

## **Homily – Twentieth Sunday in Ordinary Time San Fernando Cathedral – August 18, 2024**

Today's Gospel continues the theme of the Bread of Life, about which we have been hearing for several Sundays. Jesus is teaching us something very important. Just as he progressively reveals himself as the true Bread that gives eternal life, we are called to gradually deepen our relationship with Him by sharing his gifts with others.

The first reading, from Proverbs, describes Wisdom as a hostess who prepares a banquet for all. This is not just any meal; it is a celebration of life, where everyone is invited to share in the joy and well-being that comes from living in harmony with God's will. In the same way, Jesus invites us to a spiritual banquet where He offers us His very self – His Body and Blood in the Eucharist.

Pope Francis reminds us that *“celebrating the Eucharist and eating this Bread, as we do especially on Sundays, is not an act of worship detached from life or a mere moment of personal consolation; we must always remember that Jesus took the bread, broke it and gave it to them and, therefore, communion with him makes us capable of also becoming bread broken for others, capable of sharing what we are and what we have.”* Being united with Jesus through this banquet leads us to live in communion with others, as a reflection of the Sunday celebration in which we participate fully, consciously, and actively.

In the second reading, St. Paul reminds us to live wisely, making the most of every opportunity. This means being aware of God's presence in our lives and responding with gratitude. When

we participate in the Eucharist, we are filled with the Spirit of Jesus, who guides us to live as children of light, showing love and kindness to others.

The Gospel today challenges us to truly believe in the power of the Eucharist. Jesus says, *“Whoever eats my flesh and drinks my blood remains in me and I in him.”* Rather than just a symbolic gesture; this is a real and profound way of becoming one with Jesus. By participating in the Sunday liturgy, and receiving the Eucharist, we allow Jesus to live in us, and we in Him.

This union with Jesus should inspire us to act. The love we receive in the Eucharist should overflow into our daily lives, leading us to serve others with the same generosity that Jesus shows us. Just as He shares everything with us, we are called to share our time, talents, and love with those in need.

Let us ask Our Lady of Guadalupe for help, for us to approach the Eucharist with faith, recognizing it as the source of our strength and unity with Christ. And as we leave this sacred banquet, let us carry the love of Jesus into the world, sharing it with everyone we meet.