

A READING FROM THE PROPHET ISAIAH

Thus says the Lord:

‘Come, everyone who thirsts,
come to the waters; and he who
has no money, come, buy and
eat!

Come, buy wine and milk
without money and without
price.

Why do you spend your money
for that which is not bread, and
your labour for that which does
not satisfy?

Listen diligently to me, and eat
what is good, and delight
yourselves in rich food.

Incline your ear, and come to
me; hear, that your soul may
live and I will make with you an
everlasting covenant,
my steadfast, sure love for
David.’

THE WORD OF THE LORD

THE RESPONSE TO THE PSALM IS

*You open your hand and fulfil
us, O Lord.*

The LORD is kind and full of
compassion,
slow to anger, abounding in
mercy.
How good is the LORD to all,
compassionate to all his
creatures.

*You open your hand and fulfil
us, O Lord.*

The eyes of all look to you,
and you give them their food in
due season.
You open your hand and satisfy
the desire of every living thing.

*You open your hand and fulfil
us, O Lord.*

The LORD is just in all his ways,
and holy in all his deeds.
The LORD is close to all who
call him,
who call on him in truth.

*You open your hand and fulfil
us, O Lord.*

A READING FROM THE LETTER TO THE ROMANS

Brothers and Sisters: Who shall
separate us from the love of
Christ? Shall tribulation, or

distress, or persecution, or
famine, or nakedness, or
danger, or sword? No, in all
these things we are more than
conquerors through him who
loved us. For I am sure that
neither death nor life, nor angels
nor rulers, nor things present
nor things to come, nor powers,
nor height nor depth, nor
anything else in all creation,
will be able to separate us from
the love of God in Christ Jesus
our Lord.

THE WORD OF THE LORD

THE GOSPEL ACCLAMATION .

Alleluia, alleluia.

One does not live by bread
alone,

but by every word that comes
forth from the mouth of God.

Alleluia.

A READING FROM THE HOLY GOSPEL ACCORDING

At that time: When Jesus heard
of the death of John the Baptist,
he withdrew in a boat to a
desolate place by himself. But
when the crowds heard it, they
followed him on foot from the
towns. When he went ashore, he
saw a great crowd, and he had
compassion on them and healed
their sick. Now when it was
evening, the disciples came to
him and said, 'This is a desolate
place, and the day is now over;
send the crowds away to go into
the villages and buy food for
themselves.' But Jesus said,
'They need not go away; you
give them something to eat.'
They said to him, 'We have
only five loaves here and two
fish.' And he said, 'Bring them
here to me.' Then he ordered
the crowds to sit down on the
grass, and taking the five loaves
and the two fish, he looked up
to heaven and said a blessing.
Then he broke the loaves and
gave them to the disciples, and
the disciples gave them to the
crowds. And they all ate and

were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children.

REFLECTION ON THE READINGS

The people of Eastern Africa are facing a drought which has prevented sowing and growth of the crops affecting people and livestock. At its worst the people may be continually hungry and many displaced as they search for help. Our farmers too are concerned that their harvest is much smaller than last year.

Living in Jesus' time the food was more difficult to find, crop yields were much smaller, poverty much greater. Joseph and Jesus in the building trade had an income from work in Sepphoris, the new city being built by the area governor, Herod.

The promise of a full meal in the kingdom of God is mentioned so often in the New Testament that hunger was probably something felt by most people most of the time. Jesus' miracle would be the more special because everyone had had enough, there was 12 basketfuls left over even if

people had taken bread home with them as it was going spare.

The preparation for first Communion includes our dialogue of questions and answers recognising that the Son of God imitated His Father who fed the hungry people of Israel in the desert, Jesus feeds them in a desolate place and many would have made a long journey to get to see him.

PAUSE and for One minute think of how many types of bread you can name. I managed 15! Bread is almost universal as a staple part of our diets and each day we ask "Give us this day our daily bread" can be seen as meaning all our needs we might have to live thrive and survive.

Jesus' miracle today reminds us that the body of Christ is given to us freely out of love from God, drawing and strengthening us in our search for his kingdom.