



CATHEDRAL OF THE BLESSED SACRAMENT

Stewards of God's Gifts

August 18, 2024 | Twentieth Sunday in Ordinary Time

MASS SCHEDULE

SUNDAY | DOMINGO

8:00 am	English
10:00 am	English*
12:00 pm	Español*
2:00 pm	Chinese*
4:00 pm	English
6:00 pm	Español

*Livestream available.

Monday—Friday

Lunes—Viernes

12:10 pm

ADORATION

ADORACIÓN

Wednesday & Thursday

Miercoles y Jueves

1:00 pm - 4:00 pm

RECONCILIATION

RECONCILIACIÓN

Monday—Friday

Lunes—Viernes

11:30 am—12:00 pm

Saturday | Sabado

4:00 pm—5:00 pm

CATHEDRAL HOURS

Monday—Friday

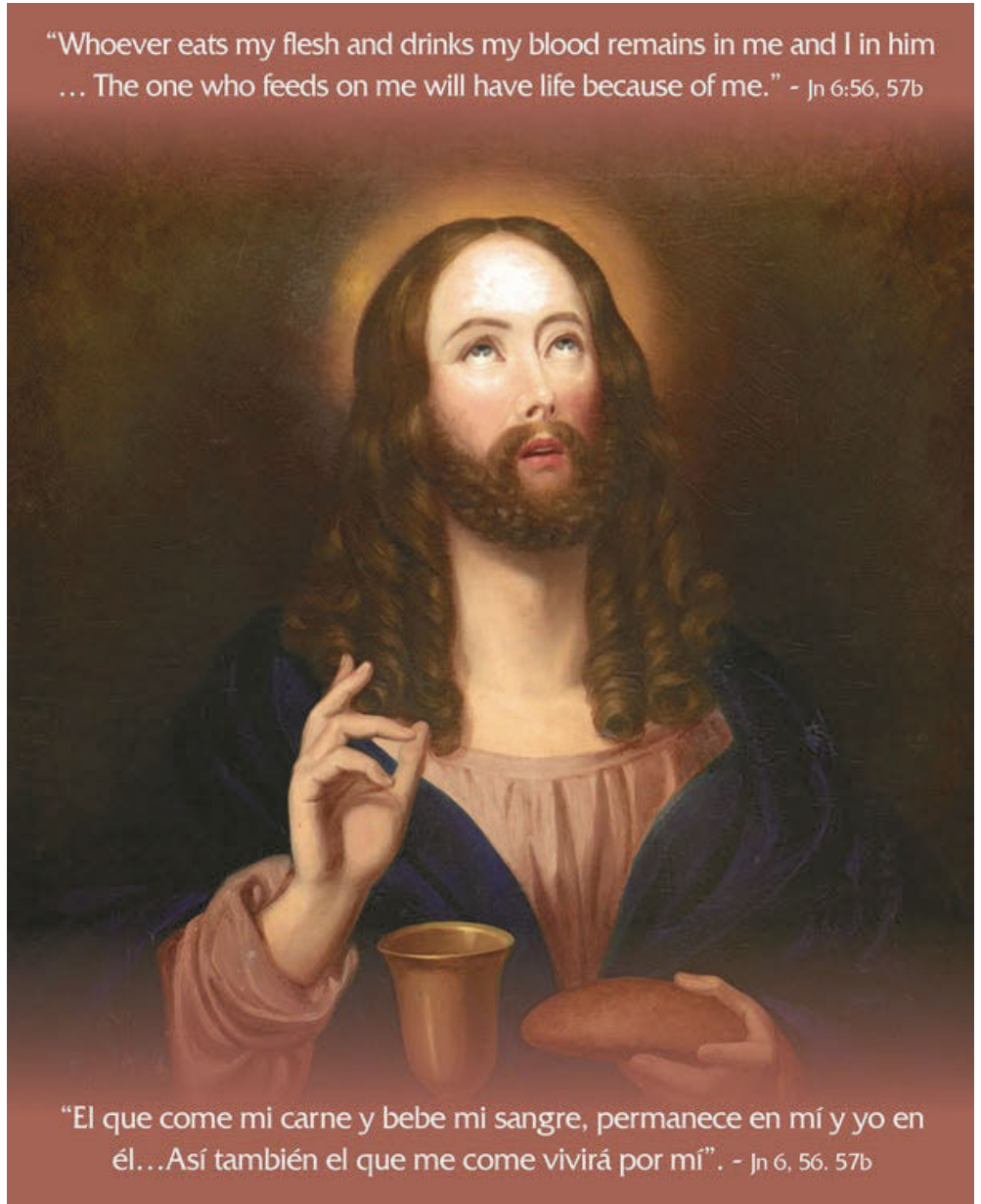
10:00 am—4:00 pm

OFFICE HOURS

Monday—Friday

9:00 am— noon & 1 pm—4 pm

“Whoever eats my flesh and drinks my blood remains in me and I in him
... The one who feeds on me will have life because of me.” - Jn 6:56, 57b



“El que come mi carne y bebe mi sangre, permanece en mí y yo en él... Así también el que me come vivirá por mí”. - Jn 6, 56. 57b

1019 11th Street, Sacramento, CA 95814

916-444-3071 | Blessed@cathedralsacramento.org

www.CathedralSacramento.org

Connect with us!



Want something in the bulletin and website? Just email communication@cathedralsac.org

Events and Information



KEEP THE FLAME ALIVE

Wednesdays, 7:00 pm via Zoom

Nourish your faith and feel the scriptures as Father O'Reilly leads us in study of the Gospel of John.

Contact Donna: flamealive22@gmail.com



THE HOLY ROSARY

1st and 3rd Wednesdays 6pm

St. Josephine Bakhita Room, lower level.

praytherosarywithus@yahoo.com

RECONCILIATION

Monday - Friday

11:30 am to 12:00 pm

Saturday 4:00 pm to 5:00 pm

ADORATION

Wednesday & Thursday

1:00 pm to 4:00 pm



HOLY HOUR OF REPARATION

Friday, September 6 First Friday of each month immediately following the 12:10 Mass in the Blessed Sacrament Chapel.

MANTENGA VIVA LA LLAMA

Miércoles, 7:00 pm vía Zoom

Nutre tu fe y siente las Escrituras mientras el Padre O'Reilly nos guía en el estudio del Evangelio de Juan.

Contacto con Donna: flamealive22@gmail.com

EL SANTO ROSARIO

1er y 3er miércoles, 6:00 pm

Aula St. Josephine Bakhita, nivel inferior.

praytherosarywithus@yahoo.com

RECONCILIACIÓN

Lunes - Viernes

11:30 am to 12:00 pm

Sábado 4:00 pm to 5:00 pm

ADORACIÓN

Miércoles y Jueves

1:00 pm to 4:00 pm

HORA SANTA DE LA REPARACIÓN

Viernes 6 de septiembre Primer viernes de cada mes inmediatamente después de la Misa de las 12:10 en la Capilla del Santísimo Sacramento.

SUNDAY CATHEDRAL TOURS

English at 9am and 11am & Spanish at 1pm

Docents share how the Cathedral is such an important part of early California history. Learn how our beautiful and important art works have symbolism integral to our Catholic Faith.

TOURS DE LA CATEDRAL DEL DOMINGO

Español a las 1 pm y inglés a las 9am y 11am

Los docentes comparten cómo la Catedral es una parte importante de la historia temprana de California. Conozca cómo nuestras hermosas e importantes obras de arte tienen un simbolismo integral para nuestra fe católica.

In re: The Roman Catholic Bishop of Sacramento, Case No. 24-21326
U.S. Bankruptcy Court for the Eastern District of California

Notice of Deadline for Filing Claims: October 1, 2024

**YOU MAY HAVE A SEXUAL ABUSE CLAIM OR OTHER CLAIM
AGAINST THE DIOCESE OF SACRAMENTO**

On April 1, 2024, The Roman Catholic Bishop of Sacramento aka Diocese of Sacramento filed a chapter 11 bankruptcy petition for protection under title 11 of the United States Code.

If you were sexually abused by any person connected with the Diocese, you must file a claim so as to be received by October 1, 2024, or otherwise you will be forever barred, estopped, and enjoined from asserting such claim against the Diocese.

Claims based on acts or omissions of the Diocese that occurred before April 1, 2024, must be filed on or before October 1, 2024, even if such claims are not now fixed, liquidated, or certain or did not mature or become fixed, liquidated, or certain before April 1, 2024.

For more information on how to file a claim or about the bankruptcy, please visit: <https://www.donlinrecano.com/rcbsacramento>, or contact the Debtor's claims agent Donlin, Recano, & Company, Inc. via email at rcbsacramentoinfo@drc.equiniti.com or by phone at 1-866-714-7301; or visit the Debtor's website at <https://scd.org> and follow the links for Chapter 11 filing.

In re: El Obispo Católico Romano de Sacramento, Caso No. 24-21326
Tribunal de Bancarrota de los Estados Unidos Para el Distrito Este de California

Notificación de fecha límite para presentar reclamaciones:
1 de Octubre de 2024

**USTED PUEDE TENER UNA DEMANDA DE ABUSO SEXUAL U OTRA
DEMANDA CONTRA LA DIÓCESIS DE SACRAMENTO**

El 1 de abril de 2024, el Obispo Católico Romano de Sacramento, también conocido como Diócesis de Sacramento, presentó una petición de bancarrota del capítulo 11 para obtener protección bajo el título 11 del Código de los Estados Unidos.

Si usted fue abusado sexualmente por cualquier persona relacionada con la Diócesis, debe presentar su reclamo para que se reciba antes del 1 de octubre de 2024, o de lo contrario, se le prohibirá y excluirá para siempre hacer valer dicha reclamación contra la Diócesis.

Las reclamaciones basadas en actos u omisiones de la Diócesis que ocurrieron antes del 1 de abril de 2024, deben presentarse el 1 de octubre de 2024 o antes, incluso si dichas reclamaciones no están ahora fijas, liquidadas o ciertas o no se vencieron o se volvieron fijas, liquidadas o ciertas antes del 1 de abril de 2024.

Para obtener más información sobre cómo obtener y presentar un reclamo o sobre la bancarrota, visite: <https://www.donlinrecano.com/rcbsacramento>, o comuníquese con el agente de reclamos del Deudor, Donlin, Recano & Company, Inc., por correo electrónico al rcbsacramentoinfo@drc.equiniti.com o por teléfono al 1-866-714-7301; o visite el sitio web del Deudor en <https://scd.org> y siga los enlaces para la presentación del Capítulo 11.



SUNDAY, AUGUST 25

Roll out the festivities because National Toilet Paper Day is near! Celebrated annually on August 26, this quirky holiday pays homage to one of life's most essential yet often overlooked household items. From its humble beginnings to its current status as a bathroom staple, toilet paper plays a vital role in our daily lives and hygiene routines.

But not everyone has access to this household necessity. Toilet paper is the MOST requested item by people in need to our Front Door Ministry. So next Sunday, August 25, you can help by donating **toilet paper to volunteers in the vestibule before the 10am, noon, 4pm and 6pm masses.** For details contact Deacon Hilbert—hilbertdoheva@aol.com

Thank you to everyone who donated toilet paper on June 30.
The 850 donated rolls benefited 22 grateful families in need.

Colecta de papel higiénico

Nuestro Ministerio Front Door ayuda a las personas necesitadas. El próximo domingo podrás ayudar a los que menos tienen donando papel higiénico.
Para más detalles comuníquese con el Diácono Hilbert—hilbertdoheva@aol.com



The Let's Talk Parish podcast features a Cathedral staff member or parishioner in a casual discussion with host Christian Jensen.

Have a listen to learn about your fellow parishioners!

The second half of Season 1 features **Marilyn Fairgood, Anthony Simene, Rachel Songer, Father Michael Kiernan, John Fairbanks, Father Memo, Deacon Edgar & Leticia Hilbert, Bishop Emeritus William Weigand, and Deyanira Gálvez.**

If you would like to participate as a guest, please contact 916-545-5376.



Listen here: <https://is.gd/talkparish>

Status of Special Collection



Thank you!

Our **SPECIAL COLLECTION** to fund repairs and maintenance for our beautiful Cathedral is moving along. **After four collections, you've donated over \$24,600 so we are 31% toward our goal of \$80,000** to fund sound system upgrades and heating/cooling repairs. Thank you for your generosity and please continue to give on the first Sunday of each month for upkeep and improvements to our historic place of worship. God bless!

¡Gracias!

Nuestra **COLECCIÓN ESPECIAL** para financiar reparaciones y mantenimiento de nuestra hermosa Catedral avanza. **Después de cuatro colectas, usted ha donado más de \$24,600, por lo que estamos al 31% de nuestra meta de \$80,000** para financiar actualizaciones del sistema de sonido y reparaciones de calefacción/refrigeración. Gracias por su generosidad y continúe donando el primer domingo de cada mes para el mantenimiento y mejoras de nuestro histórico lugar de culto. ¡Dios los bendiga!

Scan me to text
your donation
Escanee para
enviar su
donación por
mensaje de texto



- Use our website to make a reoccurring or one time gift at www.CathedralSacramento.org/Donate
- Utilice nuestro sitio web para hacer un regalo recurrente o único en CathedralSacramento.org/Donate

Men's Day of Faith Renewal



SATURDAY, AUG. 24, 2024
St. Mel Parish - Fair Oaks

Dr. Ray



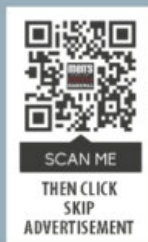
GUARENDI

• **The Logic of Being Catholic:**

The reason & evidence that brought me back to the Church

• **Simple Steps to Making a Marriage Work:**

A more rewarding marriage is achievable - Learn how



SIGN UP TODAY!

Cost for Saturday \$50

Call: 916-612-0479

smpcevents.org

SATURDAY SCHEDULE:

- Rosary 7:30 am
- Holy Mass 8:00 am
- Eucharistic Procession
- Continental Breakfast
- Inspirational Talks by Dr. Ray with Q&A
- Hearty Catered BBQ Lunch!
- Event Concludes at 3:45 pm
- **SPECIAL PRIZES TOO!**

Accompanying Event

FREE Family Renewal Evening
At St. Mel Parish, Fair Oaks

FRIDAY, AUGUST 23

6:30 - 8:00 pm

(no registration required for Friday)

Talk by Dr. Ray

"Navigating a culture that is no longer on the side of people with traditional values."

Meet and Greet

Free Ice Cream social with
Leatherby's Ice Cream

"Catholic men are not whimps!"

Sacramento Chinese Catholic Community

RECONCILIATION: 1st Sunday of the month before mass. Please contact Kenneth Ng or Fr. Chiu in advance.
Tel: 916-583-8306

Email: sccc.contact@gmail.com

Facebook: [@sacchineseatholic](https://www.facebook.com/sacchineseatholic)

Instagram: <https://is.gd/>

[SCCInstagram](https://www.instagram.com/SCCInstagram)

Website:

www.sacchineseatholic.org/

A Glimpse of Spirituality 靈修一瞥 137 (Matt 瑪 12:14-21)

Fr. Abraham Chiu 趙必成神父

天主的福音若缺乏行動，只是空虛口號。人們可能突然被講道者煽情道理感動，如果沒有愛德善功，那也只是短暫情緒反應。耶穌宣講福音，滿懷慈悲大愛行事，是為讓人真正體驗救贖，特別是治癒病人。

除了痛苦和憂慮使人感到苦惱和困擾之外，身體疾病也會使人精神沮喪。他們可能會感到被人拋棄，有時甚至憂鬱到覺得天主已經遠離他們；結果，自殺，因為在世界上再感覺不到愛或希望；對他們來說，死亡似乎比活著更快樂。

耶穌來。他帶著永生的福音來釋放罪人。具體來說，病人的治癒賦予人們希望，讓他們無論生活中遇到什麼困難，都能活出永生。福音說：“有許多人跟隨他，他都治好了他們。”動詞“治好”（etherapeusen）意即恢復身體健康。從心理角度來說，人會因為身體疾病而感到不安，直到從痛苦和不適中恢復過來。這種生命的完整意味著永生的完成。換言之，人的精神生活與天主永在一起時，就達到完整與神聖。這是生命最大滿足，同時也為真正生命下了定義。

生活有各種困難，阻止人們愛主愛人。為了不給魔鬼任何嘲笑我們的機會，在困難時刻堅持信德，可以轉化為更接近耶穌的行動。



Chinese Portal:
Announcements/
Sunday Readings



Faith Formation & Education

Blessings Faith Formation Families! It's hard to believe it is already August and we are gearing up for another fantastic year in family faith formation at the Cathedral! Is your family registered and ready?



UPCOMING in AUGUST

Sunday 18 AUG	8:00 Mass—OCIA BOW 11:30AM OCIA Families—Year 2
Monday 19 AUG	OCIA Adults Mercy Hall—7:00 PM
Wednesday 21 AUG	Faith Formation Team Mtg Time TBD
Saturday 24 AUG	OCIA Retreat: Rite of Acceptance
Sunday 25 AUG	OCIA Rite of Acceptance 8:00 Mass—in Church

SEPTEMBER

Sunday 8-SEP	NO FFF Orientation—Spanish (October 6)
Tuesday 17 SEP	FFF Orientation—English #1 6:30 PM
Saturday 21 SEP	FFF Orientation—English #2 10:00 AM
Saturday 28 SEP	Catechetical Ministry Days Christian Brothers HS—All Day



Is Your Family Making Time for Jesus? ¿Tiene tu familia tiempo para Jesús?

The Cathedral Family Faith Formation community is getting ready to begin another year of learning about our faith.

Beginning in September with our parent orientation and an introduction to our year theme—the Bible. We will have a lot of opportunities to learn passages of Scripture. Classes begin with Orientation in September, and first sessions with full families begin in October.

Questions about registration, contact the faith formation office at religioused@cbssac.org.

La comunidad de Formación en la Fe de la Familia de la Catedral se está preparando para comenzar otro año de aprendizaje sobre nuestra fe.

Comenzando en septiembre con nuestra orientación de los padres y una introducción a nuestro tema del año—la Biblia. Tendremos muchas oportunidades para aprender pasajes de las Escrituras. Las clases comienzan con la orientación en septiembre, y las primeras sesiones con familias completas comienzan en octubre.

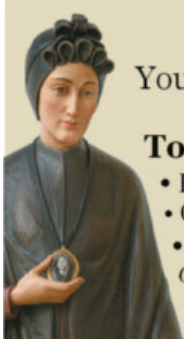
Preguntas acerca de la inscripción, póngase en contacto con la oficina de formación de fe en religioused@cbssac.org.



Mass preparation for families

Every Wednesday receive a Mass preparation guide for your family with downloadable coloring pages and worksheets for young saints (pre-K to 3rd grade) and older saints (4th - 6th grade). Readings for Sunday Mass with brief explanation!

<https://is.gd/massprep2024>



Plenary Indulgence Granted

You can receive a Plenary Indulgence once a day by visiting the Cathedral.

To obtain the Indulgence:

- Receive Communion in state of grace.
- Confession within 20 days before or after your visit.
- Pray for the Holy Father's intentions (*For example: Our Father, Hail Mary, Glory Be*).
- Please pray for our Canossian Sisters.

Family Faith Formation and OCIA—Formation of Faith and of Sacraments for Children and Adults

Formación y Educación en la Fe

Preparation for Sunday Mass Sunday, 25 AUGUST 24

Prepare:

21st Sunday of Ordinary Time

Jos 24:1-2a, 15-17, 18b

Ps 34:2-3, 16-17, 18-19, 20-21

Eph 5:21-32 or 5:2a, 25-32

Jn 6:60-69

Focus of the Gospel:

This week we are nearing the conclusion of Jesus' bread of life discourse in John 6. Those listening to Jesus found the sayings to be difficult to accept. Jesus had just told them, "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day." The crowds that followed Jesus began to be smaller and smaller until at last, only His Disciples—the twelve—were left. Jesus asks them if they too want to leave him. Peter spoke for them saying, "To whom shall we go? You have the words of eternal life." Like the Disciples, we too are confronted with our faith and a choice: Do we believe Jesus is the Holy One of God and follow Him, or do we go back to the old way of life. It is either one way or the other. We must choose.

With Your Family

- ◆ Read John 6:64-69
- ◆ When our life is difficult, we can feel like not trying to do what we know is good. Imagine Jesus looking at you and asking, "Do you also want to leave?" How do you respond?
- ◆ Pray Psalm 34:2-3, 16-21 together.

Preparación para la Misa Domingo, 25 AGOSTO 24

Preparar:

XXI Domingo, Tiempo Ordinario

Proverbios 9:1-6

Sal 34:2-3, 4-5, 6-7

Efesios 5:15-20

Jn 6:51-58

Enfoque del evangelio:

Esta semana nos acercamos a la conclusión del discurso de Jesús sobre el pan de vida en Juan 6. A los que escuchaban a Jesús les resultaba difícil aceptar lo que decía. Jesús acababa de decirles: "El que come mi carne y bebe mi sangre tiene vida eterna, y yo lo resucitaré el último día". Las multitudes que seguían a Jesús empezaron a ser cada vez más pequeñas hasta que, por fin, sólo quedaron sus Discípulos -los doce-. Jesús les pregunta si ellos también quieren dejarle. Pedro habló por ellos diciendo: "¿A quién iremos? Tú tienes palabras de vida eterna". Como los Discípulos, también nosotros nos enfrentamos a nuestra fe y a una elección: ¿Creemos que Jesús es el Santo de Dios y le seguimos, o volvemos al viejo estilo de vida? Es un camino o el otro. Debemos elegir.

Con tu familia

- ◆ Lea Juan 6:64-69
- ◆ Cuando nuestra vida es difícil, podemos tener ganas de no hacer lo que sabemos que es bueno. Imagina que Jesús te mira y te pregunta: "¿Tú también quieres irte?". ¿Cómo respondes?
- ◆ Rezad juntos el Salmo 34:2-3, 16-21.



more
Seeking Faith?

The "Order of Christian Initiation for Adults" provides a place for seekers to explore what the Catholic Church believes and teaches as part of their journey towards embracing Christ and His Church in the reception of sacraments. Catholics who have not received Sacraments of Confirmation and of the Holy Eucharist are also welcome. To know more, go to website:

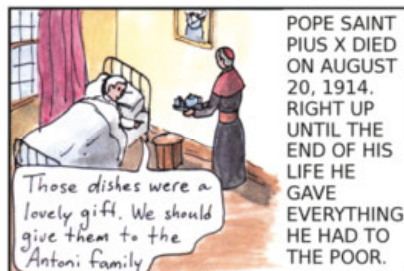
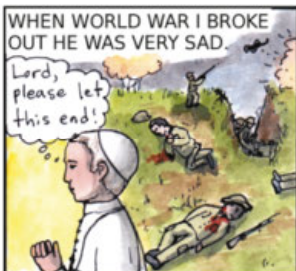
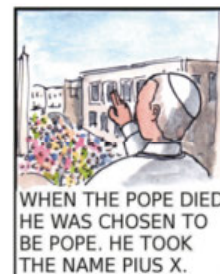
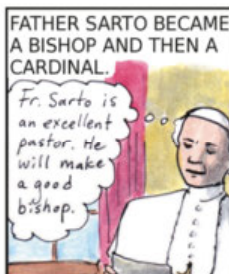
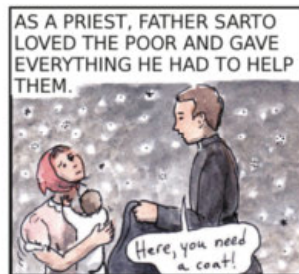
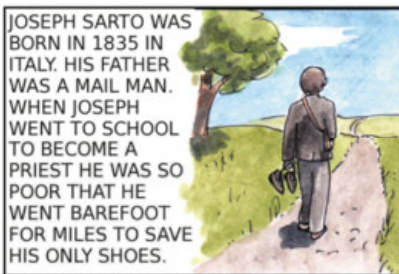
cathedralsacramento.org/ocia

UNDERSTANDING GOD

5 Short video lessons
With Bishop Barron
is.gd/understandgod

There are 73 books in the Catholic Bible (66 in Protestant Bible). The seven books we have are: Tobit, Judith, Wisdom, Sirach (Ecclesiasticus), Baruch, and 1 and 2 Maccabees)

How many books are in the Catholic Bible?



Did you know? The Cathedral Faith Formation has a classroom dedicated to Saint Pius X, the patron of 1st Communion Students. Saint Pope Pius X, pray for us!

Liturgy of the Word

TWENTIETH SUNDAY IN ORDINARY TIME

AUGUST 18, 2024

Mass Intentions & Observances

SUN 8/18

20TH SUNDAY IN ORDINARY TIME

8:00 AM: CATHERINE CHANG +

10:00 AM: SOPHIA HARGRAVE S.I.

12:00 PM: NANCY PALAFOX-GUTIERREZ S.I.

4:00 PM: REGGIE TORAN +

6:00 PM: PEOPLE OF THE PARISH S.I.

MON 8/19

20TH WEEK IN ORDINARY TIME

12:10 PM: FATHER GUILLERMO

HERNANDEZ S.I.

TUE 8/20

**SAINT BERNARD, ABBOT,
DOCTOR OF CHURCH**

12:10 PM: FATHER EUGENE LAWLOR +;

BERNARD UGALE +

WED 8/21

SAINT PIUS X, POPE

12:10 PM: QUINN LENOX S.I.

THU 8/22

**THE QUEENSHIP OF THE
BLESSED VIRGIN MARY**

12:10 PM: RAFAEL CHAVEZ +

FRI 8/23

20TH WEEK IN ORDINARY TIME

12:10 PM: ARNOLD SIMONI +

S.I. = for special intention

+ = for repose of the soul

Mass Intentions

Please email:

vramos@cathedralsacramento.org

or call 916-444-3071, ext. 10

Reading 1

Prv 9:1-6

Wisdom has built her house, she has set up her seven columns; she has dressed her meat, mixed her wine, yes, she has spread her table. She has sent out her maidens; she calls from the heights out over the city: "Let whoever is simple turn in here; To the one who lacks understanding, she says, Come, eat of my food, and drink of the wine I have mixed! Forsake foolishness that you may live; advance in the way of understanding."

Responsorial Psalm

Ps 34:2-3, 4-5, 6-7

R. Taste and see the goodness of the Lord.

I will bless the LORD at all times; his praise shall be ever in my mouth.

Let my soul glory in the LORD; the lowly will hear me and be glad.

R. Taste and see the goodness of the Lord.

Glorify the LORD with me, let us together extol his name.

I sought the LORD, and he answered me

and delivered me from all my fears.

R. Taste and see the goodness of the Lord.

Look to him that you may be radiant with joy,

and your faces may not blush with shame.

When the poor one called out, the LORD heard,

and from all his distress he saved him.

R. Taste and see the goodness of the Lord.

Reading 2

Eph 5:15-20

Brothers and sisters:

Watch carefully how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are

evil. Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.

Alleluia

Jn 6:56

R. Alleluia, alleluia.

Whoever eats my flesh and drinks my blood

remains in me and I in him, says the Lord.

R. Alleluia, alleluia.

Gospel

Jn 6:51-58

Jesus said to the crowds:

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Liturgia de la Palabra

XX DOMINGO ORDINARIO

18 DE AGOSTO DE 2024

Primera lectura Prv 9, 1-6

La sabiduría se ha edificado una casa, ha preparado un banquete, ha mezclado el vino y puesto la mesa. Ha enviado a sus criados para que, desde los puntos que dominan la ciudad, anuncien esto: "Si alguno es sencillo, que venga acá".

Y a los faltos de juicio les dice: "Vengan a comer de mi pan y a beber del vino que he preparado. Dejen su ignorancia y vivirán; avancen por el camino de la prudencia".

Salmo Responsorial

Salmo 33, 2-3. 10-11. 12-13. 14-15

R. Haz la prueba y verás qué bueno es el Señor.

Bendeciré al Señor a todas horas,
no cesará mi boca de alabarlo.

Yo me siento orgulloso del Señor,
que se alegre su pueblo al escucharlo.

R. Haz la prueba y verás qué bueno es el Señor.

Que amen al Señor todos sus fieles,
pues nada faltará a los que lo aman.

El rico empobrece y pasa hambre;
a quien busca al Señor, nada le falta.

R. Haz la prueba y verás qué bueno es el Señor.

Escúchame, hijo mío:

voy a enseñarte cómo amar al Señor.

¿Quieres vivir y disfrutar la vida?

Guarda del mal tu lengua

Y aleja de tus labios el engaño.;

Apártate del mal y haz el bien;

busca la paz y ve tras ella.

R. Haz la prueba y verás qué bueno es el Señor.

Segunda lectura Ef 5, 15-20

Hermanos: Tengan cuidado de portarse no como insensatos, sino como prudentes, aprovechando el momento presente, porque los tiempos son malos.

No sean irreflexivos, antes bien, traten de entender cuál es la voluntad de Dios. No se embriaguén, porque el vino lleva al libertinaje. Llénense, más bien, del Espíritu Santo; expresen sus sentimientos con salmos, himnos y cánticos espirituales, cantando con todo el corazón las alabanzas al Señor. Den continuamente gracias a Dios Padre por todas las cosas, en el nombre de nuestro Señor Jesucristo.

ACLAMACIÓN ANTES DEL EVANGELIO

Jn 6, 56

R. Aleluya, aleluya.

El que come mi carne y bebe mi sangre,
permanece en mí y yo en él, dice el Señor.

R. Aleluya.

Evangelio

Jn 6, 51-58

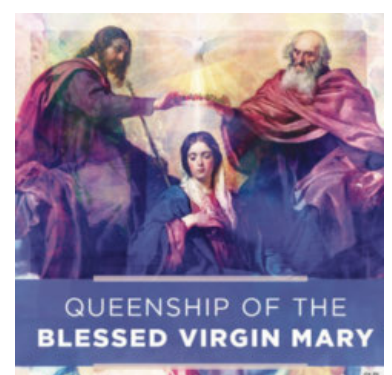
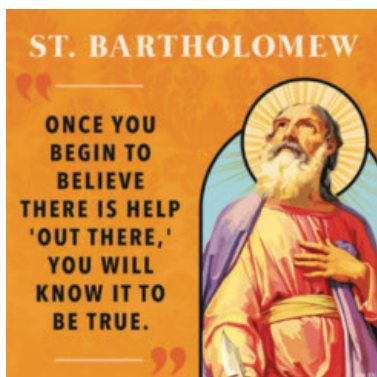
En aquel tiempo, Jesús dijo a los judíos: "Yo soy el pan vivo, que ha bajado del cielo; el que coma de este pan vivirá para siempre. Y el pan que yo les voy a dar es mi carne, para que el mundo tenga vida".

Entonces los judíos se pusieron a discutir entre sí: "¿Cómo puede éste darnos a comer su carne?"

Jesús les dijo: "Yo les aseguro: Si no comen la carne del Hijo del hombre y no beben su sangre, no podrán tener vida en ustedes. El que come mi carne y bebe mi sangre, tiene vida eterna y yo lo resucitaré el último día.

Mi carne es verdadera comida y mi sangre es verdadera bebida. El que come mi carne y bebe mi sangre, permanece en mí y yo en él. Como el Padre, que me ha enviado, posee la vida y yo vivo por él, así también el que me come vivirá por mí.

Éste es el pan que ha bajado del cielo; no es como el maná que comieron sus padres, pues murieron. El que come de este pan vivirá para siempre".



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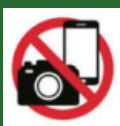
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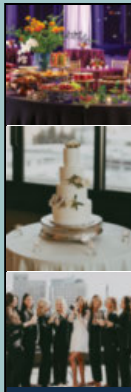
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