

This Week's Readings

First Reading: Exodus 16: 2-4, 15.

God provides bread in the wilderness.

Second Reading: Ephesians 4: 17, 20-24

We need to develop an attitude of mind which allows us to grow along God's way for us.

Gospel: John 6: 24-35.

Jesus promises: "He who comes to me will never be hungry."



Points for Reflection

We need food to live. If we don't eat, we die.

In every Eucharistic celebration, we thank God together for "this bread, the fruit of the earth and of human hands which will become for us the Bread of Life." This is not the bread of our natural life (which is also the gift of God). This is the Living Bread, Christ himself, which feeds our life in him.

In the desert, manna saved the Israelites from death (**First Reading**), but that gift foreshadowed his greater gift of the Eucharist.

In the Eucharist, we eat this bread from heaven and so share Christ's own life. So our life must, therefore, be like his, one of loving and giving. If Christ feeds us, we must feed him, the Christ who lives in our hungry brothers and sisters.

How can a Christian share in the Eucharist and be unconcerned about hunger?

The concern we should have should be expressed in our individual giving, and in working to build a body of public opinion that will not allow waste of resources, unjust terms of trade between rich and poor nations, and 'aid' which helps the donor at the expense of the receiver.

This concern must be renewed every time we take part in the Eucharistic celebration, as we go away from the table where Christ feeds us. He must not be able to say to us: "I was hungry and you gave me nothing to eat."



Sacred Heart Church Sai Kung (E-mail: sacredheart@netvigator.com)	
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Parish Priest:	Fr Carlo Tei carlotei@gmail.com Fr Sergio Ticozzi, Sr Mary Leung (helping on Sundays)
Secretary:	Miss Tse Choi Ping Office hours: Mon-Fridays: 9.00am – 1.00pm; 2.00pm – 5.30pm Sundays: 8.45am – 12 noon
Parish Council	Chairlady: Miss Candy Chan Tel: 23265322
Eucharistic Celebrations: 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)	
Confessions: Sundays before Mass and during the 7.45 am Mass Weekdays on call	
Adoration of the Blessed Sacrament: Thursdays: 2.30 pm 1 st Thursday of the month: 8.00 pm	

Kids' Corner

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

