Holy Cross & St. Anne Parishes

1st Holy Eucharist Parent Meeting

Wednesday, January 28, 2015

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. But I said to you that you have seen me and yet do not believe. Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; for I have come down from heaven, not to do my own will, but the will of him who sent me.”

Then the Jews began to complain about him because he said, “I am the bread that came down from heaven.”

Jesus said, “I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”

When many of his disciples heard it, they said, “This teaching is difficult who can accept it?” But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.”

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, “Do you also wish to go away?” Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.

John 6:3538, 41, 48-58, 60-64, 66-69

Take it to Heart:

Bread was the basic food in Jesus’ day, and Jesus used bread as a way to teach people about who he was.

People are not just hungry for food; they are also hungry for spiritual nourishment. If people will believe in Jesus and follow him, they will never be spiritually hungry or thirsty again. How can this happen? One way is by staying close to Christ through partaking in the Eucharist. The Bread of Life is present to us in the Eucharist, feeding Christ’s people. He is our food for the journey. How is Christ the Bread of Life for you and your family?

Taken from The Catholic Faith & Family Bible page 1326