



August 5, 2018
Eighteenth Sunday in Ordinary Time

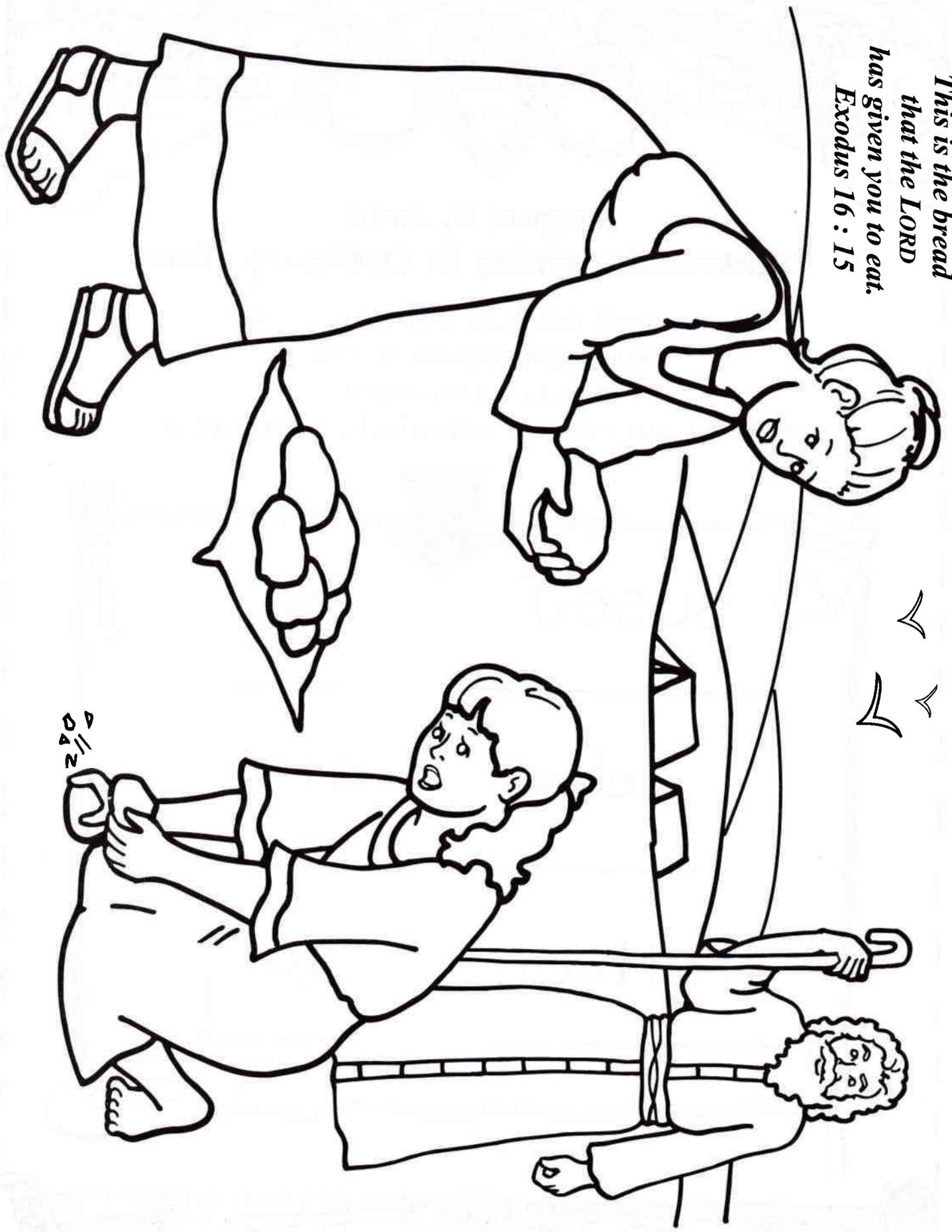
Jesus said that those who come to him
would never hunger or thirst.

To find what this means,
write the words that are written backwards correctly.

suseJ	si
_____	_____
elba	ot
_____	_____
yfsitas	su !
_____	_____



*This is the bread
that the LORD
has given you to eat.
Exodus 16 : 15*



1/2
1/2
1/2



I AM THE BREAD OF LIFE

Jesus speaks about bread again today, teaching the people that God has given them “the true bread from heaven” that “gives life to the world”—Jesus himself. “I am the bread of life,” he tells them. People who heard this found it hard to understand and believe. It is hard for us to understand, too, but we do believe.

Right before Communion time at Mass the priest raises the bread and cup, the Body and Blood of Jesus, and says:

*“Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.”*

We look at Jesus, present in the bread and wine, and pray:

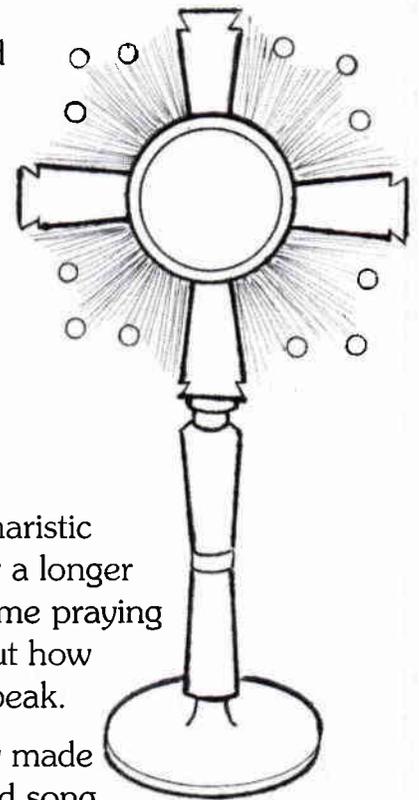
*“Lord, I am not worthy
that you should enter under my roof,
but only say the word and my soul shall be healed.”*

This Mass prayer only lasts a moment, but a devotion called Eucharistic Adoration allows us to gaze in prayer at Jesus, the Bread of Life, for a longer period of time, usually an hour, called a Holy Hour. We spend this time praying quietly in the presence of the Blessed Sacrament. We can think about how Jesus’ presence in us should make a difference in how we act and speak.

The consecrated bread is placed in a monstrance, a vessel usually made of gold and beautifully decorated, often with jewels. After prayers and song, the Holy Hour ends with a special blessing with the Blessed Sacrament.

If your parish has a Holy Hour you might consider attending with someone from your family. If not, see if you can take a few minutes sometime during the week to make a visit to church and pray quietly before the tabernacle. These words are part of the Divine Praises, one of the prayers said during Eucharistic Adoration. You can pray them by yourself when you visit.

*Blessed be God.
Blessed be his holy name.
Blessed be the name of Jesus.
Blessed be Jesus in the most holy sacrament of the altar.*



God provided for the Hebrew people when they were traveling in the desert by sending them food from heaven. Count the flakes of bread that are falling. Then color the umbrella that has that number.

