

FAITH



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8 AUGUST 2021 | VOL.42

Diocese of Waterford & Lismore

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



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19TH SUNDAY IN ORDINARY TIME - MONTH DEDICATED TO THE IMMACULATE HEART OF MARY

Year B

Sunday Mass Readings

First Reading:

1 Kings 19:4-8

Responsorial Psalm:

Psalm 33(34): 2-9

Second Reading:

Ephesians 4:30-5:2

Gospel:

John 6:41-51

*"I am the living bread which has
come down from heaven. Anyone who
eats this bread will live forever"*



Christ with the Host, Paolo de San Leocadio (1445-1520), oil and gold on wood, National Museum in Poznań (Muzeum Narodowe w Poznaniu), Poland. [Public domain], via Wikimedia Commons.

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 today's gospel we hear Jesus say again that he is the bread of life. We also hear that he is the living bread which has come down from Heaven. Both of these statements help us understand better the gift that Jesus has given to us in the Eucharist.

Take some time this week to really prepare your heart to receive Jesus in the Eucharist. Consider going to Confession as a family this week. Find some time to talk to Jesus about what Holy Communion means to you. Reflect on the significance of the moment when you receive Jesus into your heart. If you need to, ask Jesus to deepen your understanding. Take some time after you receive Holy Communion to speak to Jesus in your heart about what is going on in your life.

Talk

In order to see God, we must have a heart and mind that is attuned to God's presence which is often hidden in very ordinary things of life. Talk to one another about the following:

- What are some of the ordinary things you do that allow you to feel God's closeness to you?
- What are some of the ordinary things you can do to give glory to God in your day-to-day life?
- How have you seen God acting in your life up to now? Are there any examples that come to mind?
- As Catholics we believe that Jesus is present body, blood, soul and divinity in the Eucharist. With reference to this week's Gospel, how would you explain the presence of Jesus in the Eucharist to one of your friends?

Family Challenge!

From now on try not to rush out of the Church after Mass. Instead, kneel down and stay for a few minutes praying in thanksgiving for the gift of Jesus in the Eucharist. These are the most precious moments we have with Jesus!

Mission: Did you know that at every single Mass a miracle, the greatest miracle happens? The bread and wine are transformed into the Body and Blood of Jesus! You can learn about this and other miracles, and learn how to make a craft [by clicking here!](#)

Song of the Week!
FATHER WE ADORE YOU

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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THE BREAD OF LIFE

This week we continue to read from John 6 which is known as the "Bread of Life discourse". Recall that we have been reading from this chapter for the past two weeks and will continue to read from it for another two. Last week, the crowd asked for a sign that would show that Jesus came from God. Jesus replied by saying that he is the sign and the bread of life sent by God. At this point, our Lectionary omits six verses in which Jesus predicts the unbelief of the crowd and further develops his connection with God the Father. In these verses, Jesus says that he was sent by God to do the Father's will. Jesus promises that those who look upon the Son with faith will find eternal life. Some of these themes are repeated in today's Gospel reading.

Today's Gospel focuses our attention on our faith in Jesus' presence in the Eucharist. It begins with a report that the Jews complained about Jesus' claims regarding his identity. They knew his family, and they knew he was the son of Joseph. They could not comprehend what Jesus meant when he said that he came down from heaven. Jesus responds by saying that only those who are chosen by God will recognise him as the one that God sent.

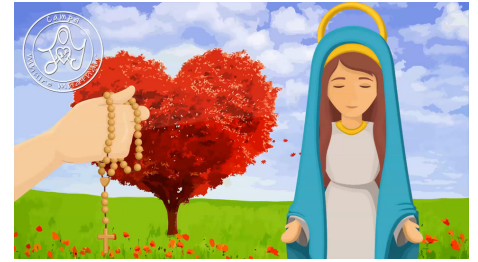
In the verses that follow, Jesus talks more about his unity with the Father. He is the one who has seen the Father and, therefore, knows the Father. Those who listen to God will recognise that Jesus is the one sent from God. Those who believe will have eternal life. Jesus concludes with the central element of our eucharistic theology. He promises that the bread of life will bring eternal life to those who partake of it, and he tells us that the bread of life will be his own flesh, given for the life of the world.

In today's reading, we hear Jesus say again, as he did in last week's Gospel, that he is the bread of life. We also hear Jesus add that he is the living bread. Both of these statements help us understand better the gift that Jesus gives us in the Eucharist. We celebrate this gift of Jesus each time we gather for Mass. We believe that receiving Jesus in the Eucharist will lead us to eternal life.

Source: [Loyola Press](#)

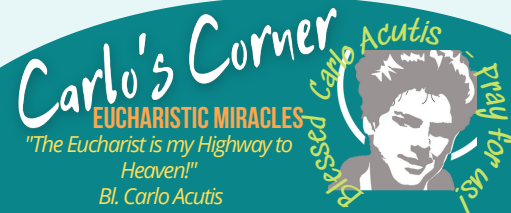
EVENTS

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](#)



Family Prayer

Be near me, Lord Jesus, I ask you to stay, close by me forever and love me, I pray. Bless all of us children in your loving care and bring us to heaven to live with you there.



Did you ever wonder what it would be like to witness a miracle? A genuine "I-can't-believe-that-just-happened,-that's-impossible!" kind of a miracle? Yet at every single Mass the greatest miracle we could ever imagine takes place in front of us - Jesus, Truly God, transforms the Bread and the Wine offered by the priest, into His own Body and Blood. It's what we call Transubstantiation - a big word for an even bigger mystery! The accidents / appearance of the bread and wine remain, but the substance / reality of Jesus' true presence is there.

It's a difficult thing for us to grasp, definitely! The Lord asks us to look at the Eucharist with the eyes of faith. We believe because He shared this mystery with us, and He is Truth. But did you know, that over 135 Eucharistic miracles that have taken place all over the world? In some cases, the appearance of the bread and wine changed too into real flesh and real blood, scientifically tested! Check out the Eucharistic Miracles page attached with links to the miracles, or go to www.miracolieucaristici.org designed by Carlo Acutis for even more stories!

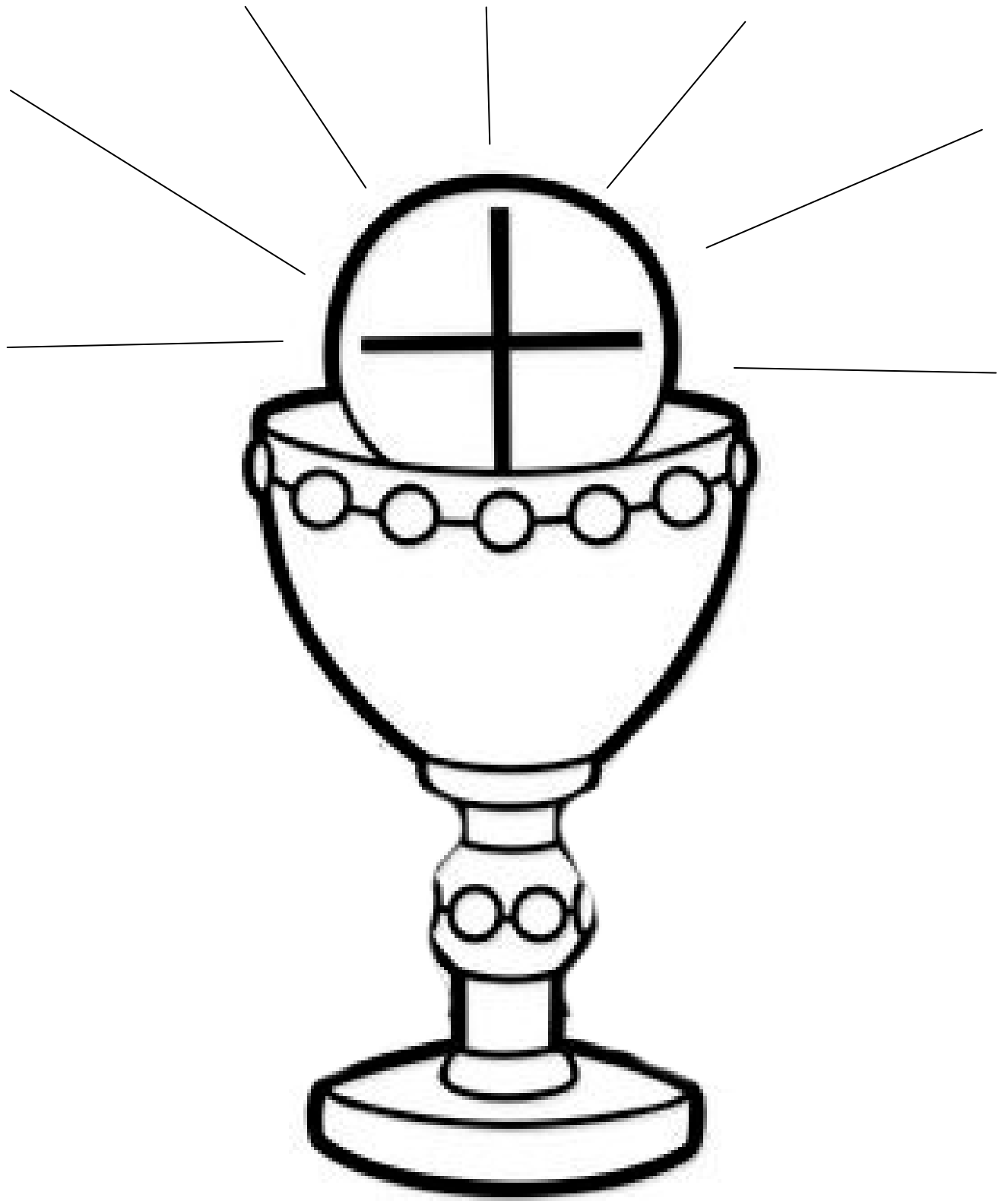
- [Worthy is the Lamb \(Hillsong\)](#)
- Handout: "Eucharistic Miracles"



CHECK IT OUT: HIS CROWN OF THORNS

His Crown of Thorns is a small but passionate company specializing in Catholic merchandise, aiming to create ways for Heroic Catholics to share their faith in a subtle manner on a daily basis. 10% of all proceeds from the store go to Mary's Meals and Youth 2000 Ireland. His Crown of Thorns also promotes a "Devotion to His Holy Wounds", available on their website as a pdf.





*"I am Living Bread which has
come down from heaven."*

John 6:51



THE EUCHARIST IS NOT A
MYSTERY TO BE SOLVED.
...BUT A MYSTERY TO BEHOLD.



Eucharistic Miracles

"IF THE PEOPLE OF
NAZARETH TAUGHT US
ANYTHING, IT'S THAT GOD
COULD BE RIGHT IN FRONT
OF YOU AND YOU MIGHT
NOT EVEN RECOGNISE HIM."
- MARK HART -



CLICK THE LINKS TO LEARN MORE
ABOUT THESE EUCHARISTIC MIRACLES



SANTAREM, PORTUGAL - 12TH CENTURY

A woman who believed her husband was cheating on her, in desperation reached out to a sorceress for help. She asked for a consecrated host as payment. The lady hid the host in her veil, but it started bleeding as she left the church. Rushing home she hid it in a trunk, but during the night was awakened by bright lights emanating from the trunk. She confessed everything to her husband, and then to the local priest, who brought the host in procession to the local church. Encased in a miraculous crystal pyx, the host and still liquified blood remain there to this day.



BOLSENA, ITALY - 1263

Fr Peter of Prague, wracked with doubts about the real presence, witnessed blood from the host trickle over his hands and flow to the altar during Mass. The host and corporal were brought to Orvieto and still are on display there today. Pope Urban IV instituted the feast of Corpus Christi one year later, and commissioned St Thomas Aquinas to compose special liturgical texts, including the Tantum Ergo and Panis Angelicus. Blood type AB.



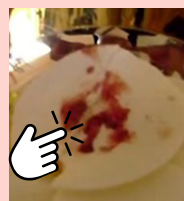
TUMACO, COLOMBIA - 31 JANUARY 1906

As a devastating tidal wave approached the island of Tumaco, parishioners and their priest, Fr Larrondo, walked in procession with the Blessed Sacrament to the seashore, where Fr Larrondo made the sign of the cross with the Eucharist. The wave disappeared before their eyes and water levels returned to normal.



BUENOS AIRES, ARGENTINA - 18 AUGUST 1996

A discarded host at the back of the church was placed in a container of water to dissolve. Days later the host had changed in appearance to a bloodied flesh-like substance, which increased in size. Kept a secret for 3 years, Archbishop Bergoglio (now Pope Francis) commissioned an investigation. New York forensic team, led by Fr Frederic Zugibe did not know the origins of the sample but found that it was real human flesh and blood, blood type AB, heart muscle, and that the "heart had been under severe stress, as if the owner had been beaten severely about the chest."



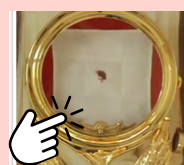
TIXTLA, MEXICO – 21 OCTOBER 2006

A host which appeared to be bleeding in the pyx during the distribution of Holy Communion was later tested and found to be human heart muscle, with blood type AB. Furthermore, the host was bleeding from the inside, as the wound appeared and acted just as a living wound would, with coagulation on the superior part of the wound, and fresh blood in the underlying interior layers. Blood type AB.



SOKÓŁKA, POLAND - 12 OCTOBER 2008

A discarded host which did not dissolve in water changed in appearance to resemble a blood clot. When tested, it was found to be heart muscle, the person the sample was taken from was shown to be near death, and the remaining host was so tightly interconnected with the fibres of human tissue that it was as if the bread was transforming into flesh. Blood type AB.



LEGNICA, POLAND - 25 DECEMBER 2013

A discarded host which did not dissolve in water changed in appearance to resemble a bloodied flesh. Forensic examination found it was real human tissue of the muscle of the heart, appearing under the strains of agony. Blood type AB.

READ ABOUT:



ST CLARE OF ASSISI VS THE SARACEN ARMY



ST ANTHONY AND THE DONKEY AT RIMINI

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



JESUS WANTS US TO BE IN
COMMUNION WITH HIM,
THAT'S WHY WE CALL THE
EUCCHARIST "HOLY
COMMUNION"



<https://padrepiodevotions.org/stay-with-me-lord/>

BELOW IS A BEAUTIFUL PRAYER
COMPOSED BY ST TIO OF PIETRELECCIA
(ALSO KNOWN AS PADRE PIO)



CLICK TO HEAR THE PRAYER SET TO MUSIC

Prayer After Communion

Stay with me, Lord, for it is necessary to have You present so that I do not forget You.

You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and without You, I am without fervour.

Stay with me, Lord, for You are my light, and without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and follow You.

Stay with me, Lord, for I desire to love You very much, and always be in Your company.

Stay with me, Lord, if You wish me to be faithful to You.

Stay with me, Lord, for as poor as my soul is, I wish it to be a place of consolation for You, a nest of Love.

Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes,
death, judgement, eternity approaches.

It is necessary to renew my strength, so that I will not stop along the way and for that, I need You.

It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows.

O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers, I need You.

Let me recognize You as Your disciples did at the breaking of bread,
so that the Eucharistic Communion be the light which disperses the darkness,
the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You,
if not by Communion, at least by grace and love.

Stay with me, Jesus, I do not ask for divine consolation, because I do not merit it, but,
the gift of Your Presence, oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for.

Your Love, Your Grace, Your Will, Your Heart, Your Spirit,
because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart
while on earth and continue to love You perfectly during all eternity.

Amen

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