St. John the Baptist and Holy Trinity 406 Court Street Syracuse, NY 13208 Office (315) 478-0916 Fax 423-8096

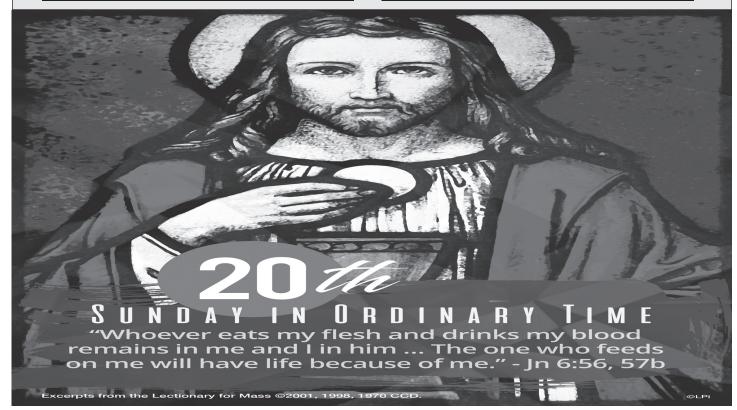
August 19, 2018

Mass Schedule:

Mon., Tues. & Fri.—12:00 Noon Saturday Vigil—5:30 pm Sunday—9:00 am Reconciliation: Fri. 11:30am. Or by appointment.

Office Hours for SJB/HT

Mon.-Thurs. 9:00am-4:30pm Fri. 9:00am-2:00pm E-mail - <u>nbergeson@syrdio.org</u> Web Site - <u>www.stjohnthebaptist-holytrinity.com</u>



Twentieth Sunday In Ordinary Time

In this Sunday's Gospel, the conflict escalates in the Bread of Life Discourse. Confusion is mounting in the crowd. "How can this man give us his flesh to eat?" Their minds were thinking literally, not mystically. Jesus doesn't seem to help, however, and only drives his point home with more emphasis. "Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you." Jesus would later institute the Eucharist at the Last Supper. There he would definitively establish the sacramental reality in which bread and wine become substantially his own Body and Blood. We celebrate this sacrament in the Mass.

Perhaps we do not always understand what we receive. "My flesh is true food, and my blood is true drink." What is the essence of food and drink? Food nourishes our bodies, providing essential calories for our survival. Water is used throughout the body to cushion joints, regulate body temperature, and protect sensitive tissues like the brain. When we receive the Eucharist, we receive the spiritual equivalent of these essential elements. Like water, the Eucharist strengthens the sanctifying grace moving through us. "Whoever eats my flesh and drinks my blood remains in me and I in him." The Eucharist connects us intimately to Jesus and confirms our union with him. That is why we abstain from the Eucharist while in a state of mortal sin. It would be a contradiction and deep disrespect to these words of Jesus. To receive the Body and Blood of Jesus is not a right but a gift we receive with deep humility.

As we receive the Bread of Life, grace strengthens our love, separates us from sin -- even wiping away venial sins -- unifies us with the universal Church, and helps commit us to humble service. Together we are nourished for our mission in the world!

SJB/HT Office & Church Staff

Pastor Father Daniel CarusoSecretary/Bulletin Nancy BergesonOffice Assistant Mary Olmsted

Senior Priest in Residence Fr. Lester Smith Music Director/Organist James Stanley Cantor Jonathan Howell **Call the Rectory to arrange** for Marriages, arrangements made six months prior to date. Contact our organist and cantor directly. Baptisms and hospital/home visits.

World Humanitarian Day Sunday, August 19, 2018

Throughout its history, the Church has paid special attention to the needs of the vulnerable and the transformation of society according to the plan of God. In the midst of the industrialization and interconnection of



recent centuries, popes have spoken out more boldly in defense of the human person and developed Catholic Social Teaching. On World Humanitarian Day, we remember our Church's robust tradition of care for the poor, defense of justice, and advocacy for peace. This week, consider how you, too, can contribute and be Jesus' hands and feet to the world. Will you serve at a soup kitchen or donate to clean water projects across the globe? How is God inviting you to make a life-changing impact for His children today?

A Family Perspective Family Life Education



In today's Gospel Jesus speaks of eating his flesh and blood. Parents can identify with this, for they often feel devoured by all the demands of family life. This is unavoidable for children grow in the soil of sacrificial love. Parenting is not part time work. It is a consuming lifetime commitment.

Would you like to live forever? Jesus would like you to. God sent Jesus so that one day we could live with him forever in heaven. Remember how the Israelites waited every morning for manna? Do you remember they got so hungry they cried? Well, Jesus wants us to wake up every morning, excited to meet him and talk to him. When we read God's word, and when we pray every day, he wants to come inside our hearts. He wants to be the one to fill every one of our needs.

Mission for the Week

Ask your parents if you can have a snack of grape juice and bread today. Talk about how the Israelites came to get manna every morning. How can you as a family make Jesus a part of your day, every day?



Prayer Dear God, help me to keep coming back for more of Jesus every single day. Amen.

"Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me." $- 1^{n}$ 6:56-57 Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD



Everyday Stewardship - Recognize God In Your Ordinary Moments "Show me what is physically different be-



tween a host that is consecrated and one that is not." These are words that can be heard on the lips of anyone struggling with faith. Perhaps, they are heard on yours. Physical tests will reveal no difference. The difference is seen through faith. In one sense, it is simple. Either we believe that the risen Christ is present -- soul and divinity -or we do not. The fruits of faith are the proof. In the Eucharist, God enters into the very depths of who we are. However, it is our choice whether we ignore what He does or act fully upon it. The Eucharist can change us. When people see that we are different, they in turn will themselves believe.



Live The Liturgy -**Inspiration For The Week**

We can easily feel obligated to attend a party, wedding, or other event that we find ourselves invited to as a guest. If we want to go,

then we get dressed up and rush off with anticipation of fun and good times with friends. If we dread going, we get ourselves together slowly and arrive late, hoping that the event will not be so long and we can then get on with the rest of our day. The difference in our feelings may have to do with many aspects: the host, the attendees, the reason for celebration, or even the venue. Either way, the invitation has been given to us because someone feels that our presence would make a positive difference. Our response is entirely our own. We decide how we will answer the invitation.

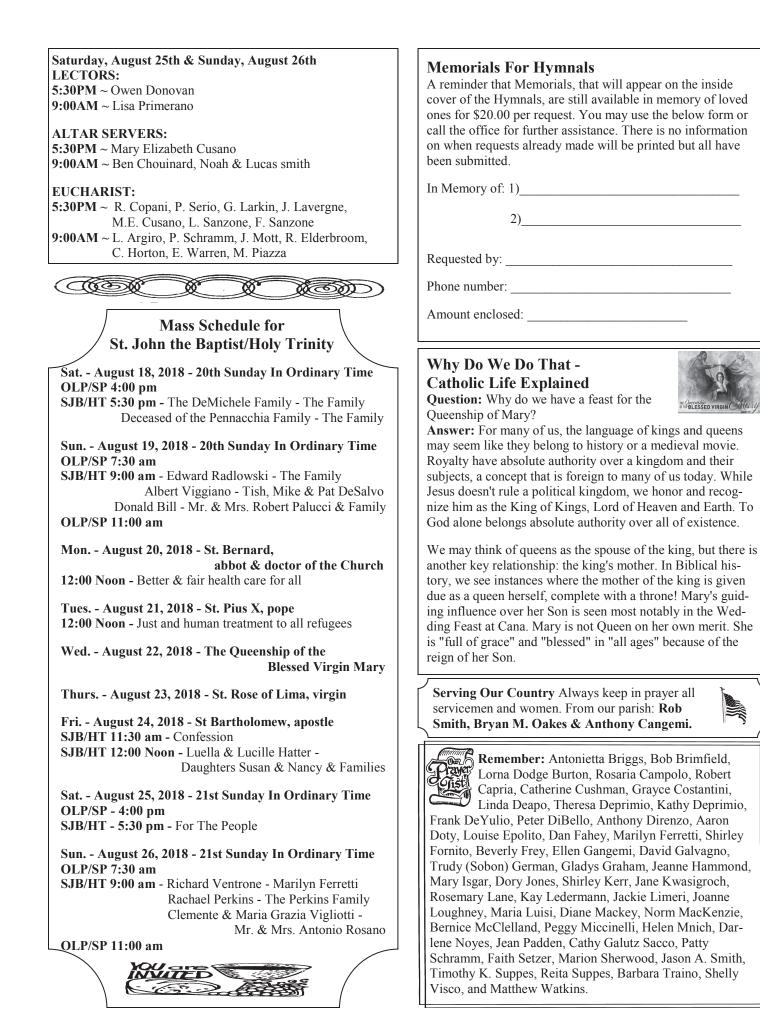
Every Sunday, every day in fact, you and I have received an invitation to a banquet more celebratory and grander than any wedding or birthday party. The host is actually Jesus Christ himself, and he has prepared a feast that promises to satisfy. He has prepared for this event by giving all he has to give. No host has ever been more gracious. His hope is that you will be happy to attend for your presence does make a tremendous difference. Would he invite you if attending made no difference at all? Will you RSVP with a sense of joy and anticipation? If this is just another invite that obligates you and you approach the event with indifference, the host wonders if you really comprehend what he went through to make this meal possible. He also wonders if you really understand what is truly being celebrated.

--Tracy Earl Welliver, MTS

Food Pantry Needs Volunteers

The food pantry is in need of volunteers. Opportunities include unloading the food bank truck, stocking shelves, accompanying clients in food selection and working the intake desk. The food pantry is open Tuesdays and Wednesdays from 11:00 am to 2:45 pm, and schedules can be flexible. Please contact Nancy Bergeson in the Parish Office at 315-478-0916 and leave your name and telephone number and the Pantry Coordinator will contact you.





Holy Trinity Church/St. John the Baptist 406 Court Street Syracuse, NY 13208

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Account # 06-0120