

## The Church's Calendar This Week

Sunday, August 8

### **19<sup>th</sup> Sunday in Ordinary Time**

Masses at 6:00/8:00/10:00a/12:00/6:00p

Live-Streamed Mass at 10:00 a.m.

**Cathedral closed after each Mass**

Monday, August 9

### **Monday of the 19<sup>th</sup> Week in Ordinary Time**

Mass at 12:00 p.m.

**Cathedral closed after Mass**

Tuesday, August 10

**Feast of St. Lawrence, *deacon & martyr***

Masses at 6:30 a.m. and 12:00 p.m.

**Cathedral closed after each Mass**

Wednesday, August 11

**Memorial of St. Clare, *virgin***

Sacrament of Reconciliation at 10:00 a.m.

Masses at 6:30 a.m. and 12:00 p.m.

**Cathedral closed after each Mass**

Thursday, August 12

### **Thursday of the 19<sup>th</sup> Week in Ordinary Time**

Masses at 6:30 a.m. and 12:00 p.m.

**Cathedral closed after each Mass**

Friday, August 13

### **Friday of the 19<sup>th</sup> Week in Ordinary Time**

Masses at 6:30 a.m. and 12:00 p.m.

**Cathedral closed after each Mass**

Saturday, August 14

**Memorial of St. Maximilian Kolbe, *priest & martyr***

Mass at 7:00 a.m.

Sacrament of Reconciliation at 10:00 a.m.

Mass at 12:00 p.m.

Live-Streamed Vigil Mass at 5:00 p.m.

**Cathedral closed after each Mass**

Sunday, August 15

## **Solemnity of the Assumption of the Blessed Virgin Mary**

Masses at 6:00/8:00/10:00a/12:00/6:00p

Live-Streamed Mass at 10:00 a.m.

**Cathedral closed after each Mass**

## Scripture Reflection

*"... the bread that I will give is my flesh for the life of the world" (John 6:51).*

## Stewardship of Treasure

### **Offertory Collection**

**7/26 – 8/1**

Sunday Offering	\$ 4,694.44
Weekday Mass	\$ 851.64
Online Giving	\$ 850.23
Other Feasts & Solemnities	\$ 46.00
<b>Total Offertory</b>	<b>\$ 6,442.31</b>

### **Other Collection**

Repair & Maintenance	\$ 141.00
Diocesan Seminarian Education	\$ 10.00
Others (Gallery, Candles, etc.)	\$ 1,755.28
<b>Total</b>	<b>\$ 8,348.59</b>

## Living the Liturgy

- Research the lives of Teresa Neumann (born in Germany in 1898, died in 1962) and Marthe Robin (born in Germany in 1902, died in 1982) each of whom lived for 30 plus years on nothing but the Eucharistic host.
- Just once this week, stop in church for quiet prayer before the Blessed Sacrament. Use the time to thank God for the gift of Eucharist and ask God to deepen your faith.
- If you haven't been using the traditional Catholic Grace Before Meals, begin teaching it to your family. Draw their attention to the words that refer to our nourishment as God's gifts. Talk about all the people whose cooperation with God helped to bring these gifts to your table, and ask God's blessing on them.

## Sharing the Faith

- What restores and reenergizes you when you feel burned out and totally depleted?
- Do you believe Christ is truly present—body, blood, soul, and divinity—in the Eucharist? What causes you to doubt? What helps you believe?
- Jesus used the same words to describe himself as God used to describe manna—bread come down from heaven. The Israelites went out to gather manna. How do you seek out Jesus and gather his teaching for nourishment?

## Saint of the Week

The great method of prayer is to have none. If in going to prayer one can form in oneself a pure capacity for receiving the spirit of God, that will suffice for all method. - St. Jane Frances de Chantal (1572-1641), Patron of the forgotten, Feast Day August 12.

# Aug. 8, 2021 Nineteenth Sunday in Ordinary Time

## Exegesis on this Sunday's readings

*1 Kings 19:4-8 / Psalm 34:2-3, 4-5, 6-7, 8-9 / Ephesian 4:31-5:2 / Alleluia: Cf. John 6:51 / John 6:41-51*

We often think of bread and water as prison food, but that's what dispel's Elijah's depression, revives his weakened body, and enables him to undertake a journey of 40 days and 40 nights. "Strengthened by that food," we're told, Elijah found the energy to stop feeling sorry for himself and climb a mountain to come face-to-face with God (1 Kings 19:8). Don't tell Martha Stewart, but it's not about taste and presentation. What matters most in the culinary world is what nourishes and satisfies. And as usual, God has surprises. We might think a prophet on the brink of desperation who is touched by an angel during the night would be awakened to some great repast of tender meats and vintage wine. Instead, Elijah gets worse food than inmates do these days. But that food from heaven becomes an engine that drives him forward.

Jesus' tells the people that he is better bread than what God sent down in the desert and that whoever eats that bread will live forever. This claim wins him no friends. Instead, he gains a lot of enemies, as people consider his words to be blasphemy. But he has started down this road and there is no turning back. Not only does he claim to be better food than what their ancestors ate, but he asserts that the bread he gives is his very flesh. That does it. Some will be done with him for good! But the few who stay receive the bread he gives, and they learn what truly satisfies and how to live forever.

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### **Next Sunday's Readings: "Solemnity of the Assumption of the Blessed Virgin Mary"**

*Revelation 11:19a; 12:1-6a, 10ab / Psalm 45:10, 11, 12, 16 / 1 Corinthians 15:20-27 / Luke 1:39-56*

## From the Rector's Desk

Dear Cathedral Basilica Ohana,

Greetings of peace, love, and joy!

### **I Am the Bread of Life**

We continue our reflection on the Bread of Life Discourse of Jesus. We recall that all these took place when Jesus performed a miracle of feeding five thousand men, not counting women and children. With five loaves and two fish, Jesus fed this vast crowd with leftovers after everyone had eaten and had their fill.

Last Sunday, Jesus told His listeners, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." We heard or read that when Jesus was trying to teach them about the bread that will satisfy everyone's hunger, the people further inquired about it. To the point that Jesus will them that this bread is no other than Himself. Thus, Jesus reveals Himself, "I am the bread that came down from heaven." The people respond to Jesus' claim with murmurs and with strong opposition. It is difficult for them to accept that Jesus came down from heaven. The people are aware of where He is coming from. They know His folks and background. For Jesus to claim that He is the One and came down from heaven is ridiculous in their minds.

Know that this is a vast crowd who followed Him after the miracle of feeding five thousand men. Jesus wants to reveal Himself to these people the truth about Him. He wants to open their minds and accept in their hearts that He is the bread that can sustain the life of people and give everlasting life. Unlike the people in the desert who ate manna, the bread from heaven, Jesus is offering His life for them as the food that will satisfy their hunger.

The truth about Jesus' statements is that He tells us that He is the true nourishment sent from heaven capable of satisfying the need for a full life. As we hear more about this in the next Sundays to come, this Bread of Life Discourse is a difficult teaching to grasp. It is not that easy to understand, as manifested by the reaction of His listeners. The difficulty of understanding Jesus' teaching can also happen to us at this moment as we hear these words. But for a person with faith, we know for sure that Jesus does not only speak of the physical bread that nourishes our hunger but He as a person who feeds our physical and, more so, of our spiritual life.

Know that our life is on a pilgrimage, a journey towards heaven. In this journey, we need to sustain ourselves to have the strength and courage to face the challenges we meet. Life is not as easy as we may imagine. We meet a lot of trials along the way. It can be disheartening, demanding, and overwhelming. But if we have faith in Jesus, no matter what happens, He will be there to sustain us, encourage us, and inspire us to get through with life's demands. When we have Jesus, we will be satisfied with this journey. And in this journey, though it may be hard or painful, once we are fed with the Bread of Life, we can still find joy and peace,

Let Jesus nourish and sustain us in this life and the next!

Your friend in Jesus,  
Fr. Pascual