

The bread of life

From the pastor:

Throughout the month of August, the Gospel at Mass is the “Bread of Life” Discourse, Jesus’ own teaching on what the Eucharist is and what it means to receive Holy Communion.

This is critically important for you and your family to understand, because the Eucharist is the bedrock and center of our lives as Christians.

Here are some resources to help you understand this teaching better.

- The Bible. Please [read St. John’s Gospel, chapter 6](#), slowly and carefully.
- Some excerpts from Fr. Reutter’s homilies on the Bread of Life (coming soon)
- Some excerpts from the [Catechism of the Catholic Church](#) on the Bread of Life (paragraphs 1322 – 1419).
- Some videos to watch in formed (parish code is in the bulletin) [Link to the best Formed videos on the Eucharist]