

# Our Lady Queen of Peace

I AM THE BREAD OF LIFE;  
WHOEVER COMES TO ME WILL NEVER HUNGER,  
AND WHOEVER BELIEVES IN ME WILL NEVER THIRST.

JOHN 6:35



## EIGHTEENTH SUNDAY IN ORDINARY TIME

AUGUST 1, 2021

### Served by

Rev. Antonio L. Ricarte, Pastor

[frtony@olqp.org](mailto:frtony@olqp.org)

Rev. Paul C. Houllis, Parochial Vicar

[frpaul@olqp.org](mailto:frpaul@olqp.org)

Rev. Msgr. Peter J. Zaccardo, Pastor Emeritus

Deacon Joseph L. Mantineo, Permanent Deacon

[dcnjoe@olqp.org](mailto:dcnjoe@olqp.org)

Deacon Anthony A. Balestrieri, Deacon Emeritus

Justine Garcia, Pastoral Associate for Religious Ed.

[ReEd@olqp.org](mailto:ReEd@olqp.org)

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[dirmusic@olqp.org](mailto:dirmusic@olqp.org)

Glenn Clark, Principal, St. Peter Academy

Dorothy Feula and Harriet Sottile, Lay Trustees

### Mass Schedule

Saturday - 5:00 PM

(Anticipated Mass)

Sunday - 8:00, 10:00 AM\* and  
12:00 Noon

Daily - Monday-Saturday

8:30 AM

Holy days - See Bulletin for

Mass Schedule

\*Livestreamed at

[www.facebook.com/olqpch](https://www.facebook.com/olqpch)

### Reconciliation

Saturday - 1:00 PM or by

appointment

Baptism - Please call to arrange for your child's baptism soon after birth

### RCIA

Adults desiring to be baptized, confirmed or become a Catholic, please contact the Parish Office

Anointing of the Sick (973.567.7424)

Please call for a priest to schedule this Sacrament of healing and forgiveness for someone who is seriously ill or in danger of death. Do not wait until the sick person is unconscious.

### Matrimony

All Catholics should seek to have their marriage blessed by the Church so as to live in God's good grace and receive the Holy Eucharist. Contact a priest a year prior to the intended date of marriage to ensure proper preparation.

Parish Center Office Hours Monday through Thursday: 9AM - 12N / 1PM - 3PM; Friday: 9AM - 1PM

[www.olqp.org](http://www.olqp.org)

[parish@olqp.org](mailto:parish@olqp.org)

### Parish Center

201-845-9566

Fax: 201-845-3742

### Religious Education

201-845-9566 ext. 117

[ReEd@olqp.org](mailto:ReEd@olqp.org)

### St. Peter Academy

201-261-3468

[www.spare.org](http://www.spare.org)

 **Mass Intentions**

**August 1, 2021 to August 8, 2021**

**Sunday - EIGHTEENTH SUNDAY IN ORDINARY TIME**

8/1 8:00 am George and Virginia Tracey  
 10:00 am Gus Aversa  
 12:00 noon People of the Parish

**Monday - Weekday** [*Saint Eusebius of Vercelli, Bishop; Saint Peter Julian Eymard, Priest*]

8/2 8:30 am Michael Nunes

**Tuesday - Weekday**

8/3 8:30 am Alexandra Corniel

**Wednesday - Saint John Vianney, Priest**

8/4 8:30 am Kathleen Lyons

**Thursday - Weekday** [*The Dedication of the Basilica of Saint Mary Major*]

8/5 8:30 am Doris Neumann

**Friday - The Transfiguration of the Lord**

8/6 8:30 am Carole and Ron Ward

**Saturday - Weekday** [*Saint Sixtus II, Pope, and Companions, Martyrs; Saint Cajetan, Priest; BVMJ*]

8/7 8:30 am Patricia Pretara (living)  
 5:00 pm People of the Parish

**Sunday - NINETEENTH SUNDAY IN ORDINARY TIME**

8/8 8:00 am Lila Zablonka  
 10:00 am Elaine Asaro  
 12:00 noon Herbert Heaney



Please keep in your prayers all of our active military personnel here and overseas. We especially pray for our parishioners: Joshua Ashley, Ryan O'Connell, and John Velazquez.

May the Lord protect them in their service.

**August 1, 2021 - Today's Readings**

**First Reading** - The people of Israel receive bread from heaven in response to their grumbling (Exodus 16:2-4, 12-15).

**Psalm** - The Lord gave them bread from heaven (Psalm 78).

**Second Reading** - Put on the new self that has been created in God's way (Ephesians 4:17, 20-24).

**Gospel** - I am the bread of life; whoever comes to me will never hunger (John 6:24-35).



The English translation of the Psalm Responses from the Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.



**Please Remember in Your Prayers**

**Rest in Peace**

Filotea Nava

**Sick Relatives and Friends**

Mary Adamo	Yancey Garcia	Christopher Quinn
Cristina Aguilar	Gardenia Hougbo	Francis Quinn
Josefina Baldoza	Dominic Jengo	Robert Raimo
Mary Ellen Barberia	Rosemarie Kaminski	Elsy Ruiz
Dcn. Anthony Balestrieri	Rev. Michael Kreder	Fran Sampson
Claire Borrello	Alice Liso	Wilbert Santos
Dorothy Brush	Diane Lohrer	Cindy Sommers
Ginny Cattaneo	Dcn. Joseph Mantineo	Pat Sommers
Carmen Cepeda	Gerry Marcincavage	Joanne Sontag
Carmen Maria Colon	Sonia Medrano	Richard Spagnuolo
Brian Connors	Andrew J. Mendez	Joseph Steiner
<b>Joseph Cortese</b>	Frankie Monnecka	Carolyn Sobering
Richard DeSpagna	Deanna Mooney	Jacqueline Sullivan
Sally DeSpagna	Jim Moran	Liam Justin Torres
Emily DeStefano	Barbara Nelson	Marianne Tracey
Phil Dimitri	Gemma Olliges	Mary Walker
Eileen Diverio	Sharon Osnowitz	Andrew Wey
Mark Diverio	Harriet Pellicione	Julia Whitney
<b>Mario Elia</b>	Vallie Pompilio	Joyce Wilson
Emily Ferreira		<b>*Names in bold are new to the list</b>

**Weekly Memorials**



**Blessed Mother Candle**  
 in Memory of John A. Hrablook  
 by Lauren Hrablook

**Prayer Shawl Ministry**



If you are adding someone to our Parish sick list, please consider the healing power of these beautiful shawls. They are prayed over by the Prayer Shawl Ministry and blessed by our Pastor. If you know of someone you think is in need of a Prayer Shawl, please contact the Parish Center: 201-845-9566 or email [prayershawl@olqp.org](mailto:prayershawl@olqp.org)

**Readings for the Week**

Monday: Nm 11:4b-15; Ps 81:12-17; Mt 14:13-21  
 Tuesday: Nm 12:1-13; Ps 51:3-7, 12-13; Mt 14:22-36 or Mt 15:1-2, 10-14  
 Wednesday: Nm 13:1-2, 25 — 14:1, 26-29a, 34-35; Ps 106:6-7ab, 13-14, 21-23; Mt 15:21-28  
 Thursday: Nm 20:1-13; Ps 95:1-2, 6-9; Mt 16:13-23  
 Friday: Dn 7:9-10, 13-14; Ps 97:1-2, 5-6, 9; 2 Pt 1:16-19; Mk 9:2-10  
 Saturday: Dt 6:4-13; Ps 18:2-4, 47, 51; Mt 17:14-20  
 Sunday: 1 Kgs 19:4-8; Ps 34:2-9; Eph 4:30 — 5:2; Jn 6:41-51

## THE BREAD OF LIFE

Today's Gospel has the crowd asking Jesus three questions. First, "When did you get here," to which Jesus responds by rebuking them for their failure to grasp his miracle as a "sign," an occasion to put faith in him. Their second question about accomplishing the "works of God" has Jesus respond that faith is the "work" that God wishes. Many scholars believe this is John's answer to the faith-works dichotomy emerging in the early Christian community. Faith is the work of God in the believer, John would have us understand. The third question asked by the crowd is a request for a "sign" that would allow them to put faith in Jesus, as the manna in the desert allowed the Israelites to put faith in the Lord God. Jesus answers by revealing himself as the "bread of life" that "comes down from heaven and gives life to the world."

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## The Transfiguration of the Lord (August 6)



On August 6th, we have the summertime celebration of the Transfiguration of the Lord. The story of the Transfiguration is proclaimed twice each

year; once on the Second Sunday of Lent, and then again on August 6. In Lent, the revelation of Jesus' glory foreshadows the triumph of Easter. During the summer, this feast comes—significantly—forty days before the Exaltation of the Holy Cross.

In the Gospel proclaimed on this day, Peter wants to know if he should build "three tents." In Hebrew, the tents are sukkot, rickety harvest shacks also called in English "tabernacles" (from the Latin word for "little shelters") that harvesters set up in fields so they can stay there to work day and night. Harvest booths are built and ornamented for the Jewish festival of Sukkot. One aspect of this festival is eager anticipation for the ingathering of all peoples (including ancestors Moses and Elijah) under God's own sukkot shalom, the tent of peace. In some patristic traditions, the late summer and early autumn of the church year are imagined as an extended ingathering festival that begins today and reaches fulfillment at Epiphany.

- James Field, Copyright © J. S. Paluch Co.

## The 2022 Mass Book is Open



The Church teaches us that our prayers are invaluable to the living as well as those who have died. We commend them to God's mercy when we pray for them. The living and the dead are helped not only by our daily prayers, but by the offering of Masses in their name for the benefit of their souls.

There is no restriction on the number of Masses which can be reserved. Please visit the Parish Center to select your preferred dates.

## Save the Date! - August 15, 2021

### A Parish Celebration of the Feast of the Assumption of the Blessed Virgin Mary



Join us for Adoration, Divine Mercy Chaplet, the Holy Rosary, Benediction, and a procession followed by a barbeque and a movie at 6:45 p.m. A sign up sheet for the Holy Rosary will be in the church this weekend.

- 2:30 p.m. Exposition of the Blessed Sacrament
- 3:00 p.m. Divine Mercy
- 3:30 p.m. Joyful Mysteries
- 4:15 p.m. Sorrowful Mysteries
- 5:00 p.m. Glorious Mysteries
- 5:45 p.m. Luminous Mysteries
- 6:15 p.m. Benediction/Procession
- 7:00 p.m. BBQ and Movie Night

## Cursillo Day of Renewal Update

The Day of Renewal that took place last Saturday, July 24th at the Youth Center In Kearny was filled with Love, Music, Laughs and Joy. Being able to share the love of our Lord with others is wonderful. The speakers gave a wonderful witness to God's Love.



### Why should I register in the parish?

All members of the parish should be formally registered as members of the parish. You must be formally registered if you wish to arrange a Baptism, a Confirmation, or a Wedding in the parish Church or wish to register in the Parish School or the Religious Education (CCD) Program. You must also be a registered member of the parish for at least three months before you can obtain a Sponsor Certificate or schedule a Baptism or a Wedding.

Please call the Parish Center at 201-845-9566 to register or visit our home page at [www.olqp.org](http://www.olqp.org), scroll down to the middle of the page and click where it states "Parish Registration" to download the form. Thank you and welcome to Our Lady Queen of Peace!

### Thanksgiving after Holy Communion

#### Anima Christi (Soul of Christ)



SOUL of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy Wounds hide me.  
Suffer me not to be separated from Thee.  
From the malignant enemy, defend me.  
In the hour of my death, call me,  
And bid me come to Thee.  
That with Thy saints, I may praise Thee.  
Forever and ever. Amen.  
Most Sacred Heart of Jesus, may the whole world burn  
with love for Thee! (x3)

#### Luz Y Vida (Light and Life)



The Luz y Vida prayer group invites the Hispanic community to hear the word of God and receive His blessings every Thursday at 7 pm in the Auditorium

If you have a questions, please call  
Susana  
(201) 403-6319.

Él Grupo de Oración Luz y Vida .  
Invita a la comunidad comunidad Hispana a escuchar la Palabra de Dios y recibir sus bendiciones cada Jueves a partir de las 7pm en el Auditorio de la iglesia. Él Señor les espera con los brazos abiertos. Tiene alguna pregunta llamar a Susana (201) 403-6319.

### Daily Prayer for Pope Francis and Our Clergy



Almighty and everlasting God, have mercy upon Thy servant, Francis, our Supreme Pontiff, and direct him, according to Thy loving-kindness, in the ways of eternal salvation; that, of Thy gift, he may ever desire that which is pleasing unto Thee and may accomplish it with all his might.  
Through Christ our Lord. Amen.  
Jesus, Savior of the world, sanctify Thy priests and sacred ministers.

OLQP



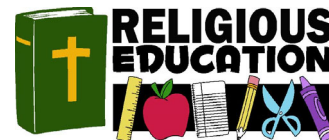
RCIA

If you are interested in being baptized or wish to receive the sacraments of Eucharist or Confirmation, our RCIA (Rite of Christian Initiation of Adults) program will prepare you for the reception of these sacraments. If you've received the sacraments of initiation and wish to learn more about your faith, our RCIA program is also for you. For more information, please contact Father Paul at the Parish Center or email [frpaul@olqp.org](mailto:frpaul@olqp.org)

### Religious Education Registration for 2021-2022

#### 2021-2022 Catechetical Year

Registration for our 2021-2022 Religious Education Program is now open. Please visit: [www.olqp.org/religious-education.html](http://www.olqp.org/religious-education.html) for a copy of the registration form or contact our Religious Education office at [ReEd@olqp.org](mailto:ReEd@olqp.org) or 201-845-9566 x117. Copies are also available in the Parish Center office. Registration Forms should be



submitted no later than **August 1st**.

**Have you thought about echoing the Word of God to our Children? Are you being called to be a Catechist?** For more information on this ministry for our children, please contact Justine Garcia at [ReEd@olqp.org](mailto:ReEd@olqp.org) or (201) 845-9566 x117.

### Thank You for Your Support of Our Parish During These Challenging Times

For those of you who would like to continue to give through envelopes or cash, please place it in the designated collection boxes in the church, mail your donation to the Parish Center (410 Maywood Avenue, Maywood, NJ 07607), or drop it off at the white mailbox located to the right of the side door of the Parish Center. Thank you for your generosity!

## Excerpts from *The Sinner's Guide* - Chapter 31 By Venerable Louis of Granada

### CHAPTER 30 - Remedies against Pride *(continued from last week)*

...If you know how to preserve humility in the midst of honors and dignities you will acquire real merit and virtue, for humility in the midst of greatness is the grandest accompaniment of honors, the dignity of dignities, without which there is no true excellence. If you sincerely desire to acquire humility you must courageously enter the path of humiliation, for if you will not endure humiliations you will never become humble. Though many are humbled without diminishing their pride, humiliation, as St. Bernard tells us, is nevertheless the path to humility, as patience is the path to peace, and study to learning. Be not satisfied, therefore, with humbly obeying God, but be subject to all creatures for love of Him. (Cf. 1Pet. 2:13).

In another place St. Bernard speaks of three kinds of fear with which he would have us guard our hearts. "Fear," he says, "when you are in possession of grace, lest you may do something unworthy of it; fear when you have lost grace, because you are deprived of a strong protection; and fear when you have recovered grace, lest you should again lose it." Thus you will never trust to your own strength; the fear of God which will fill your heart will save you from presumption.

Be patient in bearing persecution, for the patient endurance of affronts is the touchstone of true humility. Never despise the poor and abject, for their misery should move us to compassion rather than contempt. Be not too eager for rich apparel, for humility is incompatible with a love of display. One who is too solicitous about his dress is a slave to the opinions of men, for he certainly would not expend so much labor upon it if he thought he would not be observed. Beware, however, of going to the other extreme and dressing in a manner unsuited to your position. While claiming to despise the approbation or notice of the world, many secretly strive for it by their singularity and exaggerated simplicity. Finally, do not disdain humble and obscure employments. Only the proud seek to avoid these, for the man of true humility deems nothing in the world beneath him.

### CHAPTER 31 - Remedies against Covetousness

#### SECTION I

##### Against Covetousness in General

Covetousness is an inordinate desire for riches. Hence we regard as covetous not only the man who steals, but also the man who passionately longs for another's goods or too eagerly clings to his own. With great force St. Paul condemns this vice and declares it the source of all iniquity:

"They that will become rich fall into temptation and into the snare of the devil, and into many unprofitable and hurtful desires, which drown men into destruction and perdition; for the desire of money is the root of all evil." (1Tim. 6:9-10).

When you are assailed by this vice, arm yourself with the following considerations: Remember that Our Lord and Saviour, at His coming into this world, disdained to possess riches, which are the object of your desires. On the contrary, He so loved poverty that He chose for His Mother not a rich and powerful queen, but a poor and humble Virgin. He willed to be born, not in a palace, but in a bleak stable, the manger of which, covered with a little straw, was His only couch.

During His life upon earth He never ceased to manifest His love for poverty and His contempt for riches. For His Apostles He chose not the princes of great houses, but poor and ignorant fishermen. What greater presumption can there be than that of a base worm coveting riches, when the Creator of the universe became so poor for love of him!

Consider, moreover, your own vileness, since you are willing for a gross and perishable interest to sacrifice your immortal soul, created to the image of God and redeemed by His Blood, compared with which the whole world is nothing. God would not give His life for this material world, but He gave it for the soul of man. How much greater, therefore, must be the value of a soul! True riches do not consist in silver, or gold, or precious stones, but in virtue, the inseparable companion of a good conscience. Set aside the vain opinions of men, and you will see that these precious metals are such only by the judgment of the world. Will you, who are a Christian, become a slave to that which even pagan philosophers despised? "He who guards his riches like a slave is their victim," says St. Jerome; "but he who throws off their yoke possesses them as their lord and master."

Consider also these words of Our Saviour: "No man can serve two masters, God and mammon." (Matt. 6:24). Man cannot freely rise to God and the contemplation of His beauty while he is breathless in the pursuit of riches. A heart filled with material and earthly pleasures can never know spiritual and divine joys. No; it is impossible to unite what is false with what is true; what is spiritual with what is carnal; what is temporal with what is eternal; they can never dwell together in one heart.

There is another truth of which you must not lose sight: The more worldly prosperity you enjoy, the more destitute you are likely to be of spiritual riches, for an abundance of this world's goods leads you to trust in them rather than in God. Oh! That you knew the misery which such prosperity prepares for you! The desire of more which springs from the love of riches is a torment which far exceeds the pleasure we derive from their possession. It will entangle you in a thousand temptations, fill you with cares, and under the delusive image of pleasure plunge you into renewed sin and prove an inexhaustible source of trouble and disquiet. Again, riches are acquired only at the expense of pain and labor; they are preserved only by care and anxiety; and they are never lost without bitter vexation and grief. But, worse than all this, they are rarely accumulated without offence against God; for, as the proverb says, "A rich man is either a wicked man or a wicked man's heir."

Moreover, all the riches of the world, did you possess them, would never satisfy the desires of your heart. They would only excite and increase them. never cease to long for more....  
*(Read the rest on <https://www.ewtn.com/catholicism/library/sinners-guide-9836>)*

## Stewardship Corner

### **Stewardship - More Than Money:**

Stewardship - the word is bandied in parishes, schools and pulpits all the time these days, but what does stewardship really mean? Is it a gimmick to get you to drop more money in the collection basket or volunteer more often at church? What does **Stewardship** really mean? (To be continued next week)

## Stewardship Results

	7/25/21	Weekly Goal
Offertory	4,482	5,000
Repairs	325	1,500
<b>Total</b>	<b>\$4,807</b>	<b>\$6,500</b>

**Thank you for your contributions!**



### Weekend for Couples

**August 13-15**

Is your marriage down the right road... or is a little off track? Life can be difficult, and so can the challenges you face in marriage.

Does the distance between you seem wide? Are you already separated? Looking for a better way?

Retrouvaille can help and offers hope for a better relationship. Retrouvaille is a peer ministry of volunteer couples that can help you learn the tools of healthy communication, build intimacy and heal, just as they have done in their own marriages. Retrouvaille is Christian-based, and Catholic in origin, but welcomes couples of all faiths as well as non-religious couples. Retrouvaille can help get your relationship back on track.

### TO REGISTER OR FOR MORE INFORMATION

Rich Colasuonno @ (732) 236-0671  
Annette Colasuonno @ (732) 672-0748  
OR [3024@RETROUVAILLE.ORG](mailto:3024@RETROUVAILLE.ORG)

### Our Mother of Perpetual Help Novena

Wednesdays 7 pm at the Rosary Garden



## Saints and Special Observances

Sunday:	Eighteenth Sunday in Ordinary Time
Monday:	St. Eusebius of Vercelli; St. Peter Julian Eymard
Wednesday:	St. John Vianney
Thursday:	Dedication of the Basilica of St. Mary Major
Friday:	The Transfiguration of the Lord; First Friday
Saturday:	St. Sixtus II and Companions; St. Cajetan; First Saturday

### FEAST OF FAITH

#### The Preface: Thanksgiving

The preface of the Mass has been called “a poem, the cry of joy and recognition, the song of the world discovering its salvation . . . the certitude of faith making hope spring forth” (Philippe Béguerie, quoted in *The Mass*, Lucien Deiss, The Liturgical Press, Collegeville, MN, 1992, p. 70). The preface takes up the last words of the dialogue, and expresses briefly and simply why we are grateful, why it is right and just to give thanks and praise to God. On feast days, the preface sings of the specific mystery or saint we celebrate; in Ordinary Time, the Sunday and weekday prefaces express our gratitude for God’s gift of the Son, Jesus Christ, in whom we have redemption and newness of life. The prefaces offer a succinct account of what God has done for us in Christ; they express the mystery of faith, always relating it to us, to our lives. “By his birth we are reborn,” we hear in Preface IV for Sundays in Ordinary Time. “By his suffering we are freed from sin. By his rising from the dead we rise to everlasting life.” Yes, we have cause to give God thanks and praise.

—Corinna Laughlin, Copyright © J. S. Paluch Co.

### A SECRET

The secret of happiness is to count your blessings while others are adding up their troubles.

—Anonymous

### GOVERNING OUR PASSIONS

Whoever governs their passions is master of the world. We must either command them, or be commanded by them. It is better to be the hammer than the anvil.

—St. Dominic

## On-Line Giving Program

Please consider participating in our on-line giving program.

Registering with Parish Giving  
takes just a few minutes. Please visit:  
[www.olqp.org/parish-giving.html](http://www.olqp.org/parish-giving.html)  
or call 1-866-307-7140





August 1, 2021

## EIGHTEENTH SUNDAY IN ORDINARY TIME

### GOD PROVIDES

Today's Gospel is a sequel to last week's account of Jesus feeding a large crowd with five barley loaves and a few fish. Here, Jesus is challenging the crowd to see in the bread they have eaten a sign of God's generosity in providing for all the blessings in their lives, as well as the blessing of life itself. The first reading, from Exodus, recounts how the escaped Hebrew slaves were fed in the wilderness, first with quail, then with manna. The psalm is a later reflection on the manna as the bread from heaven and a blessing from God. The selection from the letter to the Ephesians sketches the image of putting away the "old self" and putting on the new, emphasizing that a person's life in Christ needs to differ from their previous life, just as the life of a free person differs from that of a slave.

### SIGNS AND WONDERS?

Today's Gospel continues into a second day the narrative that had begun the day before when, after crossing the lake to look for Jesus, a large crowd are fed with five barley loaves and two fish. The following day (today's reading), after more lake crossings, the people who had been miraculously fed are again searching for Jesus. However, they do so (as Jesus puts it) "not because you saw signs, but because you ate the loaves and were filled" (John 6:6).

In John's Gospel, the word "sign" has a distinct meaning. At the wedding at Cana, after telling how Jesus turned water into wine, the Evangelist notes "Jesus did this as the beginning of his signs" that "revealed his glory, and his disciples began to believe in him" (John 2:11). For John, signs are not just wonders to behold; they are about the revelation of God and a response of faith in Jesus.

### OR MAYBE THE SIGN IS THE WONDER

When the crowd first arrives, Jesus notes that they had not appreciated the sign that he had already given; they are still focused on their physical hunger. When they ask for a sign, "that we may see and believe in you" (John 6:30), they refer to their ancestors who ate manna in the wilderness. Can Jesus top that? Can he give them more bread that will relieve them of their daily worries about going hungry?

Jesus reminds the crowd that it was not Moses who gave the "bread from heaven," but his Father. Further, the Father can give them the true bread from heaven that comes down and gives life to the world. There is a parallel in the Greek between working for food that perishes and doing the works of God, which is believing in Jesus as the one God has sent. This is the sign that the people missed the day before, the sign that Jesus is pointing out to them.

Like the Evangelist, the Church uses the word "sign" for its sacraments. Like the crowd, we are called to see similar "signs" of God's generosity in all the blessings of our lives.

### TODAY'S READINGS

Exodus 16:2-4, 12-15  
Psalm 78:3-4, 23-24, 25, 54  
Ephesians 4:17, 20-24  
John 6: 24-35

*The bread of God  
is that which comes down from heaven  
and gives life to the world. John 6:33*



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