

1 Kings 19:4-8; Ephesians 4:30- 5:2; John6: 41-51

This Sunday, we have another Gospel where we hear John tell us more of the words of Jesus

I am the Bread of Life.

Many of the listeners who heard Him, rejected Him, and His message. ...“Isn’t he just the son of Mary and Joseph, the carpenter?”... “Doesn’t he live just up the road from us, and drink water from our shared well?”... “Isn’t he just one of us?”

They had been expecting their Messiah to come yielding great political power, bestowing honor and glory upon them all. Now, Jesus, the son of a carpenter, was saying that **HE** was

the Bread that came down from heaven.

This did not fit well with **their** version of the coming of the Messiah. **Many turned away.**

So, here we are at Mass 2000 years after Jesus walked the earth. **God places before us, on this altar, a banquet of bread and wine, body and soul food, and invites us to partake.**

Are we any more ready to accept and to share in this generous mystery than those of Jesus' time? Are our hearts and minds blinded by our perception that communion is ordinary, only a tiny wafer of bread?

I would like to believe that most of us have had our spiritual eyes opened by the pandemic and the changes it made in our routine relationship with the Holy Mass. Instead of just "ordinary", we are growing in the realization that the greatest miracle of all time is occurring right now, right here. We have regained our sense of awe.

Isn't it true that in good times, when everything is going along wonderfully for us, we hardly pay any attention to God? We even neglect to thank him for all that He has done for us. We only get serious about turning to God when terrible things happen to us, or when we're really discouraged and depressed, or dealing with something like the pandemic?

You and I cannot even begin to fathom the depth of God's love for us. His love is so immense that He himself is often defined as: **LOVE.**

GOD IS LOVE.

The Holy Eucharist is the most tangible sign of God's love for each and every one of us.

It is when we take into our body, the nourishment of His Body, that we experience the miracle of Holy Communion.

It is then that Christ intimately dwells within us.

If we only knew how Jesus hungers for us, how He burns with desire to come into our hearts and souls.

After receiving Communion, Father pauses the Mass for a few minutes so that we may all meditate on the miracle we have just shared in. Each of us may have our own favorite prayer at that time. One that I can recommend is the *Anima Christi*. It is found on the back of your missalette and begins “Soul of Christ, sanctify me, Body of Christ save me ...” Or another option is just a simple prayer like “Jesus, I love you, I need you, fill my heart and soul with your love.”

Never forget the words of Jesus in this gospel:

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.

May we all go forth today carrying the miracle of God’s love from this Communion table to the world, a world full of people that are starving for His presence and His love.