



Cathedral Basilica of Our Lady of Peace

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

Twentieth Sunday in Ordinary Time

August 18, 2024

Beloved Disciples of Christ,

Greetings of peace, love, and joy!

“The Goodness of the Lord”

The Bread of Life discourse of Jesus brings about the truth of Himself. He is the Bread that came down from heaven. He offers the gift of salvation through eating the Living Bread; the Bread He gives is his flesh for the world’s life. Suppose we content ourselves understanding this great mystery of Jesus’ teaching using the power of reason; we may comprehend that such statements are nonsensical or improbable. It is a teaching that is so difficult to comprehend.

But if we look into the whole life of Jesus, we can draw a more profound understanding that what He was talking about was not at all the physical bread that anyone can buy in the market and eat. He was referring more to the offering of Himself, His love, mercy, compassion, graciousness, kindness, and mercy that can give life to the world. Not only does He give life, but He also provides the gift of salvation. Thus, this flesh became a reality at the Last Supper when he consecrated the Bread and wine, becoming His Body and Blood.

Jesus knows every condition of human life. Our pilgrimage in this world is not always filled with goodness and fun. There are many times when the struggles and hardships we face are unbearable. We often come to the point where we want to give up, resign, and be hopeless, and that life seems to have nowhere to go. But it is not the case when we draw our strength from the Lord Himself. His Words, way of life, and Body and Blood are the authentic Bread nourishing the human soul. Thus, we are drawn to taste and see the goodness of the Lord. For in His goodness, He gives Himself to us so we can draw our strength and courage to live in this world.

Let us all ask ourselves how to truly walk with Him this Sunday. How can we draw strength in Him, through Him, and with Him when the journey is rough and distressful? How can we genuinely say AMEN when we receive Him into our lives? Come and taste the goodness of the Lord and see for yourself what He really meant.

Your friend in Jesus,

Fr. Pascual