

The Eucharistic Life

After the many healings and the feeding of the 5000, crowds came looking for Jesus in Capernaum. Jesus said to them, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled." (John 6:26) They were looking for Jesus for the wrong reasons, so Jesus added, "Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you." (John 6:27) Thus began the Bread of Life discourse wherein Jesus reveals Himself as the Bread of Life. Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." (John 6:35)

In John 6, Jesus talks about His flesh and His Blood, which is the Eucharist. The Catechism calls the Eucharist the source and summit of Christian life, because the Eucharist contains the whole spiritual good of the Church, namely Christ Himself (CCC 1324). The Eucharist is so vital to Christian life, therefore it is so important for us to live a Eucharistic life – a life centered in Christ and focused on the Eucharist. Here are 3 simple steps:

The first step is to see the Eucharist in a whole new light – to truly see the Eucharist as a two-fold sacrifice! The Sacrifice of Jesus' Body and Blood on the Cross and the sacrifice which we can, in turn, offer to God through Christ. St. Paul knew this theology very well; he said, "He died for all, that those who live might live no longer for themselves but for Him who for their sake died and was raised" (2 Cor. 5:15).



The second step is to practice focusing on the Eucharist: (1) Do we come to Holy Mass mentally and spiritually prepared, keeping in mind that the Word and the Eucharist that we receive are meant to transform us? (2) Do we come to Mass to passively receive the Word and Eucharist, or do we actively take part in the Sacrifice of Christ?

At the heart of the Eucharist are the words of Jesus: "This is my Body given up for you" (Luke 22:19); "This is my blood poured out for you." (Luke 22:20) It was at the Last Supper that Jesus anticipated His Death on the Cross. At the Last Supper, Jesus gave His Body and Blood in the form of bread and wine to His disciples. The following day, Jesus gave up His body and poured out His blood on the Cross for the redemption of mankind.

Even today, the events of the Last Supper and the Sacrifice of Jesus Christ on the Cross continues to abide in our midst through the Holy Mass, the celebration of the Eucharist. The Sacrifice of Christ is made present in the Mass so that the faithful can take part in it.

How can we actively take part in the Sacrifice of Christ? By learning how the Blessed Virgin Mary took part in it at the foot of the Cross.

At Calvary, many people were there as spectators, some were there to mock Jesus. Very few knew what was actually going on – that Jesus was offering His life for the salvation of the world. Mary was at the foot of the Cross as an active participant: Mary said 'yes' to God twice – once at the Annunciation, consenting to be the mother of His Son, and again at the foot of the Cross, consenting to the Death of her Son. Through her own suffering at the foot of the Cross, Mary united herself to Christ in His gift of Himself.

The question we should ask ourselves is: How am I present at Holy Mass? Am I there as a spectator or as a distracted participant? Or will I be an active participant like Mary, ready to make a gift of myself, to say 'yes' and offer myself with the One Sacrifice of Christ on the altar for the salvation of the world?

The third step in living a Eucharistic life is by developing a habit of making the Eucharist an important part of our lives. If we are able, then we should make regular visits to the Blessed Sacrament – to pray, to reflect, to offer, to be present in His presence. If we are not physically able to visit the Blessed Sacrament, then we can make a

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spiritual visitation with prayer, reflection and self-offering. The important point is that through habitual practice, we can be transformed, such that all our actions become a gift, an offering, a thanksgiving through Christ, with Christ and in Christ.



PARISH ANNOUNCEMENTS

August 15, is the Solemnity of the Assumption of the Blessed Virgin Mary. Our church will celebrate the Assumption of our Lady with Mass in Chinese at 12:00 noon.



Are you an adult and have not yet received the Sacrament of Confirmation? If so, we invite you to join our Confirmation program to prepare you for the Sacrament of Confirmation at the Easter Vigil in 2025. If you are interested, please contact Fr. Bill.



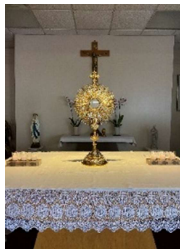
Chinese language classes for adults will begin on August 18, 2024. Class schedule is available in the church foyer and on the church website. Please register with Michelle Tsai.

Attention children and parents: Sunday School will resume on August 25, 2024. Class schedule for schoolyear 2024-2025 is now available in the church foyer and on the church website. Please register with Long Che Chan.



Our Fall garage sale will be on Saturday, September 7, 2024 from 8am to 2pm. Please check if you have clothes, household and gift items in good condition to donate. PLEASE DO NOT BRING outdated electronics/TVs/computer monitors/printers, large or broken furniture, beds/mattresses, large glass/mirrors, etc. These items are not salable and very difficult to dispose of. You may start bringing donated items anytime before August 25. Please sign up with Daisy Tsui and Angela Ooi if you can help during the garage sale.

After the Sunday Mass today, Fr. Bill will administer the Anointing of the Sick in the Sanctuary. Margaret Wu will share her experience of her recent trip to China and the current situation of the priests she visited. At the same time, she will also share her experience regarding centering prayer. All interested parties are welcome to attend.



Please make a commitment to stay for an hour of Eucharistic Adoration every Sunday from 9:00 to 10:00am. The sign-up sheet for August is in the church foyer.

Prayer List: Eva Mullins, David Wang, Chen Jianxin, Liang Chenjing, Pan Bohao and Xu Taicheng.

Mass Schedule	Confessions	Bible Study
Sundays 10:30 AM (Chinese)	Sundays 9:00-9:30 AM	Wednesdays 10:00 AM (Chinese)
Sundays 2:00 PM (English)	Tuesdays 2:00-3:00 PM	Mondays 6:00 PM (English)
	By Appointment	
Mondays 12:00 PM (English)		Eucharistic Adoration
Tuesdays 12:00 PM (English)	Anointing of the Sick	Sundays 9:30 AM to 12:00 PM
Wednesdays 12:00 PM (Chinese)	First Sundays after 10:30 AM Mass	Tuesdays 1:00 PM to 4:00 PM
Fridays 12:00 PM (English)		
First Friday 7:00 PM (English)		
First Saturday 10:00 AM (Chinese)		