



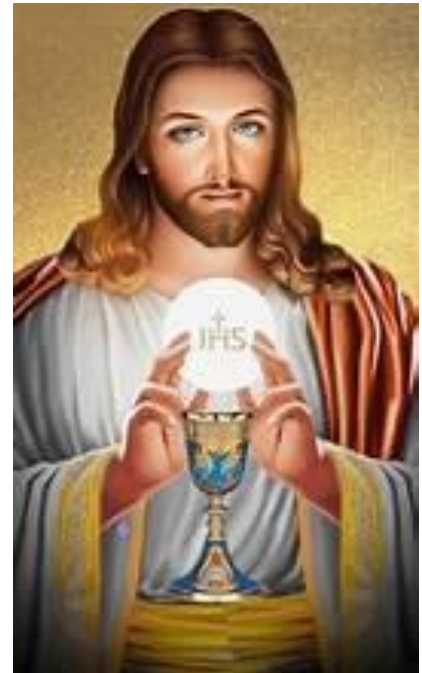
20th SUNDAY IN ORDINARY TIME

“Whoever eats my flesh and drinks my blood remains in me and I in him
... The one who feeds on me will have life because of me.” - Jn 6:56, 57b

REFLECTION

Not by Faith Alone

A priest I know was asked by a door-to-door evangelist, “Do you believe in Jesus?” He answered, “Yes, I do. But if I may ask you,” he continued, “Where do you experience Jesus’ body and blood?” his interlocutor responded somewhat confusedly, I don’t. I just believe in him. That’s all that is needed.” Later my priest friend would relate to me, “The more I thought about it, that response struck me as totally inadequate. As human beings, we need to encounter Jesus’ body and blood, not just hear about him and mentally believe. Otherwise, Jesus is just a ghost.” This week we see this central point as we arrive at the climactic moment of Jesus’ teaching on the Eucharist. Jesus has established the importance of believing in him as the **“bread of life come down from heaven.”** Belief deeply matters because it leads to a real, bodily encounter with Jesus through eating and drinking. That’s why Jesus emphasizes to an almost outrageous degree the non-metaphorical necessity to **“eat my flesh and drink my blood”** (John 6:54) The real presence of Jesus’ body and blood – he himself, truly, really, substantially – has been the Church’s treasure since Holy Thursday. Internal belief in the heart and the ritual act of eating and drinking the Eucharist, the Church has stubbornly insisted on *both*, not just one or the other. This is not meant to criticize non-Catholic Christians who deeply trust and love Jesus, nor is it a triumphal elitist claim about the Catholic Mass. Rather it is a humble, trusting acknowledgement that God in Jesus comes to us in away most proper to human beings; in our hearts and our bodies, faith *and* the Eucharist. – Fr. John Muir



NEWS UPDATE

EXPOSITION OF THE BLESSED SACRAMENT – The Church and the world have a great need of Eucharistic worship. Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease. - *Pope John Paul II - Eucharist Adoration* on the following days: Monday, Tuesday, Thursday, Friday – 9:00 a.m. – 6:00 p.m. and Wednesday – 2:00 p.m. – 8:00 p.m. in the Church. (Confessions available from 6:00 p.m. – 7:00 p.m.)

EUCCHARISTIC ADORATION – We have been so blessed to have weekly Eucharistic Adoration for the past 18 years at St. Bede parish, However, without you, Eucharistic Adoration would be impossible. You are invited to consider making a commitment or recommitment to spend one hour per week with Jesus in the Blessed Sacrament. Next weekend we will have sign-up sheets available at the entrance of the church. Adoration hours are Monday, Tuesday, Thursday and Friday from 9:00 a.m. to 6:00 p.m. and Wednesday from 2:00 p.m. – 8:00 p.m. Come, let us adore Him.

2024 PRIESTHOOD EVENING OF DISCERNMENT – Please join Fr. Carl Arcosa and Matthew Murray for an evening of Prayer and reflection for vocation to the Priesthood on Saturday, August 24, 2024 from 3:00 p.m. – 7:00 p.m. at St. Michael’s Parish, 375 Maple St., Livermore, CA. Schedule includes coffee & chat, testimony & prayer, Mass, and dinner.

Twentieth Sunday in Ordinary Time

INSPIRATION OF THE WEEK



Jesus warns us that unless we eat the flesh of the Son of Man and drink his blood, we do not have life within us. The Eucharist is the wellspring of our Christian life, in every place and in every moment. Let us always remember that where there is no Eucharist, there is no life.



PLEASE PRAY FOR THE SICK, especially, Amadora G. Carillo, Lorenzo Layco, Welhelmina Concepcion, Presentacion Urrutia, Raquel Gomez Hernandez, Romy Vergara, Marivi Cruz, and those commended to our prayers.

PLEASE PRAY FOR THOSE WHO HAVE DIED RECENTLY especially, Alfredo Languren, and those commended to our prayers.



PLATE – August 10/11 - Sunday - \$11,034.31 – Thank you and God bless you.

MORE NEWS UPDATE

ST. VINCENT DE PAUL - In the month of July, your SVDP assisted 39 families with food from our Pantry. We also assisted a mother with rental assistance as she recovers from an auto accident. As we continue with the Bread of Life Discourse, we, as Vincentians, are reminded with our St. Bede Parishioners, of how our Patron, St. Vincent de Paul, would frequently make short visits to the chapel for Eucharistic Adoration before leaving and upon returning from his responsibilities - Home Visits and Distribution of Food. - Blessings, prayers and love, - *Your SVDP*

CHAUTAUQUA – WE ARE ALL CHILDREN OF GOD AND A GIFT FROM THE CHURCH. You are invited to celebrate a Multicultural Event on Saturday, August 31st at Christ the Light Cathedral, 2121 Harrison St., Oakland, CA. Mass will be at 11:00 a.m. after the mass we will have food booths from different cultures for a small donation of \$5.00 and entertainment at 1:00 p.m. We are all children of God and a gift for the church.

CATHOLIC CHARITY EASTBAY – We are looking for caring people who can help our compassionate team of Administrative Coordinators for a few hours a week, answering the phone, finding out what our clients need, explaining what help is available, and answering their questions. Learn more about other volunteer opportunities and apply at www.cceb.org/volunteers If you have any questions, call or email Mari Mosca at mmosca@cceb.org or 510-350-6177. Your work and support will help you people in need.

MAGNIFICAT – A Ministry to Catholic Women. You are invited to join us for the Magnificat Prayer Breakfast on Saturday, September 28, 2024 from 9:30 a.m. – 12:30 p.m. at Immaculate Heart of Mary Church, 500 Fairview Ave., Brentwood, CA. The guest speaker will be Yvette Helfers. Yvette is a cradle Catholic and a native of San Diego. She is married to her high school sweetheart, Kevin, who is a Deacon in the Diocese of San Diego. They have six children and four grandchildren. As a toddler, Yvette was pronounced dead, by the grace of God she was given a second chance of life. At the age of 10, Yvette experienced the tragic loss of her father which bore much pain. Although there was much suffering from this tragedy, she always knew God was with her. The Blessed Mother and St. Padre Pio have played special roles in her life of faith and miracles. She has experienced the power of heavenly intercession which has changed the course of her life.
