



THEME:

We are nourished and sustained for eternal life when we partake of Jesus in the Holy Eucharist.

PROMISE:

"...whoever eats this bread will live forever." (Jn 6: 51b)

WORD:

1 Kgs 19: 4-8/ Ps 34: 2-3, 4-5, 6-7, 8-9/ Eph 4: 30-5: 2/ Jn 6: 41-51

ORDERS:

- Eat this bread and live forever. (Jn 6: 51)
- Do not grieve the Holy Spirit of God. (Eph 4: 30)
- Be imitators of God and live in love. (Eph 5: 1)

DIRECTIONS:

- Faithfully partake of the Holy Eucharist and be transformed.
- Receive the Holy Eucharist with reverence and be in a state of grace.
- Participate in the Eucharistic Revival Movement.

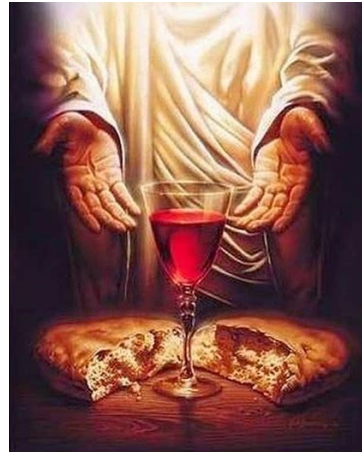
Taste And See His Goodness

REFLECTION:

The Gospel for this week from John 6: 41-5: 1 is a continuation of the Bread of Life discourse. John's gospel emphasizes the importance of the Eucharist, which is central to the Catholic faith. The Israelites are grumbling and murmuring when Jesus declares that He is the bread that came down from heaven and the bread that he gives is his flesh for the life of the world. It is hard for people to believe what Jesus claims because they only know the human side of Jesus.

The Bread of Life discourse highlights Jesus' true identity and the meaning of His ministry. It tells us that the bread of life, the bread from heaven that gives eternal life is Jesus himself, not the physical manna that God gave Israel in the desert or the physical bread that Jesus multiplied from the five loaves to feed five thousand people. We become united with Christ with His flesh and blood when we receive him in communion that could transform us to be like Him.

"You are what you eat." The presence of



Christ in the Eucharist is real, true and substantial; a sacrament that gives life. The Eucharist is the source and summit of the Christian life. Jesus awaits us in this sacrament of love. In this act of sacrifice, Jesus reveals to us His divinity. By believing in Him, we receive the gift of eternal life. Jesus invites us to trust in Him and receive His life-giving presence. It is in the Eucharist that we will always find Him. He transubstantiates His flesh into us

when we eat His bread. He gives us that daily bread of kindness and the bread of forgiveness and the bread of love and the bread of caring. And if you eat this bread each day, it will change your lives. And that is what Jesus says "For my bread is myself and it is my love reaching out in compassion and caring and sharing and building that you will hear God and see God and understand God." And it is in this that you will always find me. I am one who serves. I am there and I give you my daily bread. I am going to give you bread and food for your souls, so that you will know that my bread is

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A Christian Prayer for Peace in Our Time

O God, author and giver of peace, in whose image and likeness each of us has been created with a human dignity worthy of respect on earth and destined for eternal glory,

Listen to the cry that rises from every corner of this fragile earth, from our human family torn by violent conflict:

Give peace in our time, O good and gracious God, that peace which, as your son Jesus Christ told us and as we have experienced in these days, is a peace which the world cannot give.

To world leaders, grant the wisdom to see beyond the boundaries of race, religion, and nation to that common humanity that makes us all your children and brothers and sisters to one another.

To those who have taken up arms in anger or revenge or even in the cause of justice, grant the grace of conversion to the path of peaceful dialogue and constructive collaboration.

To the innocent who live in the shadow of war and terror, especially the frightened children, be a shelter and strength, their haven and hope.

And to those who have already lost their lives as victims of human cruelty and chemical warfare, open wide your arms and enfold them all in the embrace of your compassion, healing, and everlasting life.

Grant this through Jesus Christ, your Son, our Lord. Amen.

Thank You YE Weekend #19

"While taking this retreat, I have felt so much closer to God. It has reminded me that His promises for me in my life will pursue no



matter what. What touched me the most is when I got to open up to my new BLD family while sharing. I am truly blessed to be a part of the community."

Online Giving

You can now send your tithes and love offerings via **Paypal**. Donate link can be found at www.bldtrenton.com
 Or mail check to:
 BLD Trenton Foundation, Inc.
 P.O. Box 1367
 Toms River, NJ 08754

The Lord's Provision

August 2, 2024

Tithe :\$690.00
 Love Offering :\$480.00

Thank you for your generosity!!!

God's Blessings

Birthday

Lenny Reyes	8/9	Raelynn Sypher	8/12
Mila Vista	8/10	Ailene Lagunilla	8/13
Arman Atienza	8/12	Anna Liza Ocena	8/13

Anniversary

Jim & Kristen Imbro 8/11

Tending the Flock

Invisibly Sated

In Jewish thought it was clear that the true bread of heaven, which nourished Israel, was the Law, the word of God...Now Jesus, in manifesting himself as the bread of heaven, witnesses that he himself is the Word of God in Person, the Incarnate Word, through whom man can make the will of God his food (cf. Jn 4:34), which guides and sustains his existence.

Therefore to doubt in the divinity of Jesus, as do the Jews in today's Gospel passage, means setting oneself against God's work. Indeed, they say: he is the son of Joseph, whose father and mother we know! (cf. Jn 6:42). They do not go beyond his earthly origins, and for this reason refuse to accept him as the Word of God made flesh. St. Augustine, in his Commentary on John's Gospel explains it in the following way: *"These Jews were far from the bread of heaven, and knew not how to hunger after it. They had the jaws of their heart languid... This bread, indeed, requires the hunger of the inner man"*.

And we must ask ourselves if we really feel this hunger, the hunger for the Word of God, the hunger to know life's true meaning. Only those who are drawn by God the Father, who listen to him and let themselves be instructed by him can believe in Jesus, meet him and nourish themselves with him and thereby find true life, the road of life, justice, truth and love. St. Augustine adds: *"the Lord.... said that he himself was the Bread that came down from heaven, exhorting us to believe in him. For to believe in him is to eat the living bread. He that believes eats; he is sated invisibly, because invisibly he is born again"* to a deeper and truer life. He is reborn from within, from his intimate self he is made new (ibid.).

~ Pope Benedict XVI
 Angelus Message, August 12, 2012

Who Are You Gonna Call (or Text)?

For Mama Mary's visit - Beth Felibrico 732-995-7407
 For Prayer Service - Mary Anne Arias 732-688-3962

*In my affliction
 I call out to you, O Lord;
 hear me and save me from my distress.*



Not A Side Dish

God became man to enter into the concrete reality of this world; to enter into our concrete reality, God became man for me, for you, for all of us, in order to enter into our life. And He is interested in every aspect of our life. We can tell him about what we are feeling, our work, our day, our heartache, our anguish, so many things. We can tell Him everything because Jesus wants this intimacy with us. What does he not want? To be relegated to being considered a side dish – he who is Bread –, to be overlooked and set aside, or called on only when we need him.

In dark moments, in sad moments He is well aware that our faith is weak –all of us are people of little faith, all of us, myself included, everyone – and that our faith is weak our journey can be troubled, hindered by adverse forces. But He is the Risen One! Let's not forget this: He is the Lord who passed through death in order to lead us to safety. Even before we begin to seek Him, He is present beside us lifting us back up after our falls, He helps us grow in faith.

~ Pope Francis

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my love. And that is what Jesus means when he says, *"Unless you eat this bread, you will have no life within you."* That simple wafer thru power of the Holy Spirit is transformed into the real flesh and blood of Jesus. And it is in the Eucharist that we will always find Him.

In our struggles in life and when we are ready to give up, God is always with us. He sees our fears, our difficulties and uncertainties and He knows what we are going through. He sustains us with His grace. He protects and guides us along the way. That's what he gives Elijah based on the first reading from the book of Kings. When he is wishing for death, he sends an angel to provide him with

spiritual food for the journey that provides him with courage and strength to persevere in faith, hope and love. He is the Savior, deliverer, the rescuer.

In the second reading, Paul tells us to avoid behaviors that grieve the Holy Spirit. We are called to be kind, compassionate, and forgiving. This is how we should live as followers of Christ. Paul's message is simple: treat others with love and respect. We eat that bread by absorbing into ourselves the spirit of Jesus. And how do we know we have truly eaten this bread? By the kind of people we become, by the ways in which we behave.

Let us feed our souls with prayer, spiritual reading, works of mercy, and

most importantly, the Eucharist which sustains us for eternal life. We encourage everyone to attend the Eucharistic celebration as often as you can, if not daily. To show reverence to the Eucharist, we should be in the state of grace when we receive the body and blood of Christ. In preparation for this, we should avail ourselves of the sacrament of reconciliation where we seek the forgiveness of our Lord. Let us make a fitting throne for the Lord.

Yes, today, let us taste and see and experience how good the Lord is. Let him be the primary food and nourishment of our lives.

