

The Episcopal Church of the Holy Trinity welcomes you!
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**TWELFTH SUNDAY AFTER PENTECOST. AUGUST 11, 2024**

**A Brief introduction to Jesus' discourse on the bread of life (John 6)**

**F**ive Sundays are devoted to the teaching on the bread of life: the 10th Sunday after Pentecost opens this series with the practical part: it is about the multiplication of the loaves. The next four develop the theoretical part: it is the speech that Jesus gave in the synagogue of Capernaum, the speech on the bread of life. Indeed, a very strong link is established by Jesus between the bread that he gives and the life that we receive. The bread that he gives is “the food that is preserved until eternal life”. He says of himself that he “is the bread of life”; “if you do not eat the flesh of the Son of Man, and if you do not drink his blood, you will not have life in you”. Finally, Simon Peter will declare: “Lord, to whom can we go? You have the words of eternal life”.

The desire of the crowd who asks Jesus: (***“Sir, give us this bread always.”*** Jn 6:34 joins that of the Samaritan woman in Jn 4:15: ***“Lord, give me this water, that I may not thirst, and that I may not have to come here to draw.”***); reveals a desire for eternity: The bread and water which never ends, reflect our hunger and our thirst for God.

The bread of life that Jesus offers us is above all, for us to become like him and in return, to do the will of the Father. *“For I have come down from heaven, not to do my own will, but the will of him who sent me.”* As our body needs food to gain strength, so our soul needs the Eucharistic bread to grow and be strengthened. To rise again with Christ we must be transformed into him. Only he who is united to Christ will know eternal life.

Blessings,  
Fr. Bert

**MORNING PRAYER:** 8:00a.m., Chapel.  
(Tuesday-Wednesday; Friday & Saturday)

**AUGUST:**

- ♦ Aug.15, Thursday, Midweek eucharist, 9:00a.m.
- ♦ Aug.18, Sunday, Vestry meeting, 11:00a.m.
- ♦ Aug.24, Saturday, ECW meeting, 2:00p.m.
- ♦ Aug.25, Sunday, French service, 11:30a.m.
- ♦ Aug.29, Thursday, Healing mass, 3:00p.m.

**SEPTEMBER:**

- ♦ Sept. 08, Sunday, Bp James' visit.
- ♦ Sept. 14, Saturday, Wedding, 3:00p.m.
- ♦ Sept.15, Sunday, Vestry meeting, 11:00a.m.; Wedding, 2:00p.m.
- ♦ Sept.22, Sunday, Wedding, 2:00p.m.
- ♦ Sept.26, Thursday, Healing mass, 3:00p.m.
- ♦ Sept.28, Saturday, ECW meeting, 2:00p.m.; Wedding, 2:30p.m.

**SAINTS:**

**Clare of Assisi, 11 August.**

Born in 1193 in Assisi of a wealthy family, Clare caught the joy of a new vision of the gospel from Francis' preaching. Escaping from home, first to the Benedictines and then to a Béguine-style group, she chose a contemplative way of life when she founded her own community, which lived in corporate poverty understood as dependence on God, with a fresh, democratic lifestyle. Clare became the first woman to write a religious Rule for women, and in it showed great liberty of spirit in dealing with earlier prescriptions. During the long years after Francis' death, she supported his earlier companions in their desire to remain faithful to his vision, as she did. Some of her last words were: "Blessèd be God, for having created me."

**Florence Nightingale, 13 August.**

Florence Nightingale was born in 1820 into a wealthy family. In the face of their opposition, she insisted that she wished to train in nursing. In 1853, she finally achieved her wish and headed her own private nursing institute in London. Her efforts at improving conditions for the wounded during the Crimean War won her great acclaim and she devoted the rest of her life to reforming nursing care. Her school at St Thomas's Hospital became significant in helping to elevate nursing into a profession. An Anglican, she remained committed to a personal mystical religion which sustained her through many years of poor health until her death in 1910.

**The Blessèd Virgin Mary, 15 August.**

Mary was a young Jewish girl living in Nazareth when a messenger from the Lord announced that she was to be the bearer of the Son of God to the world. Her response "Let it be to me according to your word" revealed her natural sense of obedience to God and her reverence for his Word, showing her worthy to be the bearer of the Word made flesh. This day is now celebrated as the major feast of the Blessèd Virgin Mary throughout most of Christendom.