

# **LOOKING TO SUNDAY®**

**Sunday, August 9, 2015**

This email, entitled Looking to Sunday®, focuses on the Gospel Reading for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

## **THE SUPPLEMENT OF LIFE**

If you listen to talk radio stations especially on the weekends, they are filled with programs focused on health and nutrition. These programs feature doctors, nutritionists, and other health care professionals speaking about the benefits of certain vitamins, supplements, and nutritional products that they are endorsing and offering for sale.

There are products that will improve memory, lessen body fat, restore youthful vigor and vitality, reduce cholesterol levels, lower blood pressure, slow the aging process, enhance heart health, eliminate joint pain, promote more restful sleep, relieve digestive disorders, and more. By the end of such programs, listeners are led to believe that the product offered is just what they need.

Suppose that there was a product that promised more than all those supplements currently on the market. Suppose there was an advertised product that guaranteed that those who took it would live forever. That outrageous claim would be met with skepticism, disbelief, and an investigation by the U.S. Food and Drug Administration.

In this Sunday's Gospel (John 6:41-51) Jesus offers a "product" that makes just such a claim. Jesus offers "the bread that comes down from heaven so that one may eat it and not die." Is it any wonder that "Jews murmured" when they heard this claim of Jesus? A claim made even more incredible when Jesus said, "I am the living bread that came down from heaven; whoever eats this bread will live forever."

We have heard those words of Jesus so often that we may not appreciate the unbelievable statement that Jesus is making – eat this bread, live forever!

The bread that Jesus offers us is a relationship with him. A relationship nourished by Word and Eucharist. Such a relationship cannot be broken by death.

Just as the relationship between Jesus and his heavenly Father was not ended by his death on the cross, so our relationship with Jesus Christ, the Bread of Life, is not ended by our death. It continues; it does not die. It lives on!

"I am the living bread that came down from heaven; whoever eats this bread will live forever." That claim makes unbelievers murmur – and believers rejoice!

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