



16th August 2009 Twentieth Sunday of the Year (B)

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.

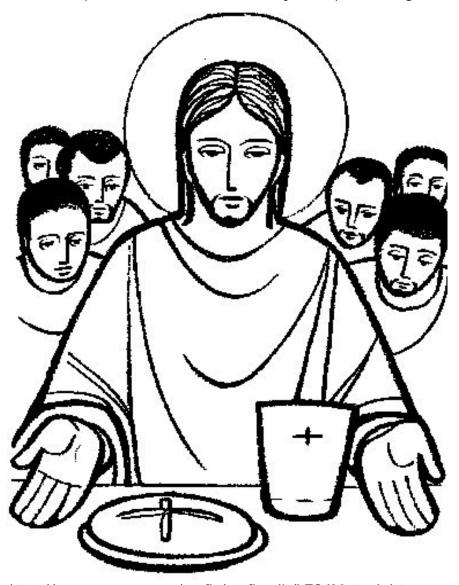
In conclusion, today's Liturgy of the Word tells us:

- 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.



Sacred Heart Church Sai Kung (E-mail: sacredheart@netvigator.com)				
Phone:	Office hours: 27922967		Eucharistic Celebrations:	
		(with answering machine)	Sundays:	9.00 am (English)
	After office hours:	27920181		7.45 am (Chinese)
	Fax:	27922967		10.30 am (Chinese)
Parish Priest:	Fr Carlo Tei	carlotei@gmail.com	Anticipated Sunday Masses	
			Saturdays:	6.00 pm (English)
	Fr Sergio Tico	zzi, Sr Mary Leung		7.30 pm (Chinese)
	(helping on Sun	days)	Public holidays:	8.00 am (Chinese)
			Weekdays:	7.00 am (Chinese)
Secretary:	Miss Tse Choi Ping		Confessions:	
Office hours:	Mon-Fridays: 9.00am – 1.00pm; 2.00pm – 5.30pm		Sundays before Mass and during the 7.45 am Mass	
	Sundays: 8.45	iam – 12 noon	Weekdays on call	
Parish Council			Adoration of the Blessed Sacrament:	
Chairlady:	Miss Candy Ch	an Tel: 23265322	Thursdays:	2.30 pm
			1 st Thursday of the month:	8.00 pm

Kids' CornerColour the picture below based on today's Gospel reading.



http://www.mscperu.org/grafic/graficoslit/bTO/20_to_b.htm