Mary Mother of Jesus
Inclusive Catholic Community
19 th Sunday of Extra-Ordinary Time
August 10th, 2024
Presiders: Cathy Alexander and Elena Garcia
Readers and Prayer Leaders Beth P and David P
Music Ministers: Linda and Rick Miller
IT: Cheryl Brandi

Theme: To Be Bread For Others on our Journey

WELCOME AND GATHERING
(Cathy) Welcome to our Zoom liturgy at Mary Mother of Jesus, an inclusive Catholic Community where all are welcome. Please have bread and wine/juice nearby as we pray our Eucharistic prayer.
Whoever you are,
Wherever you are,
Just as you are,
You are welcome at this table. (*Integral Christianity by Paul Smith*)
Let us now take a few minutes to collect ourselves as we prepare to focus our minds and our hearts on our knowledge that we are all one, brought together at this time to be transformed as the bread of loving service for our neighbors.

Let us begin our liturgy by expressing this love through song.
The Servant Song
https://youtu.be/f9sGlj2XJhc?si=DNb4TLa72XkQV3lY

OPENING PRAYER
(Elena)
In the name of our Creator, Jesus our brother, and Holy Spirit Sophia Wisdom, we gather to celebrate our oneness with and in you and in all things. This Great Mystery is the foundation and template for the entire universe, and when fully experienced, has the capacity to change everything. We seek to fully understand this Great Mystery, but more importantly to understand how we live it in our lives. Let our ears hear, our eyes see, and our hearts receive as we remember and expand the power of love on Earth, as Bread for each other. We live with the certainty that you walk with us, Infinite One, as we continue to awaken to the fullness of grace consciousness, expressing unconditional love toward all living things. We know you are here with us as we walk together as companions on this journey. May we respond to your invitation to be, like you, bread of service for each other on this life journey.
All: Amen

RITE OF TRANSFORMATION

Hooponopono
https://www.youtube.com/watch?v=ac5SGwRPv0o

(Cathy and All) We ask for and receive forgiveness, and we open our hearts to Infinite Love. Jesus calls us to be bread for others, in the same way that he assures us that he is himself food for our journey. Let it be so. Yes, Alleluia!

SIGN OF PEACE:
(Elena) ***Eternal wellspring of peace-***
May we be drenched with the longing for peace
That we may give ourselves over
As the earth to the rain, to the dew,
Until peace overflows our lives
As living waters overflow the seas. **(Marcia Falk)**
Jesus said to his disciples, "My peace I leave you. My peace I give you." Let us now extend a sign of peace to one another as we say, "Namaste, Namaste, Namaste."

A Joyful Gloria: Linda Lee Miller and graphics by Rick Miller
https://www.youtube.com/watch?v=_lA5I0nODZI

LITURGY OF THE WORD
(David) First Reading: Kings 19:4-8
When Elijah saw how things were, he ran for dear life to Beersheba, far in the South of Judah. He left his young servant there and then went on into the desert another day's journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all-to just die: "Enough of this God! Take my life—I'm ready to join my ancestors in the grave!" Exhausted, he fell asleep under the lone broom bush.
Suddenly an angel shook him awake, and said, "Get up and eat!"
He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.
The angel of God came back, shook him awake again, and said, "Get up and eat some more—you've got a long journey ahead of you."
He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb.
We affirm these words by saying, All: AMEN.

(Beth) Second Reading: (pause and contemplate) God's Word Today by Ruben Tanseco SJ 2004
To Be Bread for Others.
"This is my body to be given to you." (1 Cor. 11:24).To be shared and spent for you. To sacrifice and die for you. Not just this piece of bread, but Me. My person. My Life. This bread is merely a symbol of what I have done and I will do for you. I, as your companion and friend, will nourish and sustain your body, your mind and heart, your spirit, your life. And all this I will do at my own expense. At the cost of my own life. This is how much I love you.
All this and more is what Jesus meant by becoming one among us, climaxed by the Last Supper, the Washing of the Feet, the Carrying of the Cross, and the Crucifixion. The Passion of

the Christ.
"Do this in memory of me." This was never meant to simply say that we should repeat this ritual of the bread, receive it in Holy Communion, and feel holy with the Lord within us, period!
What Jesus meant was this: Remember my story often, as you receive my Bread, so that you, too, as my followers, may offer your own body to be given for others. You, too, must be bread for others. You, too, must be shared and spent and sacrificed for others. This is what love really means. This is what Eucharist means. This is what the Mass is really all about.
It is what you bring to the Mass, what you have been and have done for others, and what you commit yourself to do further after the Liturgy – that's it. Otherwise, the Mass is nothing but a meaningless ritual, done for the sake of the letter of the law.
So when you pronounce the words of consecration at every Liturgy in which you participate, repeat those words, too, in your heart, and mean every word you say: This is *my* body, to be given to *you.* And by you is meant the neighbor, the human family of God. To be bread for others.
~This bread could literally be food for my family which I choose to share with those who need it even more.
~This bread could be the *karinyo* that my spouse needs which I habitually fail to give.
~This bread could be the listening heart that my children keep claiming they do not get from me.
~This bread could be my professional time and services given to those who need me but cannot afford me.
~This bread could be the big risk I take in investing my money in a business that would be the bread and butter of a hundred families.
~This bread could be the profits of my company – shared with my employees in a more proportionate way, beyond the so-called minimum wage law.
~This bread could be my land that belongs to God and must be shared with God's people who have no place they can call their home.
~This bread would be my courageous involvement in socio-political issues that concern the welfare of my disadvantaged countrymen.
~This bread could be my committed love in bringing the message and life of Jesus to others, even at the risk and sacrifice of my own life.
Yes. My bread broken and shared until I have no more. My supply will inevitably run out someday. But replenishment will surely come. Only this time, it will be eternal bread.
Jesus, thank you for showing me THE WAY.

Words to pause and contemplate shared by Ruben Tanseco SJ All: AMEN

CELTIC ALLELUIA
https://youtu.be/o1rc7ojQtJU

(Cathy) Gospel: John 6:41-51
The Jews murmured about Jesus because he said, "I am the bread that came down from heaven." And they said: "Isn't this the son of Joseph? Don't we know his father? Don't we

know his mother? How can he now say, 'I came down out of heaven' and expect anyone to believe him?"
Jesus said, "Don't bicker among yourselves over me. You're not in charge here. The Father who sent me is in charge. He draws people to me – that's the only way you'll ever come. Only then do I do my work, putting people together, setting them on their feet, ready for the End. This is what the prophets meant when they wrote, 'And then they will all be personally taught by God.' Anyone who has spent any time at all listening to the Father, really listening and therefore learning, comes to me to be taught personally – to see it with his own eyes, hear it with his own ears, from me, since I have it firsthand from the Father. No one has seen the Father except the One who has his Being alongside the Father – and you can *see me.*
"I am telling you the most solemn and sober truth now: Whoever believes in me has real life, eternal life. I am the Bread of Life. Your ancestors ate the manna bread in the desert and died. But now here is Bread that truly comes down out of heaven. Anyone eating this Bread will never die, ever. I am the Bread – living Bread! – who came down from heaven. Anyone who eats this Bread will live – and forever! The Bread that I present to the world so that it can eat and live is myself, this flesh-and-blood self."
Words found in the Gospel attributed to John the evangelist. All: So Be It!

The Message – Bible in contemporary language by Eugene Peterson

CELTIC ALLELUIA
https://youtu.be/o1rc7ojQtJU

HOMILY STARTER AND COMMUNITY SHARING

COMMUNAL STATEMENT OF FAITH

(David and All) We believe in one God, a divine mystery beyond all definition and rational understanding, the heart of all that has ever existed, that exists now, or that ever will exist.

We believe in Jesus, messenger of God's Word, bringer of God's healing, heart of God's compassion, bright star in the firmament of God's prophets, mystics, and saints.

We believe that we are called to follow Jesus as a vehicle of God's love, a source of God's wisdom and truth, and an instrument of God's peace in the world.

We believe in the Spirit of the Holy One, the life that is our innermost life,
the breath moving in our being, the depth living in each of us.

We believe that the Divine kin-dom is here and now, stretched out all around us for those with eyes to see it, hearts to receive it, and hands to make it happen.

PRAYERS OF AND FOR THE COMMUNITY

(Beth) As we prepare for the sacred meal, we now bring our prayer intentions to the Table, saying, "We bring to the Table…" And we respond: May we be the bread of life for each other on this journey.

We bring to the table all those suffering as a result of the natural disasters taking place on our planet.
All: May we be the bread of life for each other on this journey.

We bring to the table all who are suffering, lonely, and without faith or hope.
All: May we be the bread of life for each other on this journey.

We bring to the table all those living in war-torn countries, that their leaders will commit to lasting peace agreements which include the release of innocent hostages.
All: May we be the bread of life for each other on this journey.

We bring to the table all women who are and will be affected by laws that seek to limit women's rights and freedom.
All: May we be the bread of life for each other on this journey.

We bring to the table prayers for the end of world hunger, the end of Worldwide sickness and disease, and the end of Worldwide conquest through war.
All: May we be the bread of life for each other on this journey.

We bring to the table all vulnerable persons being trafficked into slavery—for purposes of sex, marriage and/or work.
All: May we be the bread of life for each other on this journey.

We bring to the table indigenous children and their families in both Canada and the United States as they continue to mourn children lost, and the impact of forced acculturation.
All: May we be the bread of life for each other on this journey.

We pray for the intentions in our MMOJ community prayer list. (Joan shares)
All: May we be the bread of life for each other on this journey.

And, for what else should we pray?
Please voice your intentions beginning with the words, "I bring to the table"
All: May we be the bread of life for each other on this journey.

(Beth) We pray for these and all intentions held in the silence of our hearts. Holy Mystery may we respond to the needs of our sisters and brothers in loving prayer and solidarity. Amen

PRESENTATION OF THE BREAD AND WINE

(Cathy) Gracious God, you have set the banquet table and have invited all of us to a feast of unending delight.

(Cathy) Blessed are You, Holy One, through Your divine providence we have this bread, to share, the Bread of Life.

(Cathy and All) Blessed are You, Holy One, forever.

(Cathy) Blessed are You, O Loving One through Your divine providence we have this wine to share, our spiritual drink.

(Cathy and All) Blessed are, You, Holy One, forever.

(Cathy) Let us lift up our hearts.

(Cathy and All) We lift them up to the Holy One, abiding with us and loving through us.

EUCHARISTIC PRAYER

(Elena) Gracious Wisdom, you embrace us with your extravagant affection in our times of both blessedness and weakness. Even though we have times of doubt, we know You are always with us…you living in us and we living in you. In this festive meal, your Spirit is poured out on each of us gathered in the circle of your friends and disciples, we also ask that your Spirit be spread to those of our community who are not with us today.

Let us rejoice as we sing:
Holy, Holy, Holy: Here in this Place by Christopher Grundy https://youtu.be/uXyu57tR2gk?si=xAc1gOkkEdxoz3sv

(Cathy) We thank you for the gift of Jesus of Nazareth in history and the gift of Jesus in faith. On earth, his life burned with the vision of his mission on earth. Through the example of his life – his teachings and actions - he showed us not only how we should live, but also what was worth even dying for.

(Elena) When his time on earth had come to an end, Jesus – aware of and accepting his destiny – gave up his life for the values that he deeply believed, lived and taught…his conviction that love is stronger than death. And then, in providing an example of this wisdom for all people in ages to come, he opened wide his arms…and died. And the spirit that lived in Jesus resurrected him to a new life, a promise made to all of us too who live the new story. Jesus is with us today and he will be through the end of time.

***(With an outstretched arm, we pray the consecration together*.)**

(Elena) We remember the gift that Jesus gave us on the night before he died. He gathered with his friends to share a final Passover meal.
(Elena and All) ***And it was at that supper that Jesus took bread, said the blessing and shared it with them saying: take this, all of you, and eat it. This bread is you; this bread is me. We are one body, the presence of God in the world. When you do this, remember me and all that I have taught you. This is the new and everlasting covenant.***

[short pause]

(Cathy) In the same way, Jesus took a cup of wine, said the blessing and gave it to his friends saying: (Cathy and All) ***Take this, all of you, and drink it. This wine is you; this wine is me. We are one blood, the presence of God in the world. When you do this, remember me and all that I have taught you. This is the new and everlasting covenant.***

(David) Jesus, who was with God "in the beginning of the creation of the heavens and the earth," is with us *now in this bread.* The Spirit, of whom the prophets spoke in history, is with us *now in this cup.* Let us proclaim this mystery of faith.

(David and All) Jesus has died. Christ is risen. The Divine Presence lives in us and through us in the world today.

(Beth) God, we know that you bless your church throughout the world. We, your people, ask for your grace that we may continually grow in our love and caring for Francis, our Pope, Bridget Mary, our Bishop and for everyone with whom we come in contact, especially those who live on the margins of church and society. They are all our brothers and sisters, members of your Blessed Family. We remember also all those, living and dead, who touched our lives and left their footprints on our hearts. We remember especially….*(mention names here, if you would like to..)*

(Elena and All) We believe that the Spirit of God is at work in and among us and will do more than we could ever ask or imagine. We believe that it is through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory and honor is yours, Creator God, forever and ever.

Great Amen: Linda Lee Miller
https://www.youtube.om/watch?v=Dy76fpfkNsg

COMMUNION RITE

THE PRAYER OF JESUS
(David) Let us pray as Jesus taught us.
(David and All) O Holy One, you are within, around, and among us. We celebrate your many names. Your wisdom come, your will be done, unfolding from the depths within us. Each day you give us all we need. You remind us of our limits, and we let go. You support us in your power, and we act with courage. For you are the dwelling place within us, the empowerment around us, and the celebration among us, now and forever. Amen **Adapted, Miriam Therese Winter, MMS**

(Beth and All) Litany for the Breaking of the Bread
~Holy One, You call us to speak truth to power; we will do so.
~Holy One, You call us to live the Gospel of healing and justice; we will do so.
~Holy One, You call us to be Your presence in the world; we will do so.

(Cathy) This is the bread of life and the cup of blessing. Blessed are we who are called to Christ's table.

(Cathy and All) May we live as the Body of Christ in the world, serving all in need, especially those living on the margin.

(Elena) Please receive/share Eucharist now, saying: "You are the bread of life." And "You are the cup of compassion."

Communion Meditation
Bread for the World https://youtu.be/syDSn73z9w8

Introductions/Thanksgiving/Announcements

CLOSING COMMUNITY PRAYER
The Greatest Thing https://youtu.be/MupfRPSShag

(Elena) Holy One, may we come to know how to be the bread of life you call us to be to one another. Timeless One, Your eternal love wraps courage around us as we enter into your invitation to dance and to bring your Light into the world. Your ageless presence draws us to you as we step forward, ready to embrace where you lead us. Your sustaining peace rests within our every heartbeat and accompanies us into the unknown future. We have no fear, for we live with the assurance that you are always in us and we in you. We are forever grateful to live in your presence and your love. Amen.

CLOSING COMMUNITY BLESSING

(Cathy) And together with our arms extended we bless one another and commit to responding to your call to heal our hurting world:

May our lives radiate the light of the Holy One. May we have the courage to speak truth to justice in our church and in our world.
May we be humble enough to be like children in receiving the kin-dom of Great Mystery.
May we forgive others as our Divine One forgives us and may we be a blessing in our time and the Face of God to all whom we meet.

(ALL) Thanks be to all that is holy! Amen and Alleluia!

Closing: A Song in which we Commit ourselves to walk with Jesus as The Bread of Life
Here I Am Lord
https://youtu.be/EcxOkht8w7c?si=brNXIAl8D2lVnBrQ

If you would like to add your intercession to our MMOJ Community Prayers book,

Please send an email to jmeehan515@aol.com
If you would like to invite another person to attend our liturgy please refer them to www.marymotherofJesus.net where the day's liturgy is found. Zoom instructions are also included there.

Please support our community, send your check to:

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