



Reflection on the Gospel of John 6:1-15

17th Sunday in Ordinary Time

Asia

One day, while attending seminar, I came across a woman, maybe in her late 50's. Out of the blue, she started bragging about her status and achievements in life. And listening to what she was saying was really impressive. But after narrating briefly her life, her career, suddenly she keeps quiet. After a few minutes of pause, she said in a low and sad tone "but despite all I have, possessed and achieved, all those do not satisfy the hunger within and do not give a meaningful life either."

Today's Gospel goes beyond the extraordinary feeding of thousands of people. It depicts the Lord who satisfied the hunger of a crowd, the Bread who came down from heaven (cf. Jn. 6:41) which will satisfy our deepest longing and hunger not only for a moment but for ever; a food that gives eternal life.

After pouring out her heart, and claiming that possession, power, fame and all that the world could offer will not satiate man's deepest longing reminds us to busy ourselves to seek a food that gives a life everlasting. That God alone can satisfy and fulfill our hunger.

The woman continued "for many years, I occupied myself securing my life, working day and night to assure that my family and I will not lack. Only a year ago when I had a deep encounter with God I realized that God is my Bread of life."

Let us allow the Word of God and His Body and Blood as we received Him in the Holy Communion to penetrate our being, to open our hearts and permit Him to satisfy our deepest longing and to let Him be the Bread of our life.