

## Reflection Questions

- How would you describe your experience at Mass?
  - How do you make your experience in recovery a part of Mass?
  - When have you experienced moments of surrender during Mass?
  - Are there prayers, meditations, or remembrances that guide your encounter with Christ during Mass?
  
- Challenge yourself to prayerfully read the entire sixth chapter of John's Gospel when you have time over the next week. As you read through it, consider what you know about the Mass and how you might interpret the Gospel accordingly.
  - What did God reveal to you as you spent time considering this scripture in a different light?

## 17th Sunday in Ordinary Time



This coming Sunday we will begin hearing from the sixth chapter of John's Gospel, an important segment of scripture the Church intently explores together every three years. For the next six weeks, we will hear the bread of life discourse and comb through what we believe lays a foundation for our understanding of the Eucharist. The chapter begins with a story told in all four gospel accounts, the feeding of five thousand with five loaves of bread and two fish.

If we read John 6 through the lens of the Catholic Mass, we can find a number of spiritual principles that also apply to our journey through recovery. First, we continue to find a magnetic attraction that brings people to Jesus. This same force remains with us today as we are drawn to encounter God through Eucharistic celebration and as we seek healing for the addictions that we admit we are powerless over.

We do not need to bring much to the table as Christ provides in abundance with the little that we have. This week's Gospel story (John 6:1-15) begins with Christ sitting down (a posture used for teaching during the time) with his disciples as large crowds begin to draw near. It is noted that Passover is near, a Jewish tradition that remembered the saving grace of a sacrificed lamb. Next, questions surface as to how the crowds will be fed:

*One of his disciples,  
Andrew, the brother of Simon Peter, said to him,  
"There is a boy here who has five barley loaves  
and two fish;  
but what good are these for so many?"  
Jesus said, "Have the people recline."  
Now there was a great deal of grass in that  
place.  
So the men reclined, about five thousand in  
number.  
Then Jesus took the loaves, gave thanks,  
and distributed them to those who were  
reclining,  
and also as much of the fish as they wanted.*

This same movement takes place in persona Christi ("in the person of Christ") when we come together to celebrate Mass. Christ teaches us through the Word of God and informs us with a homily. We pray together and then remember our Paschal Lamb, Jesus Christ, who earned our freedom and salvation through death on a cross.

As Christ instructed, the priest takes bread, breaks it, gives thanks, and distributes it among many in order to feed our spiritual hunger. As Catholics, this is our Eucharistic rhythm. The food that Christ feeds us is lasting and remains, providing an abundance to share with others. The gospel continues:

*When they had had their fill, he said to his  
disciples,  
"Gather the fragments left over,  
so that nothing will be wasted."  
So they collected them,  
and filled twelve wicker baskets with fragments  
from the five barley loaves  
that had been more than they could eat.*

How often have we sought to be the healers of those we love? Even though our situations may look bleak, Christ provides in abundance. As we will hear in the coming weeks, the Food we need is not always the food we necessarily want. The Body of Christ—present in the Eucharist and united in fellowship with those in communion with Jesus—heals us and is a pillar of our recovery and spiritual formation.