

This Week's Readings

First Reading: 1Kings 19: 4-8.

Elijah's strength for his journey comes from the food God provides.

Second Reading: Ephesians 4: 30-5:2.

We follow Christ by loving each other as he loved us.

Gospel: John 6: 41-51.

He who eats the Bread that Jesus provides will not die.



Points for Reflection

This Sunday's Scripture Readings remind us that Jesus Christ is the spiritual food of all his believers.

1. This theme (*"Jesus is our spiritual food"*) is foreshadowed by the miraculous food given to the prophet Elijah in the desert (**First Reading**).
2. It is clearly proclaimed by Jesus himself in the **Gospel**: *"I am the living bread that came down from heaven; whoever eats this bread will live forever"*. Jesus' words mean that **our spirits, our inner selves, need him as much as our bodies need material food**. Therefore, nothing or nobody else can fulfill our true aspirations; nobody else can take his place in our lives. But, if we put our trust in our own ability, in money, in power, in success, in good reputation, can there be a real place for Jesus Christ in our lives? People who live like this would only be deceiving themselves. To them and to all of us Jesus repeats the words he said to the Jews: *"Amen, amen, I say to you,*

whoever believes (in me) has eternal life".

3. The **Second Reading** touches on the same theme (*"Jesus is our spiritual food"*), stressing, however, a new aspect: **all believers**, following the example of Jesus, who gave himself for us, **must give themselves to others**, too: *"Be imitators of God, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God"*.

Jesus Christ is the only model we should follow. He is our spiritual food. Food is to be eaten. Therefore, we, too, in imitation of Jesus Christ, have to sacrifice ourselves for others. We, too, like food, should always make ourselves available to others, by sharing with them our time and all our natural and supernatural gifts: *"You received out of love; give out of love"* (Matthew 10: 8).

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Secretary: Miss Tse Choi Ping Office hours: Mon-Fridays: 9.00am – 1.00pm; 2.00pm – 5.30pm Sundays: 8.45am – 12 noon	Confessions: Sundays before Mass and during the 7.45 am Mass Weekdays on call
Parish Council Chairlady: Miss Candy Chan Tel: 23265322	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.

