love for us and His desire to draw us to Himself. He wants us to be drawn as close to Him as we possibly can which is why Jesus has given us the gift of Himself in the Eucharist. At Mass, we must go beyond the gift of bread and wine to discover the reality of what happens at the moment of the consecration. At this moment, we too are witnesses of a miracle when bread and wine are changed into the body and blood of Jesus before our eyes. This is a miracle that happens every time Mass is celebrated when the priest says the words: "This is my body..." and "This is my blood...". Let us make a big effort to be more mindful and attentive to what is happening at Mass and to thank God for the gift of the *food that endures to eternal life* in the Eucharist.

Family Prayer

O my God, help me to make a good Communion. Mary, my mother, pray to Jesus for me. All you holy Angels and saints, pray for me. My dear Angel Guardian, lead me to the altar of God.

Carlo's Corner
THE HEART OF WORSHIP
"When you approach the tabernacle remember that He has been waiting for you for twenty centuries."
St Josemaria Escriva

"Ugh, I don't want to go to Mass - I don't get anything out of it!" Sound familiar? Ever found yourself saying those words?

If we look to Mass for entertainment, more than likely we'll be disappointed... because that's not what Mass is there for.

Fr Mike explains in the video below how we should think in terms of what we give to God at Mass instead of what we get out of Mass. He says that we should give ourselves, and also our very best (bearing in mind that at every Mass God speaks His Word to us, and gives us the Eucharist, Jesus truly present, Body, Blood, Soul and Divinity!). What (or Who) is the best thing ever that we offer up to the Father at every Mass? Jesus Himself.

Taking the focus off ourselves and placing it firmly on Jesus Himself will help our appreciation of the mystery of the Mass.

Work through the handout below and open your heart this week to the great mystery and miracle of the Mass!

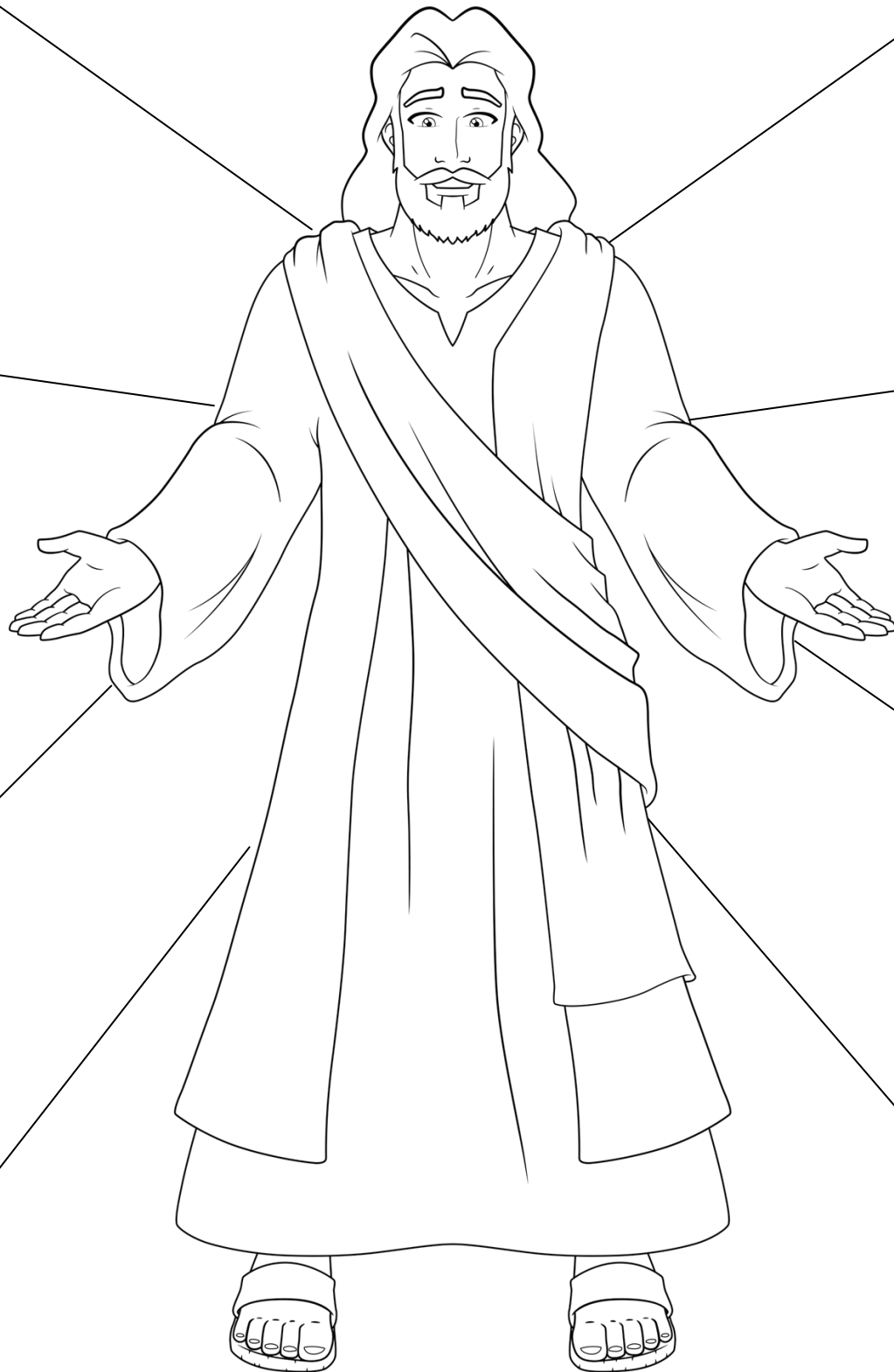
- [Motivation to Go to Catholic Mass \(Fr Mike\)](#)
- [Remembrance \(Matt Maher\)](#)
- Handout: "I don't get anything out of Mass"



CHECK IT OUT: WORD ON FIRE

Bishop Robert Barron is an author, speaker, theologian, and founder of Word on Fire, a global media ministry. Word on Fire reaches millions of people by utilising the tools of new media to draw people into or back to the Catholic Faith. Check out the Word on Fire videos, podcasts, blogs and more!





"I am the bread of life.

Whoever comes to me will never go hungry,
and whoever believes in me will never be thirsty."

John 6:35

"WHEN YOU APPROACH THE
TABERNACLE, REMEMBER
THAT HE HAS BEEN WAITING
FOR YOU FOR TWENTY
CENTURIES."
ST JOSEMARIA ESCRIVA



JOHN 6:24-35

I don't get anything out of Mass!

THINK ABOUT THE FOLLOWING QUESTIONS.... AND BE HONEST!

- Do you always like going to Mass?
- Have you ever tried getting out of going to Mass?
- Have you ever said, "I don't get anything out of Mass, it's boring!"?
- How do you spend your time at Mass if you go?



WATCH FR MIKE SCHMITZ' VIDEO: MOTIVATION TO GO TO CATHOLIC MASS
AND REFLECT ON THE QUESTIONS THAT FOLLOW

- What does Fr Mike say is the heart of every religion throughout the world?

-
- What does Fr Mike say is the heart of worship is?

-
- What was the rule growing up in his household about attending Mass?

-
- Fr Mike talks about people saying: *"I don't get anything out of it"*. What two things does he mention that we get out of every Mass?

-
- Fr Mike explains how we should think in terms of what we give to God at Mass instead of what we get out of Mass. He says that we should give ourselves, and also our very best. What (or Who) is the best thing ever that we offer up to the Father at every Mass?

Research: Why is Jesus called the Paschal Victim? This is also why we call Jesus the "Lamb of God". Think back to Moses leading the Israelites from slavery in Egypt and the Passover meal they celebrated, and how that was commemorated by Jewish people from then on.



- Fr Mike tells the story of his mom's birthday celebrations. What kind of gifts did she ask for?



-
- What was essentially missing from the gifts her children gave her?
 - Who were those gifts really for / really about?



Fr Mike encourages us to ask: "Am I interested in worshipping God, or just in worshipping myself? "

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



THE HEART OF EVERY RELIGION
IS WORSHIP. THE HEART OF
WORSHIP IS SACRIFICE.
FR MIKE SCHMITZ



JOHN 6:24-35

I don't get anything out of Mass!

*Soul of Christ, sanctify me.
Blood of Christ, inebriate me.
Water from the side of Christ,
wash me. Passion of Jesus,
hear me!*

HOW WOULD YOU EXPLAIN THAT MASS ISN'T ABOUT WHAT WE GET OUT OF IT, BUT RATHER WHAT WE GIVE TO GOD?



Now Read John 6:24-35



Think about the following questions: What was the Manna their ancestors ate in the desert? Why do you think Jesus calls Himself the Bread of Life? What does Jesus want to do for His followers (and for us today)?

SET ASIDE A FEW MINUTES TO WATCH THE SHORT FILM: "THE VEIL REMOVED". BEFORE YOU WATCH, ASK THE LORD TO OPEN YOUR HEART TO THE MYSTERIES HE WANTS TO REVEAL TO YOU ABOUT THE HEART OF WORSHIP, THE SACRIFICE OF THE MASS AND TO LET THIS EXPERIENCE HELP YOU TO UNDERSTAND THE MASS IN A DEEPER WAY.

The Veil Removed

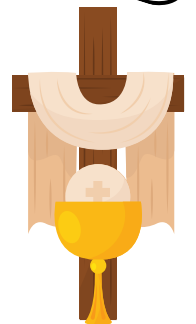


7:15 mins



*O Sacrament Most Holy,
O Sacrament Divine, all
praise and all thanksgiving
be every moment Thine!*

*"Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament ... There you will find romance, glory, honour, fidelity, and the true way of all your loves upon earth."
- JRR Tolkien*



CREATE A PLAYLIST TO LISTEN TO AS YOU OPEN YOUR HEART TO WORSHIP THIS WEEK



- [Remembrance \(Matt Maher\)](#)
- [Receive our adoration \(B Brown\)](#)
- [This is Jesus \(Jim Cowan\)](#)
- [You gave Your life away \(P Baloch\)](#)
- [Remembrance \(Hillsong\)](#)
- [Worthy is the Lamb \(Hillsong\)](#)
- [I will offer up my life \(Matt Redman\)](#)
- [The Heart of Worship \(Matt Redman\)](#)

Click the links for the YouTube videos to listen to some suggestions!

