

EIGHTEENTH SUNDAY - B - AUGUST 2, 2015

"I AM THE BREAD OF LIFE; WHOEVER COMES TO ME WILL NEVER HUNGER; AND WHOEVER BELIEVES IN ME WILL NEVER THIRST"

OBVIOUSLY, JESUS IS SAYING TO HIS AUDIENCE AND TO US THAT HE IS BREAD AND DRINK FOR OUR SOUL....

HE IS SOUL FOOD, IF YOU WILL, AND SOUL DRINK....

FOOD AND DRINK FOR OUR SOULS....

WHICH LED ME TO THINK ABOUT THE IMPORTANCE OF THE OTHER KINDS OF FOOD AND DRINK THAT WE CONSUME FOR OUR SOUL ON A DAILY BASIS

OUR SOUL DIET DURING THE WEEK HAS AN IMMENSE IMPACT ON HOW WE APPROACH THIS EUCHARIST AND RECEIVE THE BODY AND BLOOD OF CHRIST

WHAT IS OUR SOUL DIET LIKE?

WE CAN HAVE A HIGHLY NUTRITIOUS DIET FOR OUR BODY, E.G. LOTS OF FRUITS AND VEGETABLES, LOTS OF WATER, ETC.

OR WE CAN HAVE HARMFUL DIET FOR OUR BODY, IE. A LOT OF "JUNK FOOD" AND SUGAR FILLED SODA, ETC

SO, LIKEWISE WE CAN HAVE A DIET FOR OUR SOUL THAT IS EITHER HEALTHY OR UNHEALTHY

IS OUR SOUL DIET ONE THAT POISONS OUR SOUL....

OR DOES OUR SOUL DIET HELP OUR SOUL GROW AND DEEPEN AND EXPAND....

AND PREPARE US FOR THIS EUCHARISTIC BANQUET WHICH IS MEANT TO

CONTINUE TO NOURISH OUR SOUL IN A HEALTHY WAY....

WHAT IS HEALTHY FOR OUR SOUL?

WHAT IS UNHEALTHY?

WHAT IS IT THAT OUR SOUL HUNGERS AND THIRSTS FOR....???

CERTAINLY, OUR SOUL HUNGERS AND THIRSTS FOR UNION....

FOR RELATIONSHIP.....FOR CONNECTION....TO LOVE AND BE LOVED

THAT IS WHY OUR QAC COMMUNITY EXPERIENCE IS SO IMPORTANT FOR

US AND FOR OUR SOULS....

AS WE SAY AT COMMUNION TIME....

WE PROCLAIM OUR WILLINGNESS TO BUILD A COMMUNITY OF LOVE....

SO, WHAT HAPPENS OUT THERE IN THE VESTIBULE AT THE BEGINNING

OF OUR TIME TOGETHER IS JUST AS IMPORTANT AS WHAT HAPPENS

DURING THE EUCHARIST AROUND THIS TABLE...

IN SOME WAYS MORE IMPORTANT

AND WHAT HAPPENS AFTER OUR EUCHARISTIC BANQUET IS SO

IMPORTANT FOR OUR SOULS ALSO, IN THE VESTIBULE AND OVER IN SI

LOUNGE....

WHERE WE CATCH UP WITH ONE ANOTHER, FIND OUT HOW OUR

VACATION WENT, HOW OUR WEEK HAS GONE, HOW OUR ILL

GRANDMOTHER OR GRANDFATHER ARE DOING OR OUR SON OR

DAUGHTER AWAY AT COLLEGE IS DOING....

WE BUILD A COMMUNITY OF LOVE....

WE CARE FOR ONE ANOTHER AND EXPERIENCE BEING CARED FOR

E.G. I CERTAINLY EXPERIENCED SOMETHING OF THAT WHEN I LOSS MY BROTHER-IN-LAW RECENTLY AND THE COMMUNITY EXPRESSED ITS CARE IN A VARIETY OF WAYS, E.G. CARDS OR ATTENDING THE MEMORIAL SERVICE OR SPEAKING TO ME PERSONALLY...

I THANK YOU FOR THAT.....

I KNOW IT WAS GOOD FOR MY SOUL...

OUR SOUL HUNGERS TO LOVE AND BE LOVED...DOESN'T IT?

BEAUTY IS ANOTHER THING THAT IS SO GOOD FOR THE SOUL ISN'T IT?

ART, POETRY, MUSIC.....

I KNOW THAT IS WHY SO MANY PEOPLE WORK SO HARD TO MAKE OUR

LITURGY BEAUTIFUL AND SOULFUL, E.G. LINDA FOLMAR, BOB

BUESCHER, THE LITURGY PLANNERS, TEESIE AND THE CHOIR.....

BEAUTIFUL MUSIC DEFINITELY TOUCHES AND EXPANDS OUR SOULS...

JUDY POTTER AND HER HELPERS WITH BEAUTIFUL ARRANGEMENTS

DEACON GREG AND THOSE WHO PRODUCE THE BULLETIN....

THE LITURGY IS THEN SOULFUL, IF YOU WILL....

FULL OF SOUL FOR US....

HOPEFULLY, IT COMES FROM A DEEP PLACE WITHIN US AND TOUCHES A

DEEP PLACE WITHIN US....OUR SOULS

AND, AS A RESULT DEEPENS US....

EXPANDS OUR SOULS

I AM THE BREAD OF LIFE, WHOEVER COMES TO ME WILL NEVER HUNGER, WHOEVER BELIEVES IN ME WILL NEVER THIRST....

NATURE, CREATION DEFINITELY TOUCHES OUR SOUL, AWAKENS OUR SOUL, HEALS OUR SOUL....

FOR SOME THAT MIGHT MEAN GARDENING

WE ARE SO FORTUNATE TO BE LOCATED ON THIS BEAUTIFUL PROPERTY.

IF WE ALLOW IT, OUR NATURAL SURROUNDINGS CAN AWAKEN OUR SOUL..

HENCE, A VACATION WITH OUR FAMILY, WITH OUR FRIENDS AT THE SEASHORE, OR THE MOUNTAINS CAN BE SO REFRESHING AND SO RENEWING FOR OUR SOULS....

WE HAVE BOTH RELATIONSHIPS AND NATURE NOURISHING OUR SOUL THOSE ARE ONLY A FEW EXAMPLES....

OR COURSE, WE HAVE INNUMERABLE OPPORTUNITIES TO NOURISH OUR SOUL OR POISON OUR SOUL....

E.G. THE INTERNET, E.G FACEBOOK OR TV.....

THE POSSIBILITIES FOR FEEDING OUR SOUL OR POISONING OUR SOUL ARE INFINITE.....

OUR CHOICES IN THOSE AREAS ARE SO IMPORTANT FOR EITHER DESTROYING OUR SOUL OR GROWING OUR SOUL....

OUR CHOICES CAN LEAD TO UGLINESS, DECEPTION AND ADDICTION OR GREATER BEAUTY, TRUTH AND FREEDOM FOR OUR SOUL...

I CAN SEE WHY SOME PARENTAL INVOLVEMENT IS SO IMPORTANT IN THOSE AREAS....

A HEALTHY DIET FOR OUR BODY IS SO IMPORTANT FOR BOTH THE

QUALITY AND LENGTH OF OUR LIFE....

A HEALTHY DIET FOR OUR SOUL IS EQUALLY IMPORTANT FOR BOTH THE

QUALITY AND THE LENGTH OF THE LIFE OF OUR SOUL -

WHICH WILL NEVER END.....

THAT IS A LONG TIME.....

SO IT MERITS OUR CARE FOR ITS GROWTH AND ITS HEALTH

WHAT POISONS YOUR SOUL?

WHAT NOURISHES YOUR SOUL?

SPEAKING OF THAT.....

AFTER THIS HOMILY WE WILL TAKE A MOMENT OF SILENCE...

SILENCE CAN NOURISH OUR SOUL.....

SOME SILENCE IS SO IMPORTANT FOR OUR SOUL'S GROWTH....

AND ALSO SO RARE IN OUR CULTURE THESE DAYS...

ANOTHER REASON WHY WE HAVE ALSO INTRODUCED A MOMENT OF

SILENCE AT THE BEGINNING OF OUR EUCHARIST

IN SILENCE, WE GET IN TOUCH WITH OUR SOUL....

ITS HUNGER AND THIRST.....

AFTER A MOMENT OF SILENCE , HOPEFULLY FROM THE DEPTHS OUR

SOUL WE WILL THEN PROFESS OUR BELIEF...OUR CREED

THIS MORNING WE WILL USE A NEW VERSION OF THE CREED BY SR.

JOAN CHITTISTER, A WONDERFUL WRITER AND BENEDICTINE SISTER....

IF YOU'LL TAKE A LOOK AT THAT FOR A MOMENT....ON P. 4

WE WILL PROFESS OUR FAITH IN A NUMBER OF SOULFUL QUALITIES AT

THE END OF THE CREED....PARTICULARLY THE LAST PART:

***AMEN TO COURAGE, TO HOPE, TO THE SPIRIT OF TRUTH, TO NATURE, TO
HAPPINESS (LAUGHING -ALWAYS GOOD FOR THE SOUL), TO WHOLENESS,
TO THE PARTNERSHIP OF WOMEN AND MEN IN GOD'S PLAN.....***

SO LET US NOW PAUSE FOR A MOMENT OF SILENCE....

***PERHAPS REFLECTING ON THE CREED WHICH WE ARE ABOUT TO
PROFESS TOGETHER....***