

The Parish of Saints Philip and James i Carow Place, St. James, NY 11780

July 28th, 2024 Seventeenth Sunday In Ordinary Time



"Where can we buy enough food for them to eat?"

John 6:5

"With Philip & James we pray to live lives worthy of the call to be Apostles of Hope"

> Daily Mass: 7:30am and 9:15 am Saturday 5pm Sunday: 8am 10 am 12noon

STS. PHILIP & JAMES PASTORAL STAFF

Parish Center Phone: 631-584-5454 Parish Fax: 631-862-9675 Website—www.sspj.org

PARISH CENTER OFFICE HOURS

Open Monday, Tuesday Wednesday 9am-6pm Open Thursday 9am-6pm Closed Friday, Saturday and Sunday

CLERGY

Father Sean Magaldi, Pastor Father Joe Lobo-Associate Pastor Father Dennis Gannon-Associate Pastor Deacon John Keenan

PASTORAL ASSOCIATE

Sister Theresita Donach, CSFN

BUSINESS MANAGER

Virginia Portanova

RELIGIOUS EDUCATION: 631-584-3204 **RELIGIOUS EDUCATION COORDINATOR Grades 1-3** Charlotte Czujko~cczujko@sspj.org

RELIGIOUS EDUCATION COORDINATOR Grades 4-6

Barbara Luna~bluna@sspj.org

RELIGIOUS EDUCATION COORDINATOR Grades 7-8

Dominick Avento~davento@sspj.org

MUSIC DIRECTOR

Margaret Adams

COORDINATOR OF PARISH SOCIAL MINISTRY

Lynn Sisti

DIRECTOR OF YOUTH MINISTRY

Sandra Rago

DIRECTOR OF FACILITIES

John Cordes

SSPJ SCHOOL PRINCIPAL

Diane M. Anderson School Phone-631-584-7896 School Fax: 631-584-3258

TRUSTEES

Brendan McGovern ~ Tina Cafaro

PASTORAL COUNCIL

Michael Sharkey, Lou Guerra, Cynthia Lombardi, Paul Damato Lisa Keane, Maureen Burke, Nancy Sanders, Peter Suski, Sheila Cavooris

LIVE-STREAMING THE 8:00AM SUNDAY MASS

The Sunday at 8:am is available to view on our SSPJ Church Facebook page, while it is live at the 8am mass, it can be recalled at any time.

Collections: ~7/21 collections unavailable at print date

Thanking you for your generosity Financial Support Needed weekly to meet Parish budget: \$16,700

Weekly Collection: Sunday, July 21st, 2024:

Collections from Weekend masses: \$.

Mail Collections:

Faith Direct(126Participants) WEEKLY \$3,374.04.

Total Collection:

FAITH DIRECT: VISIT SSPJ.ORG CLICK ON FAITH DIRECT ICON:USING SSPJ PARISH CODE: NY232

Sacraments

Baptism- Celebrated twice per month. Parents are asked to register at the Pastoral Center for Pre-Baptism Program.

Marriage-Couples are asked to contact the Pastoral Center before visiting the reception hall. The Marriage Preparation process is nine months before your proposed wedding date.

Confirmation-Seventh and Eighth grade students are prepared to celebrate through Religious Ed or SSPJ School. Adults prepare through RCIA.

Reconciliation— Available Saturdays from 4:00pm-5:00pm in the Church or by contacting the Parish Center for an appointment.

Anointing of the Sick- In case of serious, unexpected illness, please contact the Parish Center office to arrange for a Priest to pray with the person who is ill. Anointing of the Sick is held on the first Sunday of the month following the 8:00am mass please see the Sacristan before mass.

R.C.I.A – Rite of Christian Initiation of Adults (non-Catholic adults desiring to become Catholic) are asked to contact the Parish Center Office.

Eucharistic Adoration In The Church— Monday1:30pm -7pm

PLEASE REMEMBER THOSE WHO SERVE FOR US IN YOUR PRAYERS

LCDR. MEGAN M. SHUTKA-VIK, USN CAPT. WILSON MARKS- USN CAPT. MICHAEL T. DOLAN- JR. -D.O, US ARMY



LT. COL. JOHN KAIRES SPC. NICOLE A. CANNON SGM. MICHAEL P. BORRELLI-US ARMY CAPT. JOHN TULLY- USN LT. COL. JAMES TULLY-US ARMY JOSEPH SAGGIO- USNC CAPTAIN PAUL WILLMS STAFF SGT. MICHAEL LONGHENRY LT. COL. PAUL T. JACKSON-

LT. COL. PAUL 1. JACKSUNSTAFF SGT ALEXANDER PARRELLA-USAF
RICHARD SOTOMAYER- USAF
SGT. CONNOR F. SCOTT- USMC
SGT. CORY O'HARA -USMC
PFC. CHARLES CHRISTOPHER HOWELL
STEVEN CAVA-USN
ERIC SEELIN- USMC
CW2 CHDIS MUNZ CW2 CHRIS MUNZ

CW2 NATASHA WORTMAN CORPORAL JAMES T. CASEY-USMC SGT. JOSHUA MAHONEY- US ARMY KEVIN JONES-USCG

PRIVATE JOSHUA OLSEN-USARNG GLEN CRIMA-US ARMY MARIO CATANIA-USMO

RYAN ANTHONY NASCIMENTO-USMC KYLE ANTHONY NASCIMENTO-US ARMY ENS. RYAN M. SHOWS -USN STAFF SGT. RYAN REXRODE-USMC

DR. KARA VANDEKIEFT, COL.-USAF SGT. STEPHEN D. OUTCAULT-USMC PAUL MUMOLO-USN

PAUL MUMOLO-USN
VICTORIA ZEMAN, USCG
KYLE J. GRUNER –US ARMY
MARK GIORDANO—US COASTGUARD
KELLI MCLAUGHLIN– LT. US ARMY NATL.GUARD
1 LT MICHAEL J BANG –MILITARY INTELLIGENCE US ARMY
MATTHEW PATRICK GALLAGHER US ARMY
LT. COMMANDER CHRISTOPHER SHANK MD
MIDN ERIN NICASTRO, USNA
MLDN KATE NICASTRO, USNA
MAJ. BRENDAN JOHNSTON-USAF
CHRISTOPHER A. HIONIDIS-USAF
MICHAEL HIONIDIS. USM

MICHAEL HIONIDIS, USM EMMETT MOLONEY -USN HANK MOLONEY—USAF CARL JOSEPHSON-USAF DANIEL JOSEPHSON-USAF

SAMANTHA JOSEPHSON-USAF RICHARD WULFORST, III USA ANG

Father Sean's Letter

My Dear Friends in Jesus Christ and our Blessed Mother,

I have returned from the 10th National Eucharistic Congress, and it was a fantastic experience. There were over 50,000 people at the Congress, including many bishops, priests, religious, and lay faithful. The procession at the beginning of Mass lasted almost twenty minutes because of all the clergy. There are so many things I can talk about, but if you permit me to sum up my experience with one word, I will defer to Cardinal Tagle's homily at the closing Mass: gift.

Cardinal Tagle's words, 'Jesus is sent to be given by the Father to others', resonate deeply. The Eucharist, for the Cardinal, is the epitome of this gift, as Jesus offers His Body and Blood for the salvation of the entire world. According to Cardinal Tagle, when we receive this gift, we are not to hoard it but to share it with others. Each of us is called to be a missionary, inviting others to partake in the beauty of our faith. As disciples, we are not to keep the gift of our faith to ourselves but to extend the invitation to others.

As we hear the words 'Go forth, the Mass has ended' at the conclusion of Mass, we are reminded of our duty to share the gift we have received. We are not to keep it to ourselves, but to let it shine, just as one wouldn't light a lamp and then conceal it under a bushel basket (Mt. 5:15). Jesus shares His very self with us in the Eucharist, and we are called to share that gift with others. I am eagerly anticipating the many graces that will flow from the 10th National Eucharistic Congress. The entire experience was indeed a gift.

In Christ,

Fr. Sean

Mass Intentions, For the week of July 28th, 2024



We Pray for those who are ill...

All powerful God and ever living God, the lasting health of all who believe in your, hear us as we ask your loving help for the sick, restore their health, that they may again offer joyful thanks in your church.

Amen

Please contact the Office of Parish Social ministry, 631-584-5454, to include the name of a brother or sister in need of prayer

Alan Piscak Amanda Rose Critella Benito Fernandez **Bob Remhild & Family Brenden Toomey** Brian Carr Carmela Montesano Donna Fabrizio Ed Ceraso Jessie Lokai Kathleen Martin Larry Baldwin Mia Mednick **Patrice Henry** Peter Portanova Rose Bruno Tina Cafaro Tonia Perdue Tom Foccone

Saturday July 27th Cantor: LoCastro	Presider: Father Gannon Lector:Healy/Smith EM:Rapp/Damato/Sisti/ Byrne/Toto	9:15am 5:00pm	Mary Jo Rae Valerie Kratochvil
Sunday July 28th Cantor: Feeney	Presider: Father Sam Lector:Carey/White EM:Czujko/Kenney/Koke/ LaSerra/P. Tully	8:00am	For the People of SSPJ Parish
Cantor Lohmann	Presider: Father Sean Lector:Geier/Piliero EM:Luna/McKie/Clarke/ Keane/Amen/Sotomayer	10:00am	Carol Walz
Cantor: McCulloh	<u>Collective Mass</u> Presider: Father Joe Lector:Hurlburt/Rubano EM:Licari/Consenz/ Latino/Stack	12:00рт	Lawrence McGinn, Jr Patrick Jameson Kelly Isabella Andriano Gennaro Napolitano
Monday July 29th St Martha & Mary and Lazarus	Adoration 1:30-7pm In the Church	7:30am 9:15am	William Paravano Carr&Baglivi Families
Tuesday	St Peter Chrysologus	7:30am	Ruth Alofsia
July 30th		9:15am	Rose Keating
Wednesday July 31st	St Ignatius of Loyola	7:30am 9:15am	Anthony Hurtado
		7.13um	Mary Ellen Klaus
Thursday August 1st	St. Alphonsus Liguori	7:30am 9:15am	Living~Dan & Priscilla Liddy <u>Collective Mass</u> :
Friday	St. Eusebius of Vercelli	7:30am	Sr. Marie Gerard Hoffman
August 2nd		9:15am	Anthony Annunziato
Saturday August 3rd Cantor:	Presider: Father Sean Lector:Thompson/O'Connor EM:Mantia/Duffy/	9:15am	Patrick Kelly
Feeney	Drechsler/Toto/Urce	5:00pm	Jack Steele
Sunday August 4th Cantor: Stefanowski	Presider: Father Sean Lector:White/Dervan EM:Rizzo/Kenney/Koke/ Portanova/Ramos	8:00am	For the People of SSPJ Parish
Cantor: Hill	Presider: Father Gannon Lector:Zahorodny/Franco EM:Luna/McKie/Mulhall/ Orlando/Parish/Amen	10:00am	William Olsen
Cantor: Lohmann	Collective Mass Presider: Father Joe Lector: Tomasino/Just EM:Calderone/Margaret/ Bleggi/Rubano	12:00рт	Barbara Kemper Marie Melo Rose Keating Neil & Mary Garguilo

Altar Memorials for the Week of July 28th, 2024

Our Bread and Wine

Are offered in thanksgiving to

Father Samson

In recognition of his 25th anniversary of ordination.

Your presence at SSPJ Parish was pure GIFT!

Please remember us as we remember you in our prayers...

Our Altar Candles

Are burning in memory of

Carol Walz

"On your 6th anniversary in heaven"

With love from,

Karl, Karl Jr. and Tim Walz.

A Special Word of Thanks from Bishop Peter Paul Saldanha

Dear Friends,

As I return to my Diocese, I would like to take this time to send you my heartfelt thank you to all of you, very particularly the pastor Fr. Sean, Fr. Gannon, Fr. Joe, Fr. Sam and the entire parish community, for your warm and cordial welcome to Sts. Philip and James parish.

I reached Mumbai this morning..!!! I was filled with joy at seeing you all... your love, appreciation and kindness. I also am touched by your generosity towards our seminarians and your prayerful generous support towards their formation.

I remain deeply grateful for your support, kindness, and love. I look forward visiting you and hope to spend more time with you in my next visit.

May the grace of the Lord be with you all.

Assuring my prayers,

+ Bishop Peter Paul Saldanha





HIS WORDS. YOUR JOURNEY. TOGETHER.

SUNDAY, JULY 14, 2024

"Jesus does not eliminate the concern and search for daily food. No, he does not remove the concern for all that can make life more progressive. But Jesus reminds us that the true meaning of our earthly existence lies at the end, in eternity, it lies in the encounter with Him, who is gift and giver. He also reminds us that human history with its suffering and joy must be seen in a horizon of eternity, that is, in that horizon of the definitive encounter with Him."

FAITH SHARING GROUP!

Meets Wednesday mornings from 10 to 11 o'clock in the Philip and James room. For the first four weeks, we will be discussing

Matthew Kelly's book Holy Moments

July 31st sharing Chapter 4 of Holy Moments...

Beginning August 7th, we will be opening up the pages of
Joyce Rupp's book:

The Cup of Life~ available on amazon for purchase

Any questions, please call the parish center office at 631584-5454

Sister T's Reflection for Us All This Week and Always...

Dear Friends,

I am sure many of you have heard or experienced this saying 'If you want to improve Your tennis game play with someone who is more experienced.' The same holds true with our faith life, to improve it, challenge it, help it to grow, you need to share with others who are also developing their faith.

With that in mind I would like to share with you some of the thoughts that Fr. Samson (Our visiting priest from Nigeria) shared with us during our faith sharing on the book **Holy Moments** by **Matthew Kelly**, this past Wednesday.

"On page 23 of his book 'Holy Moments' Kelly defines Holy Moments. He couches it thus: A Holy moment is a single moment in which you open yourself to God You make yourself available to Him. You set aside personal preferences and self-interest, and for one moment you do what you prayerfully believe God is calling you to do.

From this definition it is presented to be taken and believed that Holy Moments must be occasions or occurrences not devoid of the recognition of the active involvement of God. ... God is, in faith, viewed to be critically in the center of the ensuing/emerging moment. God functions as the pull and organizer of the experiences we are calling Holy Moments. ... the realization of the reality of God's sustained presence is akin to what Kelly identifies as that moment of awakening, the moment of a deeper awareness and enlightenment about the presence and continued work of God in and around us, in our life and experiences.

A Holy Moment wherein God is perceived in faith to be in and around us can serve to becomes a great tool of inner control and effective spiritual guide. That is, serve as a rudder properly navigating between what is right and wrong, what is moral or immoral. All of this, therefore, can transmute into a veritable resource for not just meaningful spiritual life experience but seeking and maintaining an integrated lifestyle.

May God grant us the grace to recognize and own holy moments that may occur in our lives and use them as a veritable resource to not only live better and holier but achieve a well ordered and integrated self."

Thank you, Fr. Samson, you have certainly given us much to reflect on during this upcoming week. For those of you who may not be familiar with this book, it is truly worth the read. (You can purchase them through Dynamic Catholic) May your week be filled with many Holy Moments.

Till next week.

Sister T

Music Ministry~ Seeing with the eyes of amazement.

Jesus leads us to the God of the unlikely, unexpected, ---- the impossible!

All we need to do is see it.

Where will He lead you today?.....Maybe the Music Ministry???? I know you want to join. Well September is the time. You have one more month to think about it. Give us a try, you never know.

Children – Grades 3-6 Teens – Grades 7-12 Adult – 18 and up There are many ways to participate. A lot or a little. Think about it. Maybe God's is moving you toward Music.

How wonderful!!





SCAN ME!

REGISTRATION FOR OUR RELIGIOUS EDUCATION

REGISTRATION ENDS ON SEPTEMBER 1ST 2024

KINDLY REGISTER NOW, SO THAT WE CAN ENSURE A GREAT BEGINNING TO OUR NEW YEAR AHEAD!!

CONTACT THE RELIGIOUS EDUCATION DEPARTMENT WITH ANY QUESTIONS 631-584-3204

THIS YEAR, FOR YOUR CONVENIENCE, ALL GRADE LEVEL REGISTRATIONS, AS WELL AS PAYMENTS, WILL BE COMPLETED / SUBMITTED ON-LINE.

Upon completion of the registration forms please click the "New" or "Renew" registration tab to submit payment via **Faith Direct**. While on-line registration is open 24/7, please direct any inquiries to the Religious Ed office during business hours.

Please note that our First Communion program is a two-year program...all first graders should register as soon as possible. First and Second Grade will continue to be taught on-site. All other grade levels will continue via Google Classroom.

Upon receipt of all completed forms and payment you will be notified of your child's (ren) placement in a class (grades 1 & 2) or access to google classroom.

Thank you for your understanding and cooperation. Please direct any concerns to the parish office, we will be happy to assist you.

We look forward to guiding your child(ren) in developing a relationship with Jesus and understanding of our faith. Wishing you all a fun-filled summer!

RELIGIOUS EDUCATION BOOK DISTRIBUTION DATES

Aug. 14 (Wed) - 2 pm - 5 pm

Aug. 20 (Tuesday) -5 pm - 7 pm

Aug. 22 (Thursday) - 9 am - noon



The books will be distributed from the Sts. Philip and James Room in the back of the Rectory





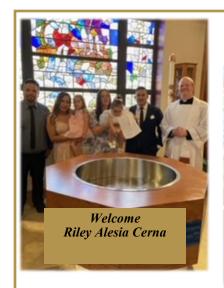
BACK TO SCHOOL SUPPLY COLLECTION

To avoid a last-minute scramble, assembling backpacks with the students' requirements, and to enable you to take advantage of 'sales', we are continuing our school supply drive. We have children in our community in need of teacher mandated items.

If you can help, kindly take a school supply card from the baskets in the back of the church. You may return your UNWRAPPED donation, along with the card, to the parish office during the week, or items may be placed in the St. Anthony's Bread Closet, also in the back of the church.

As always, thank you for all you do to help Parish Social Ministry.

GOD'S ABUNDANT BLESSINGS UPON OUR NEWLY BAPTIZED CHILDREN AND THEIR FAMILIES SUNDAY, JULY 21ST, 2024















Parish Social Ministry

We remember,

Alfred Fox

Safely home in the arms of Jesus



Laudato Si Ministry

It's easy to make changes:

Improper Disposal: Toxic garbage must be taken to a hazardous waste collection site. That includes batteries, light bulbs, paint, chemicals and even CD's and DVD's. Recyclable materials such as plastic and aluminum need to be separated and sent to the appropriate recycling facilities.

Our Food Pantry Needs:

Paper Towels, Toilet Paper Facial Tissues

Thank you for your kindness an generosity





Prayer blankets will be blessed at the 5 PM Mass on August 3. If you have a loved one who is sick and in need of the prayers, love, and support of the SSPJ family, please feel free to take one after Mass

THE RESPECT LIFE COMMITTEE...

Won't you join us to say the rosary for your special

intentions, for all life, and for the mothers in crisis

pregnancies? God hears all our prayers. Come Mon. thru Fri. 8 AM in the prayer room.

Helpful Phone Numbers~ YOU ARE NEVER ALONE

Dept. of Social Services: 631-854-2300

Alcoholics Anonymous 24-Hour Hotline: 631-669-1124

Al-Anon Suffolk County: 631-669-2827 Alzheimer's Disease: 631-954-2323 American Red Cross L.I.: 516-747-3500

Birthright (Pregnancy Support): 631-821-9727 or 1-800-

550-4900

Brighter Tomorrow (Domestic Violence): 631-395-1800

Brookhaven Youth Counseling: 631-451-8011 Catholic Charities (Food Stamp Info): 631-789-9546 Child Advocacy Center (CAC) (Child Abuse): 631-439-0480

Children's Community: 631-585-2020, 631-476-9698

www.childrenscommunityhs.org

Domestic Violence Hotline (Vibes): 631-360-3607

Elder Abuse: 631-761-7470

Fidelis Insurance (Family Health Plus): 1-888-343-3547

Gamblers Anonymous Hotline: 1-855-222-5542

Good Shepherd Hospice: 631-376-3758 Hope House Ministries: 631-473-6030 In Home Care- Home Instead: 631-724-2273 LI Against Domestic Violence: 631-666-8833

LI Head Start:631-732-7100

L.I. Women's Coalition (Domestic Violence): 631-666-8833

Memory Care in NY: www.memorycare.com Mental Health Emergency: 631-952-3333 Narcotics Anonymous: 631-689-6262 Nassau/Suffolk Law: 631-232-2400

National Aging in place-L.I. Chapter: 631-383-4341 National Suicide Prevention Hotline: 1-800-784-2433

Office for the Aging: 631-853-8200

Overeaters Anonymous 631-260-6615 www.SuffolkOA.org

Rachel's Hope (Post Abortion): 888-456-4673

Response Crisis Center: (Suicide Hotline): 631-751-7500 The Retreat (Domestic Violence Hotline): 631-329-2200



Collecting new and gently used baby items and delivering them to the <u>Life Center of Long Island</u>.

These items benefit mothers, children, and expectant mothers in need. Your donations build a community that supports mothers who choose life

for their unborn children under difficult circumstances. Suggested donation items: Diapers, wipes, bottles. Gently used baby and toddler items such as car seats, high chairs, strollers, clothing, toys, etc. New baby and toddler items, including diapers, wipes, formula, baby food, clothing, etc. PLEASE DROP OFF AT: 56 TILLOTSON AVENUE, ST.JAMES, NY

SPECIAL REQUEST: SUMMER CLOTHES SIZE 2T-4T BOYS AND GIRLS



WHY STS. PHILIP & JAMES SCHOOL & ACADEMY?

- For over 100 years, SSPI has offered academic excellence, which fosters individual growth and development according to time-tested, Catholic faithbased models of teaching and learning.
- SSPI's primary commitment is to integrate the Gospel message with the spiritual, intellectual, emotional, social, and physical development of students, enabling them to become the leaders of tomorrow.
- SSPJ cultivates a robustly Catholic culture centered on the spiritual, intellectual, sacramental, and liturgical life of the Church.
- SSPJ provides a safe and supportive community that recognizes the dignity of every person and promotes human flourishing in a familial atmosphere.

CHILDHOOD PROGRAM

SMALL CLASS SIZES

INDIVIDUALIZED INSTRUCTION

ACADEMIC EXCELLENCE Students Graduate With Two Regent Courses, Algebra I & Living Environment

ACADEMY ELECTIVE PROGRAM

AFTER SCHOOL CLUBS FOR **ALL STUDENTS**

Schedule a Tour Today With Principal Anderson & come see all the good things SSPJ has to offer!

DANDERSON@SSPJSCHOOL.NET

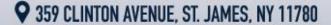


sspjschool.net

(631) 584-7896

@SSPJAcademyandSchool

@SSPJSchool





A place where students learn and grow in their faith, strive to answer their call of being an Apostles of Hope, and become active members in their faith community

THANK YOU FOR YOUR GENEROSITY! WE ARE AT 72% OF GOAL

TOTALS RECEIVED AS OF July 23rd, 2024

GOAL: \$102,000 PLEDGES: \$73,945. PAYMENTS: \$60,319.



Dear Friends:

As we continue to celebrate our National Eucharistic Revival, we are bringing true love into the world by sharing and supporting opportunities for the faithful to fall deeper in love with Jesus in the Eucharist and to cast nets of Eucharistic charity to all of Long Island and to the world.

In our Diocese, the Catholic Ministries Appeal helps us to cast these nets. From Elmont to Montauk, because of this Appeal, the Church is present in each community helping those in need.

Our Parish Social Ministry programs assist those in the community with basic necessities like food, clothing or just a helping hand. Catholic Charities assists our fellow Long Islanders with housing, substance abuse issues and maternity management. It supports seminarians through their discernment and formation and ensures that our young people can continue to grow in their knowledge and love of our Catholic faith.

The Catholic Church on Long Island serves the mission of the Church and the common good by assisting so many people spiritually, emotionally, and physically.

At the recent Eucharistic Pilgrimage that brought the Blessed Sacrament in a Monstrance from the St. Elizabeth Ann Seton Shrine in lower Manhattan across the Brooklyn Bridge in view of the Statue of Liberty, I was inspired by the many people, a mosaic of many faces and ages, witnessing to the truths of our faith and encouraging those who are inactive in their faith to rekindle their love for the Eucharist and the Mass.

Your gifts to the Catholic Ministries Appeal are integral to this Eucharistic mission. If you have not done so already, I ask you to please consider making a gift to the 2024 Catholic Ministries Appeal.

May God bless you and your loved ones.

Sincerely in Christ,

Most Reverend John O. Barres

+ Aph O. Banes

Good News INSPIRATION FOR DAILY LIFE

18th Sunday in Ordinary Time

August 4, 2024: Ex 16:2-4,12-15 | Ps 78:3-4,23-25,54 | Eph 4:17,20-24 | Jn 6:24-35

Pray: Heavenly Father, thank you for giving us the gift of Jesus, the bread of heaven. Amen.

Christ nourishes our hungry and thirsty souls with His own Body and Blood.

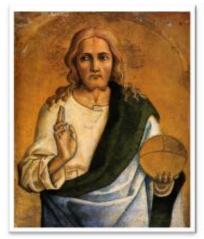
Jesus loved using simple examples to teach about Himself, the way to holiness, and about heaven. He knew everyone would understand the natural experience of hunger and thirst for food and drink and how it affects people's lives. A baby cries when it is time to nurse. Children get fussy before dinnertime... sometimes adults do, too! Students and workers who do not eat breakfast might notice that their concentration and work performance suffer. Those who go shopping on an empty stomach tend to make unhealthy choices and do more impulse buying.

Hunger can affect mental health and cognitive abilities, causing fatigue, depression, and irritability. On the other hand, those who maintain a healthy, balanced diet on a regular schedule feel better, have more energy, lead more active lives, have fewer diseases, have happier moods, and usually live longer lives.

Beyond hunger and thirst for food and drink, many naturally crave other things that can shape their lives for the good or the bad. Some have a strong desire for acceptance, popularity, power, control, pleasure, or wealth. These powerful forces of hunger can destroy us through things like obsessive gambling, drugs, alcohol, sex, and other addictions.

Jesus sought to help the crowds following Him to

Capernaum make a new spiritual connection satisfy their hungry hearts and souls. He wanted them to understand real meaning behind the manna in the desert and the miracle of the loaves and fishes. The Father had Him sent



nourish our souls as heavenly food. His wholesome grace would give us the power to avoid temptations, satisfy our unhealthy passions, and draw us to holiness.

Christ is the Bread of Life sent from God to feed their souls and ours. It is a gift of the Father to draw believers to Jesus. All that is required is that we truly believe that He is the Son of God and follow Him and His teachings with our whole hearts and lives. We must sincerely believe in and receive the gift of His Body, Blood, Soul, and Divinity in the Holy Eucharist. This holy food for our souls will nourish us in faith, hope, and love and lead us to eternal life.

Reflect & Discuss:

- Are you hungry for Jesus in your life, or do you hunger for something else?
- † How is the True Presence of Jesus in the Eucharist transforming your life in Communion with Him?
- † How does receiving Christ in the Holy Eucharist help us in today's challenging world?

Spiritual Reflection by Ron Rolheiser, OMI ~

THE ILLUSION OF OUR OWN GOODNESS

One of the great tragedies in all literature is the biblical story of Saul. Saul makes Hamlet look like a Disney character. Hamlet, at least, had good reasons for the disaster that befell him. Saul, given the gifts with which he started, should have fared better, much better.

His story begins with the announcement that in all of Israel none measured up to him in height, strength, goodness, or acclaim. A natural leader, a prince among his peers, his extraordinary character was recognized and proclaimed by the people. The beginning of his story is the stuff of fairy tales. And so, it goes on, for a while.

But, at a point, things begin to sour. That point was the arrival on the scene of David – a younger, more handsome, more gifted, and more acclaimed man. Jealousy sets in and envy slowly turns Saul's soul to poison. Looking at David, he sees only a popularity that eclipses his own, not another man's goodness, nor indeed how that goodness can be a gift to the people. He grows bitter, petty, cold, tries to kill David, and eventually dies by his own hand, an angry man who has fallen far from the goodness of his youth.

What happened here? How does someone who has so much goodness, talent, power, and blessing, grow into an angry, petty man who kills himself out of disappointment? How does this happen?

The late Margaret Laurence, in a brilliant, dark novel, *The Stone Angel*, gives us an interesting description of exactly how this can happen. Her main character, Hagar Shipley, parallels somewhat the biblical Saul.

Hagar's story begins like his: She is young, good, and full of potential. What's to become of such a beautiful, bright, talented, young woman? Sadly, not much at all. She drifts into everything: adulthood, an unhappy marriage, and into a deep unrecognized disappointment that eventually leaves her slovenly, frigid, bitter, and without energy or ambition. What's as remarkable as it is sad, is that she doesn't recognize any of this as happening to her. In her mind, she remains always the young, good, gracious, popular, attractive young girl she was in high school. She doesn't notice how small her world has become, how few friends are around, how little she admires anything or anyone, or even how physically unkempt she has let herself become.

Her awakening is sudden and cruel. One winter day, shabbily dressed in an old parka, she rings the doorbell of a house to which she is delivering eggs. A young child answers the door, sees Hagar, and Hagar overhears the child tell her mother: "That horrible, old egg-woman is at the door!" The penny drops.

Stunned, she leaves the house and finds her way to a public bathroom where she puts on all the lights and studies her face in a mirror. What looks back is a face she doesn't recognize, someone pathetically at odds with whom she imagines herself to be. She sees in fact the horrible, old egg-woman that the child saw at the door rather than young, gracious, attractive, big-hearted woman she still imagines herself to be. How can this happen? she asks herself. How can we, imperceptible to ourselves, grow into someone we don't even recognize?

To a greater or lesser degree, this happens to us all. It's not easy to age, to absorb the death of much of what we dreamed for ourselves and to watch the young take over and receive the popularity and acclaim that once were ours. Like Saul, we can easily fill with a jealousy and an anger to which we are blind and, like Hagar, do not notice inside ourselves. Others, of course, do notice.

But, for most of us, as this is happening, we remain still good and generous people, except that we are more caustic, cynical, and judgmental than we once were. We remain good people, but whine too much, feel too sorry for ourselves, and curse more than bless those who have replaced us in youth, popularity, and status.

Hence, one of the pre-eminent human and spiritual tasks in the second-half of life is precisely to recognize this jealousy, this ugliness, inside ourselves and to come back again to the love and freshness of our youth, to revirginize, to come to a second naivete, and to begin again to give others, especially the young, the gaze of admiration.

At the beginning of the Book of Revelations, the author, speaking in God's voice, has this advice for us, at least for those of us who are beyond the bloom of youth: "I've seen how hard you work. I recognize your generosity and all the good work you do. But I have this against you – you have less love in you now than when you were young! Go back and look from where you have fallen!"

We might want to hear those words from scripture before we overhear them from some young girl telling her mother that a bitter, ugly, old person is at the door.