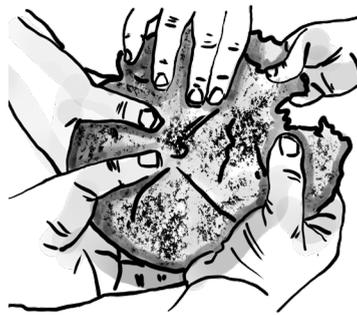




People are hungry. Many have lost their jobs as business establishments were shut down due to the COVID-19 pandemic. For those who have just enough to get by for a day (*isang kahig, isang tuka*), this is the worst of times. They barely manage to make it under normal circumstances, and their struggle for survival has become tougher than before.

One laudable initiative by Ms. Ana Patricia Non during the pandemic was the “community pantry,” bearing the slogan “give according to your means, take according to your need.” Her enterprise has inspired other communities all over the country to put up their own pantries. The community pantry offers free items for the taking, such as food, face masks, pet foods, and even bicycle parts and services. It encourages giving to help others instead of being concerned only with one’s well-being. The community pantry displays the bayanihan spirit still alive among Filipinos. It generates compassion, generosity, and consideration for others. We are struggling in the same boat, and we have

## THE MAIN COURSE



by Fr. Ogie Magbanua, SSP

to help each other in order to withstand the crashing waves of our wretched condition.

The teaching of Jesus about not working “for food that perishes but for the food that endures for eternal life” does not negate in any way our human need for food in order to live; otherwise, living itself becomes an act of defiance against God. At the Last Supper, Jesus left us the Eucharist—the memorial of his saving passion, death, and resurrection and the guarantee of his abiding presence till the end of time—in the context of a

Passover meal (cf Lk 22:14-20). And after his resurrection, he looked for food to eat among the incredulous apostles, “Have you anything here to eat?” They gave him a piece of broiled fish, and he ate it before them (Lk 24:41-42). By the Sea of Tiberias, the risen Jesus caused the apostles to have a bumper catch of fish and prepared breakfast for them (cf Jn 21:4-12).

The problem is not the food we put in our mouth, it is neglecting the “food that endures for eternal life.” Jesus is the main course, so to speak. He himself said, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst” (Jn 6:35).

The “food that endures” is Jesus, and in the community pantry, we find Jesus in his compassion and mercy to needy people through our generous sharing. That is the “spirit of eternity” we can identify in the Filipino bayanihan that, in turn, will lift us to eternal life where we will never hunger or thirst again. In this regard, we should take greater delight in partaking of the “main course” than in feasting “out of course.”

### PASTORAL CATECHESIS FOR THE YEAR OF *MISSIO AD GENTES*

#### *Key Elements of Integral Evangelization*

Fr. James H. Kroeger, MM

The Church’s mission today is well captured in the words: “integral evangelization.” It is further elucidated by identifying five “principal elements” in this Catholic approach. Thus, mission and evangelization are composed of: (a) presence and witness; (b) commitment to social development and human liberation; (c) interreligious dialogue; (d) proclamation and catechesis; and, (e) liturgical life, prayer and contemplation. In a word, the one evangelizing mission of the Church is comprised of several component elements and authentic forms.

This five-point vision has served the Church well over the past decades; ordinary Catholics can readily grasp and

appreciate this perspective. At the same time, it does not do violence to the richness and complexity of missionary evangelization. Viewing evangelization through its various essential dimensions results in clarity, insight, and proper integration. This is a Catholic vision of evangelization.

According to Paul VI, *Christian presence and witness of life* form the “initial act of evangelization” (EN 21). Daily activities, living together in harmony, lives as individuals of integrity, duties in the community—all these are to be a basic “faith-witness” that demonstrates how Christian living is shaped by Christian faith and values. People desire and respect authentic witnesses. Mother Teresa of Calcutta (canonized in 2016), known for her loving and selfless care of the poorest of the poor, is an “icon” of Christian presence, life, and service.

## THE INTRODUCTORY RITES

### Entrance Antiphon

(Ps 70 [69]:2, 6)

*(Recited when there is no opening song.)*

**O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.**

### Greeting

*(The sign of the cross is made here.)*

**P**—Grace to you and peace from God our Father and the Lord Jesus Christ.

**All**—And with your spirit.

### Introduction

*(These [or similar words] may be used to address the assembly.)*

**P**—God’s concern for people’s earthly needs is manifested when Jesus multiplies the bread and fish and feeds the crowd that has followed him. But when the Jews focus on the physical bread and fail to realize the importance of Jesus’ presence among them, they fall short of discovering the many surprises God has in store for them.

We also celebrate today *St. John Baptiste Marie Vianney Sunday*, the patron of priests. We remember in this mass all our priests that they may continue to be living witnesses of Jesus, the bread of life.

### Penitential Act

**P**—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.  
*(Pause)*

**All**—I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(strike your breast)* through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

**P**—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

**All**—Amen.

**P**—Lord, have mercy.

**All**—Lord, have mercy.

**P**—Christ, have mercy.

**All**—Christ, have mercy.

**P**—Lord, have mercy.

**All**—Lord, have mercy.

### Gloria

**Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

### Collect

**P**—Let us pray. *(Pause)*

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory in you as their Creator and guide, you may restore what you have created and keep safe what you have restored.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**All**—Amen.

## LITURGY OF THE WORD

**First Reading** (Ex 16:2–4, 12–15)  
*(Sit)*

*The Israelites grumble against Moses and Aaron. In response, the Lord sends them manna. This story prepares us for the Gospel where*

*the people are intrigued when Jesus tells them that he can give something better than the manna in the desert.*

### A reading from the Book of Exodus

THE whole Israelite community grumbled against Moses and Aaron. The Israelites said to them, “Would that we had died at the LORD’s hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!”

Then the Lord said to Moses, “I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

“I have heard the grumbling of the Israelites. Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the Lord, am your God.”

In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoar frost on the ground. On seeing it, the Israelites asked one another, “What is this?” for they did not know what it was. But Moses told them, “This is the bread that the Lord has given you to eat.”

— The word of the Lord.

**All**—Thanks be to God.

### Responsorial Psalm (Ps 78)

**R**—The Lord gave them bread from heaven.

Amante

The Lord gave them bread  
from heaven.

1. What we have heard and know, and what our fathers have declared to us, we will declare to the generation to come the glorious deeds of the LORD and his strength and the wonders that he wrought. (R)

2. He commanded the skies above and opened the doors of heaven; he rained manna upon them for food and gave them heavenly bread. (R)

3. Man ate the bread of angels, food he sent them in abundance. And he brought them to his holy land, to the mountains his right hand had won. (R)

### Second Reading (Eph 4:17, 20–24)

*The Apostle Paul tells his converts that they have become new persons in Christ. As such they should not stick to their former lives as pagans but acquire a new way of thinking and living as befits their new dignity.*

### A reading from the Letter of Saint Paul to the Ephesians

BROTHERS and Sisters: I declare and testify in the Lord that you must no longer live as the Gentiles do, in the futility of their minds; that is not how you learned Christ, assuming that you have heard of him and were taught in him, as truth is in Jesus, that you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth.

—The word of the Lord.

**All—Thanks be to God.**

**Alleluia** (Mt 4:4b) (*Stand*)

**All—Alleluia, alleluia. One does not live on bread alone, but by every word that comes from the mouth of God. Alleluia, alleluia.**

**Gospel** (Jn 6:24–35)

P—A reading from the holy Gospel according to John  
**All—Glory to you, O Lord.**

WHEN the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, "Rabbi, when did you get here?" Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." So they said to him, "What can we do to accomplish the works of God?" Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." So they said to him, "What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: He gave them bread from heaven to eat." So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world."

So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

—The Gospel of the Lord.

**All—Praise to you, Lord Jesus Christ.**

**Homily** (*Sit*)

**Profession of Faith** (*Stand*)

**All—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.**

**I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light**

**from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (at the words that follow, up to and including and became man, all bow) and by the Holy Spirit was incarnate of the Virgin Mary and became man.**

**For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.**

**I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.**

**Prayer of the Faithful**

P—Father, you satisfied the hungry with loaves and fishes through your Son Jesus. Help us become more and more like your Son as we pray:

**R—Lord, fill us with your love.**

C—That the service rendered by those who lead the Church serve as food that brings life and nourishment to the needy, we pray: (R)

C—That government leaders and other public servants may implement and promote policies that answer the basic needs of the people whom they serve, we pray: (R)

C—That those who are sick, lonely, anxious and depressed may find strength and healing in Jesus, the bread of Life, we pray: (R)

C—That those who have gone

ahead of us may know the fullness of salvation in Christ Jesus and celebrate God's love forever, we pray: **(R)**

**C**—Let us pray for the urgent concerns of our community and our personal intentions (*pause*). We pray: **(R)**

**P**—God our Father, we ask you to transform our lives so that like yours, our words and actions may nourish and give life to our brothers and sisters.

We ask this through Christ our Lord.

**All—Amen.**

**LITURGY OF  
THE EUCHARIST**



### Presentation of the Gifts

*(Stand)*

**P**—Pray, brethren...

**All—May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

### Prayer over the Offerings

**P**—Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you.

Through Christ our Lord.

**All—Amen.**

### Preface IV

*(Sundays in Ordinary Time)*

**P**—The Lord be with you.

**All—And with your spirit.**

**P**—Lift up your hearts.

**All—We lift them up to the Lord.**

**P**—Let us give thanks to the Lord our God.

**All—It is right and just.**

**P**—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For by his birth he brought renewal to humanity's fallen state, and by his suffering, canceled out our sins; by his rising from the dead he has opened the way to eternal life, and by ascending to you, O Father, he has unlocked the gates of heaven.



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And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

**All—Holy, Holy, Holy... (Kneel)**

### Acclamation *(Stand)*

**All—We proclaim your Death, O Lord, and profess your Resurrection until you come again.**

### THE COMMUNION RITE

#### The Lord's Prayer

**All—Our Father...**

**P—Deliver us, Lord...**

**All—For the kingdom, the power and the glory are yours now and forever.**

#### Invitation to Peace

**Invitation to Communion**

*(Kneel)*

**P**—Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

#### Communion Antiphon

*(Wis 16:20)*

**You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.**

### Prayer after Communion

*(Stand)*

**P**—Let us pray. (*Pause*)

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption.

Through Christ our Lord.

**All—Amen.**

### THE CONCLUDING RITES

**P**—The Lord be with you.

**All—And with your spirit.**

### Solemn Blessing

**P**—Bow down for the blessing. (*Pause*)

Graciously enlighten your family, O Lord, we pray, that by holding fast to what is pleasing to you, they may be worthy to accomplish all that is good.

Through Christ our Lord.

**All—Amen.**

**P**—And may the blessing of almighty God, the Father, and the Son, (†) and the Holy Spirit, come down on you and remain with you for ever.

**All—Amen.**

### Dismissal

**P**—Our celebration is ended.

Go in the peace of the Lord.

**All—Thanks be to God.**