

## This Week's Readings

### First Reading: Proverbs 9: 1-6.

Wisdom is personified and invites us to the banquet she has prepared.

### Second Reading: Ephesians 5: 15-20

Let us not drug ourselves, but recognize and act upon God's will for us.

### Gospel: John 6: 51-58.

Anyone who eats the body and drinks the blood of the Lord has eternal life, and Jesus will raise him on the last day.



## Points for Reflection

Jesus, in today's **Gospel**, tells his disciples that his flesh is true food indeed, and his blood is true drink. By saying this, Jesus makes it clear that he wants to establish a close union with his believers.

**He wants them "to have life because of him as he has life because of the Father".**

**There are two ways by which this can become a reality:**

- **Through our daily lives.** In our daily lives Jesus becomes our food and our drink; he remains in us and we remain in him if we let our spirits be led by his Spirit, if our wills conform to his will.
- **Through our sacramental life,** especially through the Eucharist. When we receive the Eucharist, Jesus' flesh becomes our food and his blood our drink (we have life because of him and our spirits become one with his Spirit), if we, too, out of obedience to the Father, join Jesus' sacrifice and are determined to give our lives for one

another.

Let us, however, never forget that, without this internal and renewed determination to offer our lives for our brothers and sisters, the Eucharistic celebration and our reception of Holy Communion would be meaningless and unfruitful.

**In conclusion, today's Liturgy of the Word tells us:**

- On the one hand, that **we need so badly to join the Eucharistic celebrations** in order to continually remind ourselves of Jesus' saving death and to draw from him the graces of light and strength that we need to be witnesses in the world.
- On the other hand, that **we have to continually engage ourselves in the practice of brotherly love** in order to make our Eucharistic celebrations meaningful and fruitful.



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<b>Secretary:</b>	<b>Miss Tse Choi Ping</b> <b>Office hours:</b> Mon-Fridays: 9.00am – 1.00pm; 2.00pm – 5.30pm Sundays: 8.45am – 12 noon
<b>Parish Council</b>	<b>Chairlady: Miss Candy Chan</b> Tel: 23265322
<b>Eucharistic Celebrations:</b> Sundays: 9.00 am (English) 7.45 am (Chinese) 10.30 am (Chinese)  Anticipated Sunday Masses Saturdays: 6.00 pm (English) 7.30 pm (Chinese)  Public holidays: 8.00 am (Chinese) Weekdays: 7.00 am (Chinese)	
<b>Confessions:</b> Sundays before Mass and during the 7.45 am Mass Weekdays on call	
<b>Adoration of the Blessed Sacrament:</b> Thursdays: 2.30 pm 1 <sup>st</sup> Thursday of the month: 8.00 pm	

### Kids' Corner

*Colour the picture below based on today's Gospel reading.*

