



# Society of African Missions

## “The Mission”

23 Bliss Avenue  
Tenafly, NJ 07670  
Phone: 201-567-0450  
Visit our website  
[www.smafathers.org](http://www.smafathers.org)



### Mass Schedule

#### Sundays

10:00 am; 12 noon

#### Weekdays & Holy Days

11:45 am

#### Christmas & New Year’s Day

10:00 am; 12 noon

### Confessions

By appointment. Contact

Fr Dermot Roache 201-567-0450 Ext 212

### Bereavement & Visit to the Sick

Contact Fr. Dermot Roache  
201-567-0450 Ext. 212

### Perpetual Mass Association

Office open Monday-Friday  
from 9:30 am to 3:00 pm

### S.M.A. Vocation Office

Fr. Eliecer Sandoval, SMA  
551-449-4357

### Sunday Collection: \$861

Thank you for your support.

Please remember to support  
your local parishes.

### Administration:

Fr Ranees A. Rayappan,  
Provincial Superior

Fr Dermot Roache,  
House Superior

## EIGHTEENTH SUNDAY IN ORDINARY TIME

Masses for the week of August 1, 2021 – August 7, 2021

Date	Time	Intention	Requested by:
Sun.-Sat.	8:00	Liv & Dec Benefactors of the SMA	
Sun. Aug .1	10:00	Elizabeth & Lucy—Birthday (Liv.)	Guinto Family
	12:00	Laura & Virgil Costa+	Victoria Costa
Mon. Aug. 2	9:30	Benedicto Saquibal+	Annalee Duco
	11:45	Odakor Gloria Lamptey+	Martha Paladino
Tue. Aug. 3	9:30	Benedicto Saquibal+	Dina Laurenciana
	11:45	Conrado, Dolores & Jann Maglikian	Luz DiMacali
Wed. Aug. 4	9:30	Joseph Lee (Liv.) Birthday	Thomas & Jessica Lee
	11:45	Margaret & Denise Hickey+	Angela
Thurs. Aug. 5	9:30	Thanksgiving Rosanne Ambulo	
	11:45	Victoria Costa (Liv.) Birthday	Victoria Costa
Fri. Aug. 6	9:30	Special Intentions Neill & Forgrave Families	
	11:45	Special Intentions Stoever & Lukchis Families	
Sat. Aug. 7	9:30	Special Intentions Neill & Forgrave Families	
	11:45	Fr Ignatius Lissner, SMA+	

### Today’s Readings:

**First Reading** Exodus 16:2-4. 12-15

*The starving Israelites beg Moses to feed them. The Lord rains down food from heaven.*

**Second Reading** Ephesians 4:17. 20-24

*Many pleasures are illusory. St Paul prescribes a total renewal in the way we think; a return, in other words, to the way God created us to be.*

**Gospel** John 6:24-35

*People were expecting Jesus to be like Moses, providing them with daily bread. Instead, Jesus offers them fresh, rejuvenating food, unlike any other.*

**DONATION.-** The altar flowers for this week have been donated in loving memory of the Cutro and Clemente families.

## ***“True bread... comes down from heaven.”***

### ***Illustration***

*The United States has recently observed National Junk Food Day. Many people may have been delighted to celebrate it in style. But doctors and nutritionists would be among those who recognise that burgers, crisps and fizzy drinks lack much of the fibre, vitamins and minerals we need to stay healthy. A regular diet of pizza and coke can soon pile on the calories, clog the arteries and sap us of energy. Junk food may fill us up, but it leaves us nutritionally starved. All the same, junk food remains universally popular. All that tasty sugar, salt and fat can be very attractive to people. It can have an almost addictive effect, according to researchers. The pleasure centres of the brain become desensitised after a while, requiring us to eat more and more of it to achieve the same effect.*

*It would be wrong, however, to judge anyone for their eating habits. People often have to work long hours, and the time it takes for shopping and preparation can make healthy eating an unaffordable luxury for some. Advertisers know how to exploit people's tiredness, vulnerability and low self-esteem. Keeping to a healthy regime requires discipline, which is easier for anyone self-valuing enough to invest in their own future well-being – but for those who have little money to spare and apparently not much to look forward to in life, instant gratification may seem more appealing.*

### ***Gospel Teaching***

*Many people were as vulnerable and hard-up in Jesus' day. Springtime was a time of particular hardship. So when Jesus fed five thousand people with bread that seemed to appear from nowhere, word soon circulated around the lakeside villages of Galilee. Within hours, so we hear in today's Gospel, crowds arrived from all directions, asking for more of this free food. You don't really want me, Jesus remarked sadly, you just want all the bread you can get.*

*It was Passover time, the feast of Unleavened Bread, a time of year for remembering the exodus from Egypt, when Moses fed their ancestors with manna in the desert. It made it all the more exciting to hear how Jesus was feeding thousands of people – could he be another Moses? However, as Jesus points out, it was not Moses who gave them bread from heaven – it was God. “I tell you most solemnly,” Jesus says, bread that is truly life-giving can only come from God. And he himself is that source of spiritual well-being. “I am the bread of life,” he says. What a startling statement that was! Manna from heaven had been a pledge to their ancestors that God's promises would come true: the provision of daily bread had taught them to trust God to save them from dying in the wilderness and bring them to the promised land. Now Jesus was claiming to be that pledge of God's love; to be the fulfilment of God's promise of life and salvation.*

### ***Application***

*Some people still complain of feeling empty inside. Often it is a sense of dissatisfaction. They might be deceived into thinking that the latest gadget, or the trendiest look, will make them happy. Indeed, for some, life becomes a never-ending round of acquiring and disposing. St Paul in our second reading talks of “illusory desires”. In his day, people's lifestyles left them craving something lasting and of worth. In some cases, people's lifestyles still do. Nothing, however, will ever fill that gnawing emptiness except the kind of nourishment which comes from God. Jesus makes that plain in today's Gospel. When we gather in company with one another and with Jesus, we are being invited into relationship at its most intimate and lasting. We savour something of the divine life of heaven. Hearing the word of God, we are renewed; consuming the body and blood of Jesus, we are recreated. Changed to become like Jesus, we, too, can become bread for the world.*

*Many people still have to work very hard to provide for themselves and their families. Jesus urges us to work for our spiritual maintenance as well, for food that rejuvenates the inner self. Terrible though it is that people still go hungry in this day and age, hunger of a spiritual kind can be healthy if it makes us deeply desirous of Jesus. Today, perhaps, we may recognise that hollow place within us all, and come looking for the only one who can satisfy it. Come to me, Jesus is saying, you have no need ever to be hungry again.*