

Monday Eastertide week 3

Reflection

Today we start a series of Gospel readings from John chapter 6; Jesus' "Bread of Life" discourse. Yesterday in the Gospel, we saw that the disciples recognised Jesus in the "breaking of the Bread" (Lk. 24:30-31) and this week we meditate on His unique gift to us in the Eucharist. Jesus offers Himself as food that lasts, that "endures to Eternal Life" (Jn. 6:27). Later on in this speech, many will turn away from Jesus, His language is so radical, and He will ask His disciples if they too want to go too. But St. Peter will respond, "Lord, to whom shall we go? You have the words of Eternal Life" (Jn. 6:68). At this time when we are not able to receive Christ sacramentally, we can recall that He is the Word of Life. All Sacred Scripture is His sacred word, and a little bit of time each day mediating on the words of Sacred Scripture helps to feed us and keep us focussed on Him who the reason for our existence. So, this week, as we read this wonderful chapter of John's Gospel, let's not focus on the fact that we cannot receive Our Lord in the Eucharist, (however painful this is) but focus instead that His words give life. Make a spiritual communion by opening our souls to His grace, inviting Him to fill us with His love, and then, like St. Stephen in the first reading, our faces will shine like that of an angel (Acts 6:15).

Carol Ann Harnett 27/4/20