

Reflections on the Gospel – (18th Sunday) ---John 6:24—35

Today's Gospel refers to the people's search for Jesus--& Jesus's elusive journeys from them . He reproaches them for only looking for a bread-maker, " for food that cannot last". They ask him for a sign; he tells them he will give them the Bread from Heaven , bread that will last forever ,and after which they will never be hungry again.

Jesus also refers to himself as the Bread of Life---he is preparing the ground for his coming in the sacramental form under the appearance of breadhe refers also to the manna sent from Heaven to the Israelites crossing the Desert as they fled the Egyptians. That food sustained them , while the food Jesus gives will sustain the people who follow Him.

How far and how reliant are we on this Heavenly food to sustain our faith in God ? How much time do we give as individuals to worship of the Blessed Sacrament and the Eucharistic presence among us ? Do we take this gift for granted?

Shortly we will have a 24-hr. experience of Exposition in our Parishcan we commit ourselves to watch for at least 10mins. or half an hour for those without commitments ?