



Cathedral Basilica of Our Lady of Peace

Cathedral of the Honolulu Diocese • Founded 1843 • National Historic Register

Nineteenth Sunday in Ordinary Time

August 11, 2024

Beloved Disciples of Christ,

Greetings of peace, love, and joy!

“Jesus, our True Nourishment in Life”

We continue our reflection on Jesus's Bread of Life Discourse. We recall that all these took place when Jesus performed the miracle of feeding five thousand men, not counting women and children. With five loaves and two fish, Jesus fed this vast crowd with leftovers after everyone had eaten and had their fill.

Last Sunday, Jesus told His listeners, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.” We heard or read that when Jesus was trying to teach them about the bread that would satisfy everyone’s hunger, the people further inquired about it. To the point that Jesus will tell them that this bread is no other than Himself. Thus, Jesus reveals Himself, “I am the bread that came down from heaven.” The people responded to Jesus’ claim with murmurs and strong opposition. It is difficult for them to accept that Jesus came down from heaven. The people are aware of where He is coming from. They know His folks and background. For Jesus to claim that He is the One and came down from heaven is ridiculous in their minds.

Know that this vast crowd followed Him after the miracle. Jesus wants to reveal Himself to these people the truth about Him. He wants to open their minds and accept in their hearts that He is the bread that can sustain the life of people and give everlasting life. Unlike the people in the desert who ate manna, the bread from heaven, Jesus is offering His life for them as the food that will satisfy their hunger.

The truth about Jesus’ statements is that He tells us He is the true nourishment sent from heaven capable of satisfying the need for a full life. As we hear more about this on Sunday, this Bread of Life Discourse is a difficult teaching to grasp. It is not that easy to understand, as manifested by the reaction of His listeners. The difficulty of understanding Jesus’ teaching can also happen to us as we hear these words. But for a person with faith, we know for sure that Jesus does not only speak of the physical bread that nourishes our hunger but He as a person who feeds our physical and, more so, of our spiritual life.

Know that our life is on a pilgrimage, a journey towards heaven. In this journey, we must sustain ourselves to have the strength and courage to face our challenges. Life is not as easy as we may imagine. We meet a lot of trials along the way. It can be disheartening, demanding, and overwhelming. But if we have faith in Jesus, no matter what happens, He will sustain us, encourage us, and inspire us to get through life’s demands. When we have Jesus, we will be satisfied with this journey. And in this journey, though it may be complicated or painful, once we are fed with the Bread of Life, we can still find joy and peace,

Let Jesus, our true nourishment and sustainer of our lives, continue to feed us, especially at every Mass we celebrate.

Your friend in Jesus,

Fr. Pascual