



August 19, 2018 Twentieth Sunday in Ordinary Time Lectionary: 119 Gospel [JN 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."



Spiritual Reflection:

"This wonderfully expresses what the Eucharist is meant to do. It is a call to move from worship to service, to take nourishment, the embrace, the kiss, we have just received from God and the community and translate it immediately and directly into loving service of others. To take the Eucharist seriously is to begin to wash the feet of others especially the feet of the poor and those with whom we struggle most relationally. The Eucharist is both an invitation that invites us to do is to replace distrust with hospitality, pride with humility, and self-interest with self-effacement so as to reverse the world's order of things---wherein the rich get served by the poor and where the first priority is always to keep one's pride intact and one's self-interest protected. The Eucharist invites us to step down from pride, away from self-interest, to turn the mantle of privilege into the apron of service, so as to help reverse the world's order of things wherein pride, status, and self-interest are forever the straws that stir the drink." Ronald Rolheiser

Spiritual Questions:

1. What role does the Eucharist play in your faith life?
2. What role does Mass have for you?
3. How can you improve your appreciation of the Mass?
4. How does the Eucharist invite you to become a better person?
5. How can we become more humble?