

Strengthened by the Food of God

Have you ever been so frustrated by difficulties that you just want to give up? Then you can relate to Elijah in this week's First Reading: On the run from the forces of Queen Jezebel, he cries out, "This is enough, Lord!" he says...and then lays down to die.

But God says to Elijah (and to us): Get up! Get going! You have a long way to go yet! And then he provides Elijah with food (catered by angels, no less!) to strengthen him for the journey.

The Gospel of John reveals that we have an even better food to strengthen us: the Bread of Life, Jesus. As you reflect on this week's readings, ask:

When things get tough, how do we let God strengthen us?

First Reading

He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God...

1 Kings 19:4-8°

Psalm

Taste and see the goodness of the Lord.

Psalms 34:2-9°

Second Reading

Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

Ephesians 4:30-52°

Gospel

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

John 6:41-51°

° indicates hyperlinked text in the PDF version

THE WEEK

SUNDAY Aug 9
19th Sunday in Ordinary Time

70th anniversary of atomic bombing of Nagasaki

MONDAY Aug 10
St. Teresa Benedicta of the Cross (1891-1942)
The brilliant philosopher and Carmelite nun killed by the Nazis because of her Jewish heritage.



TUESDAY Aug 11
St. Clare of Assisi (1194-1253)
The friend of St. Francis and founder of the Order of the Poor Ladies whose face shone when she prayed. (See coloring sheet, page 2.)

WEDNESDAY Aug 12
St. Jane Frances de Chantal (1562-1641)
The wife and mother whose friendship with St. Francis de Sales led her to found the Order of the Visitation.

FRIDAY Aug 14
St. Maximilian Mary Kolbe (1894-1941)
The Catholic priest and evangelist who founded the City of the Immaculata in Poland and Nagasaki, and who offered his life for another at Auschwitz.

SATURDAY Aug 15
Solemnity of the Assumption of the Blessed Virgin Mary

THE WEEKS AHEAD

6 weeks to the U.S. visit of Pope Francis and the World Meeting of Families

50 weeks to World Youth Day 2016 in Krakow, Poland

THE PB & J

Color in a star for every item your family tries this week. Add up the points and celebrate your accomplishment next Sunday with a small treat or reward!

★ Preview and **reflect** on Sunday's Scriptures. **50 points**

★ **Live** the advice of Sunday's reading from Ephesians. **5 points for every time someone is "caught" being kind, compassionate, or forgiving**

★ Read and **talk** about the amazing story of Takashi Nagai and the Catholics of Nagasaki in the wake of the atomic bomb in "The Catholic Holocaust at Nagasaki—Why, Lord?"° **50 points**

★ **Pray** the rosary in honor of the Solemnity of the Assumption. **75 points**

★ **Celebrate** the feast of the Assumption, and **talk** about its meaning. **50 points**

★ Share and **talk** about the story of St. Clare (page 2). **25 points**

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THE Bread

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St. Clare of Assisi

“Totally
love Him,
Who gave
Himself
totally for
your love.”

