

# realpeople

the gospel in everyday language



## In today's readings:

Remember how God fed you. Dt 8:2-3,14-16;  
Though we are many, we are one body. 1 Cor 10:16-17;  
I am the living bread. John 6:51-58

## Next week:

Jesus sends the Twelve.  
Ex 19:2-6; Rom 5:6-11;  
Mt 9:36-10:8

## In a nutshell

As believers we 'hunger' for what brings us authentic life; not the empty promises of materialism but Jesus Christ—the bread of his word, the bread of his works, the bread of his life. 'My flesh is real food...' Strengthened by today's eucharistic celebration, how will you take the presence of Christ into the world around you?



## Let's do coffee

One lovely, lazy Sunday morning, I decided to stop off at a coffee shop after Mass and read the newspaper. No sooner was I perched happily over a steaming cappuccino, relishing the inspiring feelings that I had enjoyed at Mass, when God threw me a whammy. Through the window of the cafe I could see the humped shape of a man crouched in a doorway - obviously a homeless alcoholic, a cigarette dangling limply from the corner of his mouth. It was a sad sight. And the challenge of the morning's sermon was already gnawing at my conscience.

Would you believe that I sat there for 20 minutes trying to pluck up the courage to respond? All I wanted to do was buy the man a cup of coffee as a simple gesture of caring, but for 20 minutes I agonised over the decision. Was it token charity? Would he reject me? Was I being patronising? What would Jesus do? What would people think? With my heart in my mouth I made my move.

'Excuse me sir...'

'What?!' he barked.

'You look like a man who could use a strong cup of coffee. Can I buy you one?' He stared at me suspiciously before saying, 'Yeah'.

I went back inside the cafe and returned with a cup of coffee and a sandwich. 'Got any sugars?' he muttered. I dutifully retrieved the sugar satchels, mumbled some well wishes...and fled! My heart was pumping. I was shocked to realise the extent of my own unease. Why is it so hard to be a little bit neighbourly to a fellow human being? (MG)

## Think:

What am I doing after Mass?  
How will this Eucharist make a difference in my day?

## Bread of life

During my final stages of my grandfather's illness, I was sometimes present when he received holy communion from a parish representative. This experience gave me a fresh perspective on the Eucharist. Knowing that Grandpa would soon die, the promise of eternal life expressed through the prayers of our faith tradition filled me with hope: Yes, Grandpa, you will live forever! Never had the phrase 'bread of life' been so alive to me. (Karl)



church below the rooftops

## That all may be one...

*A parishioner says:*

Going to Mass without my husband can be lonely. Nick is not a Catholic, you see, and usually chooses not to come to Mass. Although we share everything else in our lives, I long to be able to share with him all the treasures of my Catholic faith, especially the Eucharist.

One thing I have found helpful is to 'take Nick with me' at each Eucharist, not in body but in spirit. At each part of the Mass I mentally preface my prayers by bringing Nick to mind. It helps to take away the isolation and, I believe, is a way of deepening our union in Christ.

## Pray...

- For unity as one body in Christ.
- For a deeper appreciation of Jesus' presence in the Eucharist.
- That we may pass on our faith to our children.

## Act

- Reach out to someone who hungers for the bread of life.
- Share your eucharistic faith with a child.



**RealPeople** offers faith reflections from the saints and prophets of everyday life.

A publication of  
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