



SUNDAY, AUGUST 2, 2015 EIGHTEENTH SUNDAY IN ORDINARY TIME
Feed a body, nourish a soul

Food: healthy eating or the latest bizarre and trendy enthusiasm of the “foodie”? Well, for the greatest number of our sisters and brothers, bread is still the bottom line, both literally and symbolically. Jesus may have informed the devil that people “do not live on bread alone,” but physical hunger must be satisfied along with the spiritual hunger satisfied by the nourishing Word of God. Play your part in feeding the poor. Support a local food bank. Your work will ultimately provide you and those you serve with soul-enriching nourishment.

TODAY’S READINGS: *Exodus 16:2-4, 12-15; Ephesians 4:17, 20-24; John 6:24-35 (113).* “Work for food that endures.”

MONDAY, AUGUST 3
Just add gratitude to taste

Some of the happiest words in the English language are: Time to eat! No matter how rough the path of a given day, sitting down to a meal improves the mood and replenishes energy. But the recharging effect of a meal requires one simple plug-in on our end: gratitude. The Israelites in the desert didn’t appreciate the steady diet of manna that literally saved their lives. Instead they groused and compared it to the fare they had back in Egypt. Bring gratitude to every table, and *bon appétit!*

TODAY’S READINGS: *Numbers 11:4b-15; Matthew 14:13-21 (407).*
“We remember the fish we used to eat . . . and the cucumbers, the melons, the leeks, the onions, and the garlic.”

TUESDAY, AUGUST 4 FEAST OF JOHN VIANNEY, PRIEST
Say hello to a priest today

To the sophisticated of the 21st century, Saint John Vianney can seem a funny, well-intentioned but bumbling Catholic antique. But his commitment, especially to those seeking forgiveness and reconciliation, was anything but antiquated, and he continues to inspire. We can forgive his overzealous threat to withhold absolution from penitents who refused to give up dancing (!) and celebrate parish priests, who—like Saint John—place the good of their parishioners and their growth in holiness above all else. Know a priest? Why not call and give him a word of encouragement and gratitude today?

TODAY’S READINGS: *Numbers 12:1-13; Matthew 14:22-36 or Matthew 15:1-2, 10-14 (408).* “Take courage, it is I; do not be afraid.”

WEDNESDAY, AUGUST 5

FEAST OF THE DEDICATION OF THE BASILICA OF MARY MAJOR

Be a bearer of Good News

Today we honor the largest church in the world dedicated to Mary, *the Mother of God*. While Catholics today utter that Marian title with ease, at one time whether Mary of Nazareth was best named “Mother of *Christ*” or “Mother of *God*” was an intense, even violent controversy. The Greek word for the latter title is *Theotokos*, God-Bearer. Saint Francis of Assisi saw each of us as “bearers of Christ within,” whose duty is to bring Christ to birth daily in our world. In honor of the Mother of God, work to bring Christ to life each day with simple acts of love and forgiveness.

TODAY’S READINGS: *Numbers 13:1-2, 25-14:1, 26a-29a, 34-35; Matthew 15:21-28 (409).* “O woman, great is your faith!”

THURSDAY, AUGUST 6 FEAST OF THE TRANSFIGURATION OF THE LORD
Out of the clear blue

Transfiguration is a moment when everything changes. It might be the moment you receive a diagnosis of cancer. A phone call in the middle of the night bringing news of a sudden death. A truck that careens out of control on the highway . . . or a bomb dropped out of the clear blue summer sky on an August Monday morning. Hiroshima was a tragedy, as has been all war violence before or since. How about we work on a new transfiguration—to a world where violence is left behind and peace reigns?

TODAY’S READINGS: *Daniel 7:9-10, 13-14; 2 Peter 1:16-19; Mark 9:2-10 (614).* “Suddenly, looking around, they no longer saw anyone but Jesus alone with them.”

FRIDAY, AUGUST 7 FEAST OF CAJETAN, PRIEST
Open your heart to those in need

Saint Cajetan is the beloved patron of Argentina, especially of that country’s poor and those seeking decent employment. He was familiar with the world of high finance and founded the Bank of Naples in the 16th century to offer the poor an alternative to loan sharks who preyed upon them. Argentinian Pope Francis consistently urges us to help the poor, perhaps not by founding a bank but neither by simply writing a check. The Holy Father says we must engage with poor people, look them in the eye, and touch them, and then together go out to meet and help those who are in greater need, because there is always someone in greater need: “Your heart will begin to enlarge, to enlarge, to enlarge! . . . Do it!”

TODAY’S READINGS: *Deuteronomy 4:32-40; Matthew 16:24-28 (411).* “Whoever loses his life for my sake will find it.”

SATURDAY, AUGUST 8 FEAST OF DOMINIC, PRIEST
The prayerful, dynamic duo

Dominic was a highly educated young man in 12th-century Spain who, when the country fell into famine, responded in exactly the way Jesus said we all must if we are to follow him: He sold what he had, gave it to the poor, and followed Jesus. When one day he met a ragged beggar and recognized him as one about whom he’d dreamt, he said, “You are my companion and must walk with me. If we hold together, no earthly power can withstand us.” The beggar was Francis of Assisi. Like these two one-time rich boys, move the Kingdom forward by giving away the gifts you have.

TODAY’S READINGS: *Deuteronomy 6:4-13; Matthew 17:14-20 (412).*
“Amen, I say to you, if you have faith the size of a mustard seed, . . . nothing will be impossible for you.”



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

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CatholicMom.com Gospel Activity - John 6:24-35

B O A T S D Y E A N B T H H L
L M D H A F I W R I T T E N E
B A E V A A N C E S T O R S N
E N S W Y A J M G X H Y T C D
L N E R I A P L O J W M H Q U
I A R A F C O H B S R A U U R
E K T B F A T H E R E Z N P E
V V J B S V N J E S U S G E S
E J A I V L W X W M S R E R A
A C C O M P L I S H Z K R I L
P E T E R N A L N B V T X S W
Q Y E L O A V E S K Y H C H A
E C A P E R N A U M Q Y V E Y
A U U Z D I S C I P L E S S S
G J U L L P E H E A V E N N N

ACCOMPLISH

BELIEVE

DESERT

ETERNAL

HUNGER

MANNA

RABBI

ALWAYS

BOATS

DISCIPLES

FATHER

JESUS

MOSES

WRITTEN

ANCESTORS

CAPERNAUM

ENDURES

HEAVEN

LOAVES

PERISHES