

I AM THE BREAD OF LIFE

For the past three weeks the Liturgy is keeping us centered on the mystery of the Holy Eucharist. We have seen various parables (the seed, the soil, the manna...) and miracles (multiplication of the five loaves for five thousand people) and today Jesus explains to us in words that HE is the real bread of life.

After the multiplication of the loaves of bread, people were thinking of making Him a king, but Jesus hid away. People keep looking for Him, but Jesus reminds them that the scope they are looking for Him is very material and probably selfish and egotistical. You are looking for me “not because of the signs, but because you ate your fill of the loaves”.

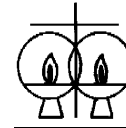
Do we have the right motivations for our faith? When we search for God, do we have alter motives? Are we looking for His glory or are we looking for our own interests?

Then Jesus continues correcting their spiritual orientation: “Do not work for the food that perishes, but for the food that endures for eternal life”. Whatever we gain in this life, even the greatest achievement of our career, will end at our death. Only the spiritual works have the possibility of lasting forever. So, it is more profitable to gain something that lasts forever, then something that will end in a few years.

Then the people of the Gospel want to hear from Jesus what they have to do in order to achieve eternal life. So, Jesus gives them two teachings: First you must believe. Yes, because without faith, no spiritual life is possible. Secondly, he points out that as Moses had given them Manna, now He (the New Moses) is giving the Eucharist, the bread from heaven. Actually He, himself is that bread of life, sent by the Father. The manna of Moses was only a sign, which was referring to the real bread of life, the Eucharist, the body and blood of Christ.

If we want to live spiritually, we need the spiritual food, that is the Holy Eucharist. To keep our natural life going strong, we eat three times a day; equally, to keep our spiritual life strong we need the spiritual food, the bread of life, Jesus Himself. And this bread and wine will quench our hunger and thirst for now and for eternity.

“I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty”.



MASS INTENTIONS

Saturday, July 31, 2021 St. Ignatius of Loyola

8:00am + Anna Theresa Huynh Thi Lai &

Paul Nguyen Van Dzung

6:00pm + Joaquim & Anna Pereira

Sunday, Aug. 1 18th Sunday in Ordinary Time

8:30am + Juan Teodoro Aguirre

10:00am MESSA CON PIU INTENZIONI

11:30am MULTIPLE INTENTIONS MASS

1:00pm + Maria & Rodolfo Orlandi

4:00pm + Peter James Sielski

6:00pm MISA CON INTENCIONES MULTIPLES

Monday, Aug. 2 Sts. Eusebius & Peter Eymard

8:00am Special intentions for Sister Diane De Carli

7:00pm + Xavier Gomes

Tuesday, Aug. 3

8:00am + Deceased family of Sister Diane De Carli

6:30am *Novena in honour to St. Anthony*

7:00pm + Bettina Domizio

Wednesday, Aug. 4 St. John Vianney

8:00am + Perpetua Gonzales

6:00pm *Novena in honor of Mother of Perpetual Help*

7:00pm MULTIPLE INTENTIONS MASS

Thursday, Aug. 5 Dedication of the Basilica of St. Mary Major

8:00am + John, Ruby & Calabin D'Souza

7:00pm + Louis Corriea

Friday, Aug. 6 Transfiguration of the Lord

8:00am + Lino Gazzola

7:00pm + Ann Janice D'Souza

7:30pm *ADORATION of the Blessed Sacrament*

Saturday, Aug. 7 Sts. Sixtus II & Cajetan

8:00am + Arthur Walter Dunbar

10:00am WEDD: Gavin Emmanuel & Sofia Haidary

1:00pm *Children's Rosary*

6:00pm + Bettina Domizio

Sunday, Aug. 8 19th Sunday in Ordinary Time

8:30am + Deceased of Bortolotto & Becevello

Families

10:00am MESSA CON PIU INTENZIONI

11:30am MULTIPLE INTENTIONS MASS

1:00pm Special intentions & recover for Tony Nguyen

4:00pm Thanksgiving for a safe delivery for

Sue Ellen Pereira

6:00pm MISA CON INTENCIONES MULTIPLES

AVISOS EN ESPAÑOL

El MARTES 3 de Agosto, 2021 (8:00 pm) continuamos el CURSO VIRTUAL DE BIBLIA #1 con el Padre José Plascencia, a través de Zoom.

El MIÉRCOLES 4 de Agosto, 2021 (8:00 pm) continuamos el CURSO VIRTUAL DE BIBLIA #2 con el Padre José Plascencia, a través de Zoom.

El JUEVES 5 de Agosto, 2021 (8:00 pm), participaremos en la SANTA MISA en ESPAÑOL.

El VIERNES 6 de Agosto, 2021, es el PRIMER VIERNES DEL MES. Por lo tanto, NO HABRÁ ASAMBLEA VIRTUAL DE ORACIÓN Y ALABANZA del grupo de la Renovación Carismática Católica Hispana parroquial, para que participemos en la SANTA MISA y ADORACIÓN EUCARÍSTICA (En Inglés).

DE LUNES A VIERNES ESTÁ EXPUESTO el SANTÍSIMO SACRAMENTO EN EL TEMPLO de 8:30 am a 5:30 pm. Dedicemos un tiempo para la ADORACIÓN EUCARÍSTICA INDIVIDUAL.

HOY, rezaremos el SANTO ROSARIO (5:30 pm) y luego participaremos en la SANTA MISA EN ESPAÑOL (6:00 pm).

Los siguientes son los enlaces del Internet para participar VIRTUALMENTE en el SANTO ROSARIO y la SANTA MISA:

<https://www.facebook.com/parroquiasantacatalina.de.sienna.9>

<https://www.youtube.com/channel/UCpfixRYsl7vLmI4hDDWEmNA>

<https://stcatherine.ca/live-mass/>

THE YEAR OF ST. JOSEPH



FR. STEPHEN HOANG

FR. STEPHEN HOANG Sunday, August 1st at 1:00pm, there will be a special Mass celebrated by Fr. Stephen followed by a fellowship in the main hall. Although Fr. Stephen was here in our parish for a short time, he left a create impact on many people. We wish him the very best at his new location of Apostolic work. Our prayers will accompany him as he continues to shepherd God's people. We will miss him.

ADULT SPIRITUAL FORMATION every Tuesday 7:30pm to 9:00pm in Fr. Zanon Hall or livestreamed <https://stcatherine.ca/zanon-hall/> Zoom meeting ID: 838 4962 4663.

Explore and reflect on various topics of our faith. Everyone is welcome.

BIBLE STUDY every Thursday 7:30pm to 9:00pm in Fr. Zanon Hall or livestreamed <https://stcatherine.ca/zanon-hall/> Zoom meeting ID: 836 4620 6928. Current study is Unpacking the Book of Revelation.

FITNESS FOR FUN every Tuesday 10:30am to 11:30am in Zanon Hall. Line dancing for beginners. Perfect for Seniors but open to all.

SHARE LIFE Continue to send your contributions. Thank you very much for support.

CHILDREN'S ROSARY GROUP will recite the Rosary in front of the Blessed Mother on the first Saturday of the month in church. You are all invited to participate on live streaming or in person.

ITALIAN HOUR OF GRACE Every Friday at 3:00pm the Italian Community will have on hour of "Virtual Prayer" through Zoom Phone: 1-647-374-4685, then 833-8668-7031#, then 109039# and you can pray with the group.

