

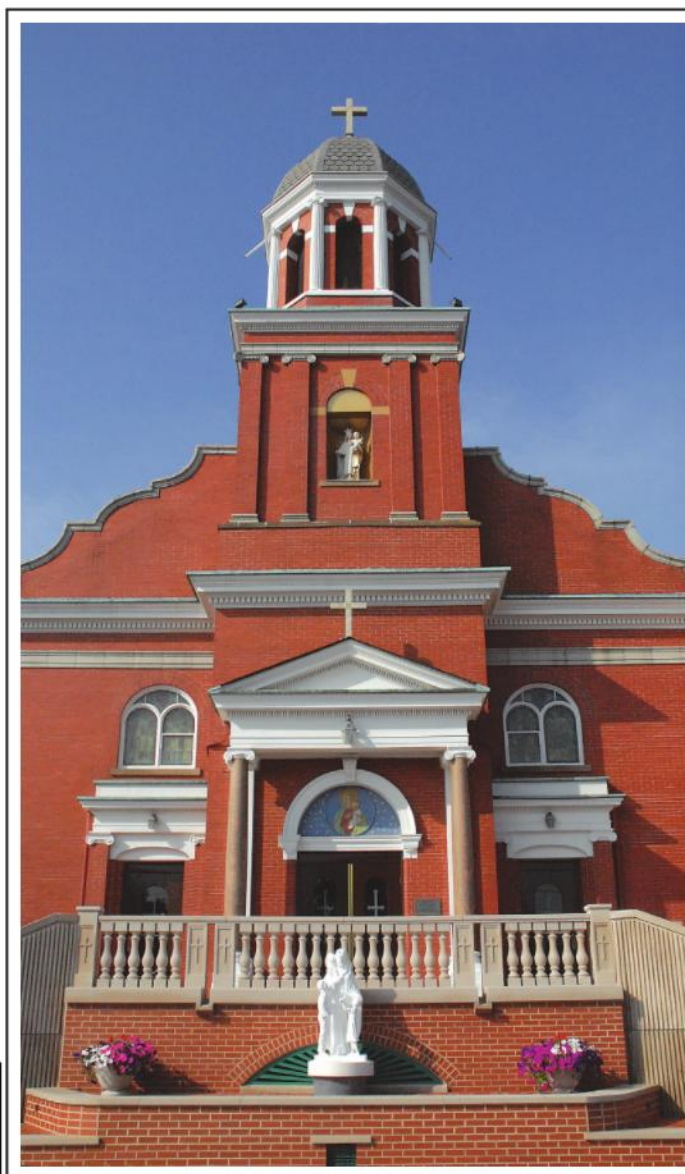
# 18TH SUNDAY IN ORDINARY TIME

"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."

Jn 6:32-33

## OUR LADY OF MOUNT CARMEL BASILICA

Our Lady of Mt. Carmel - St. Anthony of Padua Parish  
343 Via Mt. Carmel • Youngstown, Ohio 44505



**Pastor:**

Rev. Msgr. Michael Cariglio.....Ext. 103

**Church Phones:**

Office & Rectory.....(330) 743-4144  
Religious Education .....743-3508  
Church Hall .....743-7740  
Lower Church Hall.....Ext. 114  
Fax .....743-1035

**Church Secretaries:**.....743-4144

Office .....Ext. 100  
Mrs. Marie Ronyak.....Ext. 101  
Ms. Barbara McOwen.....Ext. 141  
Mrs. Cathy Zack .....Ext. 100

**Office Hours:** Mon. thru Fri. .. 8:30 a.m. - 3:00 p.m.

**Permanent Deacons:**.....743-4144

Mr. Anthony Palasca, Jr .....Ext. 142  
Mr. Mark Izzo..... 330-533-1857

**Director of Music:**.....743-4144

Mr. Craig Ziobert.....(330) 770-6504

**Director of Religious Education:**

Mrs. Therese Ivanisin..... Ext. 121  
olmcTherese@gmail.com or 330-743-3508  
Youth Ministry Coordinator, Melissa Varso. Ext. 122  
olmcMelissa@gmail.com

**Church Caterer:**.....743-7740

Mr. Louis Fusillo..... Ext. 131  
or 759-4010 (H)

**Parish Council Chairperson:**.....743-4144

Mr. Louis Fusillo..... Ext. 143

**Business Manager/Accountant:**

Mr. John Didek, Jr..... Ext. 100

**Sunday Masses:**

Saturday Evening.....5:00 p.m.  
Sunday.....9:00 a.m., 11:00 a.m.

**Weekday Mass:** .....Daily at 12:00 noon

**Baptisms:** Saturday after the 5:00 p.m. Mass  
and Sunday after the 11:00 a.m. Mass.

**Sacrament of Penance:** Saturday 11:00 - 11:30 a.m.  
or by personal request.

**Weddings:** Please schedule marriage at least 6 months  
in advance.

**E-mail:** olmc343@aol.com

**Website:** www.OLMCSTA.com



*Masses  
For The Week*

**Sat., July 31:** *St. Ignatius of Loyola, Priest*  
12:00 noon Francis Bellino  
by Wife, Virginia & Family  
5:00 p.m. Betty C. Nohra (A) by Family

**Sun., August 1:** *Eighteenth Sunday in Ordinary Time*  
9:00 a.m. Bereavement  
11:00 a.m. Fred Silvestri (B) by Sister, Tony & Lisa

**Mon. August 2:** *St. Eusebius of Vercelli, St. Peter Julian Eymard*  
12:00 noon Al Pascale by Elmo Family

**Tues., August 3:**  
12:00 noon Tony York (B) by Family

**Weds., August 4:** *St. John Vianney*  
12:00 noon Rose Marie Nudo (A)  
by Husband, Joe & Family

**Thurs., August 5:** *The Dedication of the Basilica of St. Mary Major*  
12:00 noon Mary Mazzocca by Family & Friends

**Fri., August 6:** *The Transfiguration of the Lord - First Friday*  
12:00 noon Special Intention

**Sat., August 7:** *St. Sixtus II and Companions, St. Cajetan, Blessed Virgin Mary, First Saturday*  
12:00 noon George Shardy by Christine Novicky  
2:00 p.m. Wedding of Richard Melvin Smith & Cassandra Helena Campana  
5:00 p.m. James & Eleanor Tauro by Children & Grandchildren

**Sun., August 8:** *Nineteenth Sunday in Ordinary Time*  
9:00 a.m. Roseann Baca (A) by Mom and Michael  
11:00 a.m. Mary Simone Dell Arco

**WEEKEND ASSIGNMENTS—August 7/8  
Ordinary-Extraordinary Ministers of the Eucharist**

5:00 p.m. Ron DiBacco  
9:00 a.m. Patty Dawson  
11:00 a.m. Deacon Anthony Falasca Jr., Leanna Pipala

LECTORS

5:00 p.m. Nick Amon  
9:00 a.m. Darlene Sabo  
11:00 a.m. David Schifferli

ALTAR SERVERS

5:00 p.m. Gianna Howe, Gabriella Howe, Jeffrey Howe  
9:00 a.m. Alex Carano, Gianna Mediatì  
11:00 a.m. Marco Pilloli, Thomas Amon, Nicholas Amon

**Friday The Day Christ died for us**

**Every Friday the Basilica will broadcast for the homebound the following spiritual exercises on Face Book:**

12 noon Daily Mass  
3:00 p.m.. The Hour of Divine Mercy with  
The Chaplet of Divine Mercy and Benediction



*Parish Support*

July 25 (202 envelopes)	\$6,360.00
St. Anthony Shrine	\$ 228.00
St. Vincent DePaul ( July)	\$ 933.00

Grazie!!

**Our Monthly Spaghetti Dinners Are Back  
Sunday, September 12, 2021**



I want to thank **Frank Frattaroli** for his leadership over the years and take this opportunity to welcome back all our hard-working volunteers. We welcome new volunteers wishing to give a few hours one Sunday a month. In the coming weeks a brief meeting will be scheduled to get acquainted and discuss any changes that might be needed going forward.

I also want to thank **Monsignor Cariglio** for having faith that I will be able to carry on the longstanding tradition of our monthly Sunday Spaghetti Dinners. Thank you,  
**Tony Pondillo**

**The Hour  
for the whole  
World!**

"At three o'clock, implore My mercy, especially for poor sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion..." (Diary, 1320)

**of Mercy**

**Of the Most Blessed Sacrament.  
Basilica is open for in person worship during  
the above times. Welcome!**



## EIGHTEENTH SUNDAY IN ORDINARY TIME



Earl Ducay, Martha Aliberti, Regina Altiero, Melinda Amon, Peter Angelides, Karen Banic, Fred Batcha, Sandy Battaglia, John Beene, Madelyn Brudis, Zayne Bryce, Michelle Colantuoni, Isabelle Corradi, Kim Bowser, Marko Calko, Dominic Calko, Janice Marinelli Campbell, Lori Capone, Michael (Cal) Calipare, Carl J. Carbon, Roseann Cencia, Joseph Cencia, Anthony, Cathy Chimento, Joseph Chimento, Stephanie Chimento, Christopher Centofanti, Damian Chordas, Joseph R. Cioffi, , Mary Rose Colucci, Johnny D., Ed Derek, John Didek, Anna DeLuco, Michelina DiVito, Greg Diorio, Grace Ducay, Roberta Elmo, Dolores Elston, Deacon Anthony Falasca, Gina Fecko, Jason, Monroe, Mara Frease, Sebastian Green, Margie, Joseph Haus, John, Reese, Lisa, Joshua, David, Carl Jr., Kaylee, JoAnn George, Emily Jerome, Rose Giampetro, Donald "Duke" Girardi, Dante Greco, Dominic Greco, Josie Greco, Jennifer Greco, Michael & Carol Gromada, Claudia Hernandez, Gail Hubbert, George Iati, Loretta Julian, Mark Julian, Peter Julian, Kerri, Glory & Family, Jeff Knorr, Jackie Golden, Gerard Kopnisky, Hillary, William & Melinda Kopnisky, Agnes Kowis, Rocco Kovacs, Cheryl Maniccia, Allan Maniccia, Bill Marcavish, John Mascardine, Jennifer McCon, Paul and Greg Medina, Jean Medina, Livia Marinelli, Ellen Monroe, George Panno, Beverly Poidmore Pariza, Mary Pesa, Ronald Pesa, Phil Pillin, Ron Pondillo, Sr. , Brielle, Vincent, Paul III, Giovanna Pace, Isabel Pupino, Joseph Pizzola, Lucas Pondillo, Charles Richards, Joseph Richards, Chris Ritter, Scott Rodgers, Marti Runyan, Mark Roberts, Richard Rouan, Ben Russo, Chuck Saulino, Mark Stilson, Carmel Scocca, Ellie Sullenberger, Chris Sultan, Greg VanSuch, Paula VanNest, Rita Varacali, Valerie Villani, Jodi Walters, Kathleen Wienand, Lilah Dovie, Todd Zamary, Skevos Zimbillas, **Mary, Help of the sick, pray for us!**  
**Please let us know when the person is well. Thanks be to God.**

### DAILY MORNING OFFERING PRAYER

Jesus, though the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

**THE CHURCH:** Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.



We welcome into the Catholic Family of Our Lady of Mount Carmel Basilica, **ADELINA ROSE HULL, daughter of Brian Edward Hull & Lauren Rose Monroe**, who was born again of water and the Holy Spirit in the Sacrament of Baptism.

### St. Anthony Shrine and Novena

**\$50.00 GIFT**

Andre Faunda

**\$30. GIFT**

Ms. Dena Tufaro

**\$25.00 GIFT**

Mrs. Janet L. Skaleris

**\$20.00 GIFT**

SPECIAL INTENTION by Dr. Cathy Mastropietro  
In loving memory of MARY ANN PELLEGRINI by Cleto

Mr. and Mrs. Amico Colaizzi

Mr. Alex F. Lazazzera

Mrs. Maria Lazazzera

Mr. and Mrs. Joseph Pizzola

In memory of LOUISE & JOHN LEONARD

by Phil & Marie Pillin

Mrs. Grace Ducay

Mr. and Mrs. Robert Schulick



All are welcome to join The Living Bread Radio Network for a Mass and Blessing of the Statue of St. John Vianney on Wednesday, August 4, 2021, at 11:30 a.m. at Mary Ark of the Covenant Chapel located at St. Raphael Center, 4365 Fulton Dr., Canton OH 44718. The Statue is a one-of-a-kind, bronze commissioned piece. It was placed in the magnificent Rosary Garden on the premises of St. Raphael Center.

THE  
LORD  
GAVE THEM BREAD  
FROM HEAVEN.

### HEALING PRAYER OF SURRENDER

Dear Lord Jesus, it is my will to surrender to you everything that I am and everything that I'm striving to be. I open the deepest recesses of my heart and invite your Holy Spirit to dwell inside of me. I offer you my life, heart, mind, body, soul, spirit, all my hopes, plans, and dreams. I surrender my past, present and future problems. I release everything into your compassionate care. Please speak to me clearly, Lord. Open my ears to hear your voice. Open my heart to commune with you more deeply. Open the doors that need to be opened and close the doors that need to be closed. Please set my feet upon the straight and narrow road that leads to everlasting life. Amen



**Birthdays for the week of August 1- 7**

Nixon Bellino, Anita Palocyi, David Ronyak, Josephine Russo, Steven A. Corradi, Maria Mediate, Joseph Mortellaro, Erika Sereday, Angela Carnevale, Theresa DeToro, Matthew DeVicchio, Linda Frank, Jackson McLhinney, Barbara Passarelli, Gary Aiello, Tanya Onesti, Ruth Rassega, Nathan Wiseman, Ron Navarra, Mary Salreno, Angela Iaconis, Barbara McOwen, Mary Celano, John Gresko, Jr., Antonio reyes, Joanne Wagner, Marc Hassey, samual Krell, Janice Kutsko, Jacqueline Marchionda, John Mshar.



**Craig's Corner  
A note from our Music Director**

What started out as me explaining one of my organ pieces in the bulletin grew into a full-fledged weekly column on Liturgical Music and connecting our music for Sunday Masses with the theme of the readings and the Mass for each weekend. I have thoroughly enjoyed making these columns part of my ministry as your basilica music director these past years. I am very excited to embark on my new journey as a seminarian for the Diocese of Youngstown in a few weeks but know I will surely miss this part of my ministry as I will miss being at our beautiful basilica each weekend. Be assured of my prayers for you all as I pray you keep me in your prayers through these years ahead. I will be around on academic breaks and when I can be here on weekends to participate in our celebrations as much as I can.

This weekend's 11AM Mass is also most special to me as the music for this weekend has priestly themes but also connects this weekend's readings. We will be hearing a lot about Christ as the "bread of life" in the next month or so on most weekends. Christ, the bread of life, the Eucharist, should be the center of our lives. The hymn "O God, Beyond All Praising" praises God beyond all measure with the line, "and whether our tomorrows be filled with good or ill, we'll triumph through our sorrows to rise and bless you still." The entire text of this hymn is the most inspiring text I've ever sung in my ministry and is good for us to hear for that if Christ and the Eucharist is the center of our lives, no matter what we are faced with each day is nothing compared to His sacrifice and that He is here with us always. The solo at 5PM and 9AM Mass for offertory, "How Beautiful" speaks of the beauty of Christ's sacrifice in the Eucharist. Our 11AM choir and brass anthem "Come Down, O Love Divine" we just heard at Pentecost. St. Paul's letter to the Ephesians this weekend tells us to put our old way of life away. The text of this anthem prays to the Spirit burn within us and go beyond human thoughts but focusing on higher spiritual goals. Our communion hymn directly states Christ as the Bread of Life and our closing hymn, "Alleluia! Sing to Jesus" speaks of the Eucharistic feast which we celebrate Jesus as our food and nourishment.

This column will not go away. I am so excited to pass this section of the bulletin to our new coordinator and director of music ministry, Mr. Nicholas Mattiussi. Nick is not a new face as he has been a cantor for us at the basilica for the last few years as well as one of our trumpet players for many events. Nick will take on part-time responsibilities of planning music for Masses and Liturgical events as well as rehearsing and continuing to form our basilica choir. Nick is entering his junior year at YSU's Dana School of Music as a music education major. He will also be in charge of the weekend organists who are joining our musical team. Mr. Joseph Carrier, a graduate of Ursuline High School, and now a full-time employee of Rossi-Santucci Funeral Home in the region, will be our Saturday organist for 5PM Masses. Joe most recently served as a substitute music minister for Blessed Sacrament Parish in Warren and has received most of his musical training from Ron Goulis, long-time director of music at St. Christine's Church in Youngstown. Mr. David Pratt, formerly the music director of St. Jude in Columbi-ana, will be our Sunday and choir organist. David has sang in our diocesan Cathedral choir for decades and has performed in multiple operas throughout the city of Youngstown and even on a national level. All of these musicians are very excited to join our basilica musical team and I am looking forward to working with them in the next couple weeks as they transition into their new roles.

**Eighteenth Sunday in Ordinary Time**

**Prelude:** Partita on Adoro Te Devote –Gerald Near (5PM, 9AM)

Selections performed by Sheet & Tube Brass Quartet (11AM)

**Postlude:** Toccata on *Hyfrydol* – Edward Good (5PM, 9AM)

Rigaudon – André Campra (11AM)

**ST. ANTHONY LIGHT: August 1-7**

In memory of TONY YORK

**SANCTUARY LIGHT: August 1-7**

In memory of GEORGE & MARY DELIA (WA)  
by Rosemarie & David Bisignani



**INFANT JESUS LIGHT: August 1-7**

In memory of EDITH VENEROSE by Norma & Mike Baca

**BLESSED SACRAMENT LIGHT: August 1-7**

In memory of JOANNE M. VECCHIARELLI  
by Marie & Don Ronyak

**GUARDIAN ANGEL LIGHT: August 1-7**

In memory of LORI CARNEVALE (A) by Family

**OUR LADY OF MT. CARMEL LIGHT: August 1-7**

In memory of JOHN & MARY CARNEVALE (WA)  
by Family

**ETERNAL FLAME; Sunday, August 1:**

In loving memory of TONY YORK

**INTERCESSION:**

For a greater appreciation of the richness of every vocation to love Christ and that more men and women will respond to His invitation to follow Him as priests, deacons and consecrated religious, **We pray to the Lord. Lord hear our prayer.**

**STEWARDSHIP THOUGHTS:**

"There is a boy here who has five barley loaves and two fish; but what good are these for so many?" JOHN 6:9

The miracle of the Loaves and Fishes carries two important messages. First, no matter how little we have, we always have enough to share. Second, Christ can take our humble gifts and do great things with them if we are just willing to let Him. Nothing is impossible with God. All of our gifts, big or small, were given to us for a reason. No gift is too small or insignificant!

## EIGHTEENTH SUNDAY IN ORDINARY TIME



### APOSTOLATE OF PERPETUAL ADORATION

This past year has presented many obstacles to the beautiful Apostolate of Perpetual Adoration which has been in effect at Our Lady of Mount Carmel Basilica for the past 27 years. As we enter our 28<sup>th</sup> year of Adoration of the Blessed Sacrament, we now have an abbreviated schedule for adoration. As we work to rebuild a full schedule of 24 hours a day 7 days a week, we need your help.

We wish to acknowledge all the steadfast, loving people who have dedicated hours praying and keeping company with Our Blessed Lord. As of April 11, 2021, Divine Mercy Sunday, we have resumed adoration.

We are inviting each of you to come spend one hour with Our Risen Lord truly present body, blood, soul and divinity. The King of the Universe is waiting for YOU! You may come at any time to adore our Lord, but the following hours need to be filled:

**Sunday: 4-5p.m., Sunday: 5-6 p.m., Monday, 3-4 p.m., Monday, 7-8 p.m., Tuesday, 11 a.m. - 12 p.m., Wednesday, 2-3 p.m., Thursday, 11 a.m. - 12 p.m., Thursday, 3p.m.- 4 p.m., Thursday, 5 p.m.. - 6 p.m.**

#### Our present schedule is:

Sunday 4pm-8pm  
Monday: 1pm-8pm  
Tuesday: 8am-8pm  
Wednesday: 1pm-8pm  
Thursday: 8am-8pm  
Friday: 1pm-4pm (Divine Mercy Devotion and Benediction at 3pm)

To schedule a time call, Jean Talley 330-758-3335 or

Maria Panozzo @ 330-372-5141.

**“Do not work for food that perishes, but for food that endures for eternal life.” Are you being chosen to help feed and give life to the people of God as a priest, deacon or in the consecrated life? Contact Fr. Scott Kopp at 330-744-8451 or email: [skopp@youngstowndiocese.org](mailto:skopp@youngstowndiocese.org)**

Sponsor of the week:

<b>Dr. Joseph M. Barak</b> Doctor of Podiatric Medicine	<b>Specializing in:</b>
	<ul style="list-style-type: none"><li>· Diabetic, Geriatric, Pediatric Foot Care</li><li>· Trauma and Wound Care</li><li>· Foot and Ankle Surgery</li></ul> 6715 Tippecanoe Rd. - Bldg. D - Suite 100 Canfield: 330-286-0462

2021

Deacon Joseph S. Nohra  
Memorial Bocce Social,  
Sunday, September 19, 2021  
Bocce Courts

343 Via Mt. Carmel Ave. Youngstown, OH 44505

Presented by the Knights of Columbus  
Immacolata council 15086 and

Our Lady of Mt. Carmel Assembly 3760

To benefit the Joseph S. Nohra Scholarships  
At the Our lady of Mt. Carmel Catholic Education Fund  
& Ursuline High School, as well as the charitable works  
of the Knights of Columbus

1:00 p.m. Social & entertainment

1:30 p.m. Bocce Tournament  
and Continuous Buffet

For more information contact, Scott Schulick,  
330-727-8507 or email [srschulick@gmail.com](mailto:srschulick@gmail.com)

### INTERCESSION:

That those called to help Christ feed the multitude as priests, deacons, sisters and brothers will not be held back by what they see as their limitations, but will rely on Jesus, and feed those to whom they are sent, **We pray to the Lord. Lord hear our prayer.**

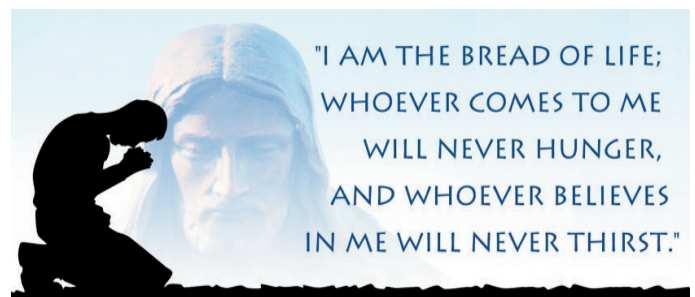
### Reading August 1, 2021

#### Sunday Eighteenth Sunday in Ordinary Time

Ex 16:2-4, 12-15; Ps 78:3-4, 23-24, 25, 54;

Eph 4:17, 20-24; Jn 6:24-35

The Lord provides heavenly food for the Israelites to eat. Jesus proclaims himself to be the very bread of life. We lay aside our way of life to be created anew in his image.



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

**REGISTRATION:** Members of the parish should be formally registered. If you are not receiving Our Lady of Mt. Carmel envelopes, please call the rectory Monday through Friday, 8:30 a.m.—2:00 p.m. For a change of address or telephone number, please call the rectory at 330-743-4144.





Italian Culture Group 2021

**First Reconciliation & First Communion**  
**Guidelines for Preparation**



Prior to preparing for any sacrament your child should be 7yrs or older, Baptized and have attended 1 year of a structured class or equivalent to (Religious Education or Catholic School) before registering for preparation classes.

**Parent(s)** you are involved with your child's preparation. If your child missed receiving Reconciliation and / or First Communion for one reason or another call Therese.

It is never too late to receive a Sacrament.



**Religious Education & Sacramental Prep**

330-743-3508 ex 121 Tuesday—Thursday

**(NEW)** Email: [OLMCReligiousEdOffice@gmail.com](mailto:OLMCReligiousEdOffice@gmail.com)

Coordinator of Religious Education K—12th & Family

Mrs. Leanna Pipala

Religious Education Office Assistant

Mrs. Paula VanNest

**Our Lady of Mt. Carmel Basilica ~**  
**St. Anthony of Padua Parish**

**begins our 4th year of Family Catechesis**

\*\*\*\*\*

\*Families who are looking to nurture and keep their family's faith strong in today's ever changing world you are welcome to join our gatherings.

- Families of 2 to 30 members...ages 5 to 110 yr
- \*The program is offered as a 4 hour all grades K - 12th including parents, grandparents and other adults are welcome to attend.

\*Catholic School families are more than welcome to be involved.

**\*Our Format**

Attend 9am Mass followed with enjoying breakfast while sharing and catching up with friends. Break out into age appropriate class time, including adults and end with a short large group and closing prayer.



**If you are new to the program and did not receive a family registration packet please call the Religious Education office.**



## EIGHTEENTH SUNDAY IN ORDINARY TIME

# Good News

INSPIRATION FOR DAILY LIFE

## 18<sup>th</sup> Sunday of Ordinary Time

Exodus 16:2-4, 12-15  
Ps 78:3-4, 23-25, 54  
Ephesians 4:17, 20-24  
John 6:24-35

### Monday August 2

Numbers 11:4b-15  
Ps 81:12-17  
Matthew 14:13-21

### Tuesday August 3

Numbers 12:1-13  
Ps 51:3-7, 12-13  
Matthew 14:22-36

### Wednesday August 4

**St. John Mary Vianney**  
Numbers 13:1-2, 25 --  
14:1, 26a-29a, 34-35  
Ps 106:6-7ab, 13-14, 21-23  
Matthew 15:21-28

### Thursday August 5

Numbers 20:1-13  
Ps 95:1-2, 6-9  
Matthew 16:13-23

### Friday August 6

**Transfiguration**  
Daniel 7:9-10, 13-14  
Ps 97:1-2, 5-6, 9  
2 Peter 1:16-19  
Mark 9:2-10

### Saturday August 7

Deuteronomy 6:4-13  
Ps 18:2-4, 47, 51  
Matthew 17:14-20

In the Gospel reading, Jesus says: "Do not work for food that perishes but for the food that endures for eternal life." In other words: In your daily life, work hard to obtain whatever will nourish your soul and sustain you past death into eternity.

Jesus says: "The work God wants you to do is to believe in the one he sent." Why does he call this "work"?

To fully believe, we must work at getting rid of every doubt and distrust that interferes with our belief in Christ, our trust in his words (including what he inspired in the official teachings of the Church), and our willingness to conform to his way of life.

This work requires (1) identifying our vulnerabilities that make us doubt and distrust, (2) uncovering what we're afraid will happen if we do trust, and (3) overcoming that fear by gaining a better understanding of the truth. Any fear that interferes with our holiness is always based on something untrue.

Jesus says: "The bread of God, which nourishes your soul, is that which comes down from heaven and gives life." He's referring to his presence in the Eucharist, the bread that he provides in every Mass. What work do you need to do so that you can be nourished more fully by the Eucharist? Is there something that's stopping you from receiving the Eucharist? Work hard to remedy that obstacle! It will make a difference to your eternal soul.



If you're sincere about uniting yourself to Christ, he will make possible whatever is needed to clear the way.

Because the Eucharist is Jesus, it can heal us, purify us, and help us become more like Christ himself. However, it takes conscious effort to fully embrace this opportunity. Why would we want to be lazy about that? The benefits of hard work in our faith life will endure for eternity.

### Reflect & Discuss:

1. What raises doubts in your mind about Christ's presence and power in your daily life?
2. What in your relationship with Jesus needs more work so that your belief in him will give you confident hope that he is guiding you to heaven?
3. How has the Eucharist helped you on your journey to heaven? How has it changed you, purified you?
4. Is it possible that Christ's true presence in the Eucharist can also help those who are unable to receive communion? How so?

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