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Columnists

Food to satisfy hungry spirits

By Father Albert Shamon Sunday's readings (R3) John 6:24-35; (R1) Exodus 16:2-4, 12-15; (R2) Ephesians 4:17, 20-24.

In holy Mass there are two basic parts: the Liturgy of the Word and the Liturgy of the Eucharist. Of course, there are also the Introductory Rites and a Concluding Rite. These four movements constitute the symphony of the Mass.

Multiplying the loaves and fish in last Sunday's Gospel typified the Liturgy of the Encharist. This Sunday's Gospel exemplifies the Liturgy of the Word: Jesus explains the significance of the miracle of the loaves.

In His homily, He tells the people there is a bread greater than any material bread, a food that does not perish but "remains unto life eternal?"

"What must we do to obtain this?" the people asked.

Jesus answered, "Have faith in me"

"So we can put faith in you," the people countered, "what sign are you going to give us? Moses gave bread from heaven."

Jesus corrected, "It wasn't Moses who gave vour ancestors bread. It was my Father in heaven who gave the manna." Then He drove home His point. This same Father was now giving them a far greater bread from heaven: His only-begotten Son, Himself, "I myself am the bread of life," He told them.

Jesus is bread of life in a twofold sense, as truth-giver in the Liturgy of the Word, and lifegiver in the Liturgy of the Eucharist.

Thus, just before Jesus died, He said, "I am the way, the truth and the life" He was saying that the way to life is truth, and that truth is no mere abstraction, but a person - Himself, the eternal Word of God. So Paul in the second reading exhorted his newly-baptized Ephesians to follow Christ, for without Him there is no going, no knowing, no living.

The people did not understand the words of Jesus. They actually left Him. What He said was too much for them. On this occasion, Jesus, far from retracting what He had said, turned to His disciples and asked, "Do you want to leave me too?" Peter then uttered those memorable words, "Lord, to whom shall we go? You have the words of eternal life"

His words are read at every Mass in the Liturgy of the Word. Vatican II, in the New

A Word for Sunday

Order of the Mass, radically changed the shape of the liturgy for the first time in centuries. Its guidelines for the reform of the Mass readings stated: "The treasures of the Bible are to be opened up more lavishly so that richer fare may be provided for the faithful at the table of God's word" (Constitution on Liturgy, No. 51).

So for Sundays, three Scripture readings Mark's Gospel is so brief, it is supplemented for these coming five weeks with John's Gospel, Chapter 6.

Mark's; and in Year C, Luke's.

We are in Year B, the Marcan Year. But, since Mark's Gospel is so brief, it is supplemented for these coming five weeks with John's Gospel, Chapter 6.

A fundamental criterion to follow in gleaning the teaching from the readings is to harmonize the first reading with the Gospel. We should ponder at least on these two.

Then next Sunday, Jesus calls on us to reassess our scale of values. What are we working for really, besides more pay for less time? Of course, vast millions of people barely survive they have pitiful incomes, crushing workloads, shocking housing conditions. Their first need is material bread.

But what about us? A high-school girl, Dawn Faherty, who had just returned from Medjugorje, said to me, "Father, I wish all our youth could go abroad sometime just to learn how good and easy we've got it here in America."

Why is youth bored? Restless? Is this not symptomatic of a search for meaning, for wholeness, for a food that will give eternal life?

And is not this food Christ, the truth and the life, present in every Mass? Have we ever really heard these wonderful words of Jesus:

"No one who comes to me shall ever be hungry,

No one who believes in me shall thirst again?"

'Come and rest with Me awhile'

By Cindy Bassett

"Mary, wake up!" Martha called from the doorway. "There is much work to be done today."

A slight groan of recognition came from the woman in bed. But a few minutes later, Mary had settled back into a deep slumber.

This time, Martha was not so gentle in her efforts to awaken Mary. She began to shake her sister repeatedly as she cried, "Mary, you must get up now! The Master arrives at our house today."

"Martha, it's still the middle of the night!" Mary said as she sat up. "There's plenty of time before Jesus gets here?"

"Everything must be perfect tonight, " Martha insisted. "You know it's not very often that we see Jesus anymore. He's so busy traveling



herself. An array of fruits and vegetables were spread all over the table. "Martha, what in the world is all of this?" she asked.

"These are all of Jesus' favorite foods. You know how much he enjoyed them last time," Martha explained.

"Martha, there is enough here to feed a hundred people! Is there any chance of breakfast

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Can children benefit from funerals?

Children are sensitive and emotional when a death in the family occurs. Children can benefit from a chance to attend the funeral and sav their good byes. Like adults, children need some time to adjust and understand what has taken place. Seeing the deceased and understanding that death is different than life helps children avoid myths that suggest the deceased has only gone away or gone to sleep. Children who loved the deceased will gain from the chance to be a part of a meaningful ceremony. They should be told that the ceremony and viewing are special ways to remember the deceased. Naturally, children should only participate if they wish.

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about the countryside?

"All the same, I am certain that Jesus would not want to trouble us needlessly. He is a humble man and will be grateful for a simple, homecooked meal for a change"

Martha seemed not to hear this last remark and turned hastily, leaving her sister still contemplating the situation. Mary didn't really mind her sister's strong-mindedness. Martha was the eldest of the two sisters, and she had kept the household running smoothly after their parents died.

"Her heart is in the right place," Mary chuckled softly, "even if she is as stubborn as a billy goat sometimes!"

"Well, it's about time," Martha chided when she saw her sister emerge. "I've put fresh linens in the spare room. You can help by cleaning the room and getting it ready for Jesus."

Mary nodded good-naturedly and set herself about this task. It was always a special time for everyone when Jesus came to visit. If he was in nearby Jerusalem, he made it a point to come and spend a few days.

Both Mary and Martha had grown to love Jesus, but each sister showed her love in different ways. Martha was a wonderful cook, and she prepared a feast for everyone. Mary enjoyed listening to Jesus. There was much to be learned from the Master.

As Mary entered the kitchen, she smiled to

in this kitchen today?

"Yes, of course," Martha laughed. "I nearly forgot."

Both sisters worked hard all day and late that afternoon, Jesus arrived at their home in Bethany.

"I have missed my good friends," Jesus remarked as he greeted them warmly. "It is good that I can just rest here awhile"

A short time later, Martha was back in the kitchen at work. Mary remained with Jesus as he related everything that had happened since his last visit.

Suddenly, Jesus stopped abruptly, saying, "But, Mary, where is your sister? I came here to see you both."

Just as he said this, Martha came out of the kitchen, her face filled with anger. "Lord, do you think it is fair that my sister has left me to do all of the work?" she asked. "Tell Mary to come and help me?"

"Martha, Martha," Jesus replied kindly, "you are so busy with all of these things. Mary has chosen well and I will not take it from her. You have put yourself to much trouble, but the only thing I need is for you to stay here and talk to me. Come and rest with us."

Scripture reference: Luke 10:38-41. Meditation: Am I so busy doing things for Jesus that I forget to spend quiet times just being in his presence?