**Nineteenth Sunday in Ordinary Time**

12th August 2018

In the readings we’ve been hearing at mass recently Jesus has been explaining to his disciples that He is the Bread of Life; it’s been good to pray with these scriptures and to delve deeper into the ‘Year of the Eucharist’ theme called for by Bishop Mark. It’s been helping me to prepare for the big Adoremus Pilgrimage and Congress happening this September in Liverpool.

In today’s Gospel Jesus tells us that by eating this Bread from Heaven we will have eternal life. He says ‘the bread which I shall give for the life of the world is my flesh.’ Jesus’ body and blood, the Eucharist which we receive at mass gives us life, it strengthens us, in the words of the Catechism: it is the ‘source and summit’ of our faith.

One of SYMT’s patron saints (and one of my favourite saintly friends in Heaven!) has this to say:

“I urge you with all the strength of my soul to approach the Eucharist Table as often as possible. Feed on this Bread of the Angels from which you will draw the strength to fight inner struggles.”

Sophie

SYMT