

SUNDAY PLUS



LIVERPOOL 2018
ADOREMUS

Hunger

Hungry for love

by Jo Siedlecka



The readings today speak about nourishment. In the first reading we hear how manna appeared in the desert, but the people didn't know what it was until Moses explained that it was food provided by God. In the Gospel, Jesus is very honest with the people he had fed the day before. He says they came looking for him, not because they'd noticed any miracles,

but because they had eaten a good meal.

It's very human to want to satisfy one's immediate needs. Don't we all do that? And isn't it so easy just to follow the crowd? Then Jesus says, don't just go for something that spoils. There is so much more. He goes on to remind them that the manna which nourished their ancestors in their wanderings with Moses was bread from heaven. But

now it is the Lord himself that is the bread, the bread that gives eternal life. Jesus makes his home in us as the bread we eat becomes part of us.

What more ordinary way can heaven and earth be linked than in this most ordinary of foods? It is the same with love. Our faith links human and divine love. Next time you really love someone, remember you are sharing with them a bit of God. St Teresa of Calcutta said:

"The hunger for love is much more difficult to remove than the hunger for bread." But it is the hunger for love that leads us to God.

Jo Siedlecka runs the website, Independent Catholic News: www.indcatholicnews.com

The fresco *The Jews Gathering the Manna in the Desert (1957-1965)* in the Basilica di Santa Maria Ausiliatrice by the Salesian Don Giuseppe Melle, Rome, Italy. Renata Sedmakova / Shutterstock.com

Hungry for freedom

by Luke de Pulford

For many people, freedom is the ability to act without unwarranted constraint. This is a narrow definition. True freedom is much more than freedom from interference. It is the ability to pursue a truly fulfilled life for which we all hunger. Freedom is what makes us who we are, giving us the ability to embrace God's will for us. By the same token, it is freedom that allows us to turn away. Tragically, tens of millions are unable to pursue even the paltry freedom outlined in the first definition. They are enslaved, exploited, forced into bonded labour and so much more. They are forced by their circumstances to put their lives in the hands of unscrupulous traffickers – ransoming their freedom to escape the dire reality of poverty or conflict. As we reflect

on the gift of freedom, let us confront honestly the awesome power of this gift in the light of those who are denied it and redouble our efforts to fight for them.

Luke de Pulford, a Catholic journalist, is a founder of the Arise Foundation, www.arise.foundation, which fights against people trafficking and domestic slavery.

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Jesus speaks to us about freedom of the heart. And one can only have a free heart with the treasures of heaven: love, patience, service to others, worshipping God. These are the true riches that cannot be stolen.

Pope Francis

An end to hunger

by Ellen Teague

Caritas Internationalis is a confederation of over 160 Catholic agencies which assist vulnerable communities internationally. Caritas addresses the causes of hunger and food scarcity which afflict eight hundred million people. It promotes agricultural production and helps communities survive extreme weather brought by climate change. Caritas recognises that food is an essential need for everyone. Lack of nutritious food harms health and undermines human dignity.

Jesus describes himself as the “bread of life” because bread is a staple food in the world. Every culture has its unique take on bread: baguettes, pittas, naan, matzo, tortillas, focaccia and more.

Bread nourishes and sustains, and so does Jesus.

When the phrase “I am the bread of life,” resounds at the celebration of the Eucharist, let us relate Jesus' words to food security problems in our world.

If we were to live life in the way Jesus showed us, no child would ever be stilted by malnutrition or die of hunger.

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

To find out more about Caritas International, see www.caritas.org

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Lord, let me seek you in desiring you; let me desire you in seeking you; let me find you in loving you; let me love you in finding you.

St Anselm of Canterbury

Today:
Exodus 16:2-4, 12-15
Ephesians 4:17, 20-24
John 6:24-35

Monday:
Daniel 7:9-10, 13-14
2 Peter 1:16-19
Mark 9:2-10

Tuesday:
Jeremiah 30:1-2, 12-15, 18-22
Matthew 14:22-36

Wednesday:
Jeremiah 31:1-7
Matthew 15:21-28

Thursday:
Jeremiah 31:31-34
Matthew 16:13-23

Friday:
2 Corinthians 9:6-10
John 12:24-26

Saturday:
Habakkuk 1:12 - 2:4
Matthew 17:14-20

Next Sunday:
1 Kings 19:4-8
Ephesians 4:30 - 5:2
John 6:41-51