



**1st Reading: Ex 16:2-4, 12-15**  
**Responsorial: Ps 78:3-4, 23-24, 25, 54**  
**2nd Reading: Eph 4:17, 20-24**  
**Gospel: Jn 6:24-35**

August 1, 2021



**18th Sunday in Ordinary Time: Year B "I am the Bread of Life"**

This week we continue the "Bread of Life" discourse in John's gospel. His followers continue to seek him. The crowd is still lacking faith as they want to see more signs to believe in him. The crowd basically dares him to do more signs that would make him even greater than Moses, as they quote from Exodus, "He gave them bread from heaven to eat." Jesus's response is very interesting if we look closely at how John writes. Jesus replies, "it was not Moses who **gave** the bread from heaven; my Father **gives** you the true bread from heaven. He continues to remind them that the manna was for the Israelites only, which would appear in the morning and disappear later in the day. The Israelites had to rely on God for sustenance. But the bread Jesus is offering is the bread of life, it is eternal. The crowd presses on and asks him for this bread of life. He tells them, "I am bread of life." Jesus is the bread the Father gives. Next week the Bread of Life discourse continues. Stay tuned!

† Give us this day our daily bread! †

Bread is referred to as the staff of life and comes in a variety of forms around the world. It sustains the physical life. "Because bread is so basic to our life, God was wise to nourish us with divine life in the form of bread, the Eucharist. Jesus foretold this marvel when he claimed, "I am the bread of life.... "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world" (John 6:48, 51). This was not just a figure of speech. Jesus meant the words literally. At the Last Supper the night before he died, he held bread in his hands and said to his friends, "This is my body that is for you. Do this in remembrance of me" (1 Corinthians 11:24). Ever since then Christians have been celebrating the breaking of the bread. We come together to share a meal and be fed with the bread and wine that is Jesus. The Eucharist is a gift of Jesus' love through which we remember his death and resurrection and share in them" ([Loyola Press](#)).

They said to him, "What can we do to accomplish the works of God?" (Jn 6:28) What is God calling you to do?



Where in the world...  
**FLY** around the diocese to find the Traveling Icon and learn more about our diocese!



**A GOOGLE EARTH  
 ACTIVITY**

July 31 - August 7

**Pope Francis: Prayer Intention for August 2021**  
**The Church**

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

**Saint of the Week - St. John Vianney**



St. John Vianney was born in France in 1796 and became a priest in 1815. He became famous throughout the Catholic world for hearing confessions,

sometimes up to 18 hours a day! He is the patron saint of all priests and is referred to as the "Cure d'Ars" "(pastor of the village of Ars) This week, consider going to confession, **St. John Vianney, pray for us!**



The Month of August  
 The Immaculate Heart of Mary

**In Honor of St. John Vianney...**

St. John Vianney, as the patron saint of parish priests, provides the perfect opportunity to show appreciation of our parish priests. As a family, bake fresh bread and wrap it with a bow. Create cards of appreciation,

This is a symbolic way to thank the shepherd of the "Bread of Life."

[Prayer for Vocations](#)



**THE BREADBOX!**



Bread is the "staff of life". As a family challenge, list as many breads from around the world as you can. Ex. Bagels!

**Links for More Ideas, Activities & Resources FYI**

- [teachingcatholickids.com](http://teachingcatholickids.com) - The Mass as a Holy Meal (Children's ' Faith Builder)
- [Loyolapress.com](http://Loyolapress.com) - 3-Minute Retreat "Eucharist" (Adults Faith Builder)
- [catholic-link.org](http://catholic-link.org) - August is devoted to the Immaculate Heart of Mary (Family Faith Builder)
- [Catholiccuisine.blogspot.com](http://Catholiccuisine.blogspot.com) - St. John Vianney (All ages Faith Builder)
- [Syracusediocese.org](http://Syracusediocese.org) - Year of Vocations resources (All ages)