

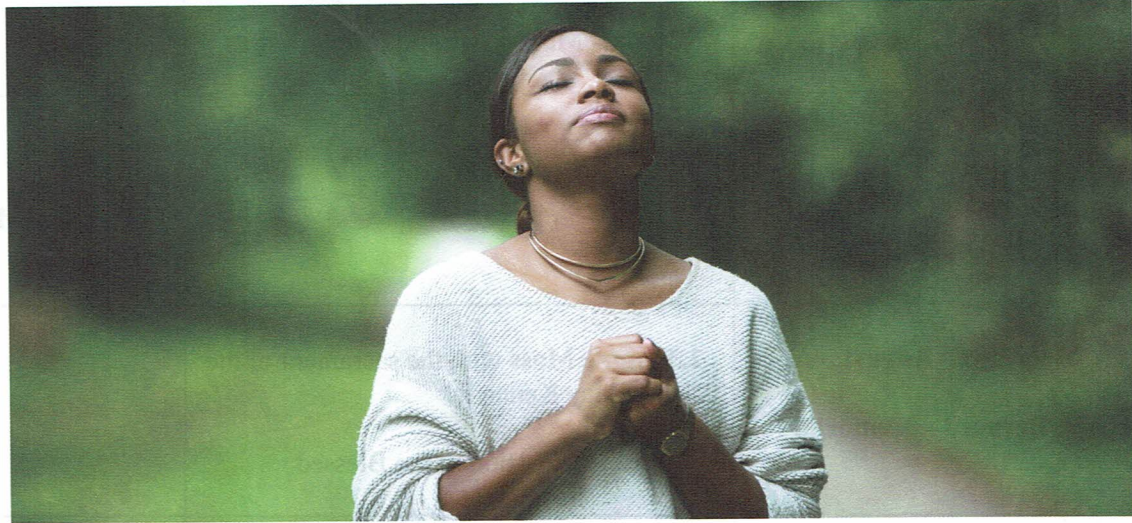
# SUNDAY PLUS



LIVERPOOL 2018  
ADOREMUS

## Heavenly food

# Real food



by Fr Denis McBride  
C.Ss.R.

**J**unk food is a pejorative term for cheap food that contains high levels of calories from sugar or fat; usually these foods provide little fibre, vitamins or minerals. We have a growing number of public health campaigns and a litany of warnings informing us of the danger of relying on junk food as part of our daily intake. We should be careful, we are warned, what we put into our system: we are what we eat.

In today's Gospel Jesus speaks of himself as real food and real drink. He offers himself as nourishment to all so that people might draw life from him. Jesus' body is given, pledged, bequeathed. Later on, at the Last Supper, Jesus hands over his body – not his ideas or his insights or his teachings – as his final gift to his friends. There is nothing more personal than this: his own body is his lasting memorial.

What more could he give?

Sometimes, dear friends, we forget a simple truth: that it was not only his body that Jesus left us as gift, but it was through that same body that he gifted people in his life. Through his eyes – the way he noticed the little people. Through his ears – the way he heard the cries of the broken people. Through his feet – the way he trudged through

town and village, bringing good news. Through his hands – the way he reached out to those in need of healing or forgiveness.

Our challenge as Christians is to allow Jesus to so nourish us that we become the body of Christ in our own time.

Fr Denis McBride's many books, CDs and DVDs are available from Redemptorist Publications: [www.rpbooks.co.uk](http://www.rpbooks.co.uk)

## Food for life

by Ellen Teague

"In the seven years since my First Holy Communion, I like to think of myself as a dandelion. Just as a white dandelion dies when you blow away the seeds to make a wish, so I give up my life, my time and precious activities to grant God's wishes and to serve." These lovely words come from a teenager explaining what the Eucharist has meant to her.

Jesus asks us to ingest all that he is, bringing us sustenance at the deepest level of our being. Through the body and blood of Jesus there is a beautiful relationship with each: God, creator of life; Jesus, love of life; and the Holy Spirit, breath of life.

Inspired by these relationships we see with eyes of love, hear with ears of understanding and live lives that care for the vulnerable and those

at society's margins. We give up lives of individualism and serve the common good.

*Ellen Teague is a London-based freelance Catholic journalist who writes and campaigns on justice, peace and ecology issues.*



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**Jesus was broken; he is broken for us. This is the Eucharist. And he asks us to give ourselves, to break ourselves, as it were, for others.**

Pope Francis

## Food for the journey

by Dr Lucy Russell

There is a big appetite for cookery books, many of which talk about "wonderful" food and the importance of good, fresh ingredients. We all need food and drink to stay alive, but more than that, we are what we eat. Our diet influences our health and our appearance. Scientific studies also show that what we eat even affects our body odour. Every cell in our body was created from what we consume.

**Jesus, I am hungry for your love. Feed me. Fill me. Be the centre of everything that I say, think and do. Amen.**

With whom we eat also makes a difference. When we eat well, with people we care about, we feel good.

When we consume the Eucharist we do so in a community: part of its spiritual nourishment comes from the fact we are sharing this with others.

But this is not only spiritual food: the Eucharist also changes us physically. When we consume the Eucharist, we really do become what we eat. We become the living bread: Christ's body on earth.

Dr Lucy Russell is the author of *Who do you say you are?* available from Redemptorist Publications: [www.rpbooks.co.uk](http://www.rpbooks.co.uk)

Today:  
Proverbs 9:1-6  
Ephesians 5:15-20  
John 6:51-58

Monday:  
Ezekiel 24:15-24  
Matthew 19:16-22

Tuesday:  
Ezekiel 28:1-10  
Matthew 19:23-30

Wednesday:  
Ezekiel 34:1-11  
Matthew 20:1-16

Thursday:  
Ezekiel 36:23-28  
Matthew 22:1-14

Friday:  
Apocalypse 21:9-14  
John 1:45-51

Saturday:  
Ezekiel 43:1-7  
Matthew 23:1-12

Next Sunday:  
Joshua 24:1-2, 15-18  
Ephesians 5:21-32  
John 6:60-69