



# Bringing Home the Word

Seventeenth Sunday in Ordinary Time (B)  
July 28, 2024

## More than Enough

Sr. Dianne Bergant, CSA

Two stories today tell of people hungry for bread who amazingly receive more than enough. In both the first reading and the Gospel passage, a few loaves feed a multitude of people, and there are baskets of leftovers. How did this happen? Did the loaves multiply before their eyes? Did more food drop from heaven? Who of us would not have been thrilled to witness a miraculous feeding like that?

These stories are rich in religious meaning. First, they are meant to show that God meets the needs of vulnerable people—and meets those needs in ways

only God can. Second, the surplus bread reveals the overabundance of divine graciousness. God gives us much more than we need. In other words, God’s generosity is boundless. Third, these marvels don’t just happen out of the blue. They occur through the agency of very ordinary people. In the first reading, it is Elisha’s unnamed servant who distributes the loaves. The miracle seems to happen in his very hands. In the Gospel passage, it is the disciples of Jesus—ordinary, questioning people like you and me who gather up twelve baskets of leftovers.

Did this event really happen? Of course it did. In fact, these kinds of occurrences continue today. God is continually meeting our needs. God’s generosity is always boundless. And God still accomplishes marvelous things in our lives through very ordinary people. The problem is that we often fail to realize this. We sometimes wish to see loaves of bread miraculously appear. †

**God gives us much more than we need; God’s generosity is boundless.**



### A Word from Pope Francis

The disciples ask [the boy] to share everything he has to eat.... Thanks to that small freely-given and therefore heroic gift, Jesus is able to feed everyone.... The Lord can do a lot with the little that we put at His disposal.... This is how God loves to act....

ANGELUS, ROME, JULY 25, 2021



## Sunday Readings

### 2 Kings 4:42–44

[Elisha said,] “Thus says the LORD: You will eat and have some left over.”

### Ephesians 4:1–6

I, then, a prisoner for the Lord, urge you to live...with all humility and gentleness, with patience, bearing with one another through love.

### John 6:1–15

Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining.

### REFLECTION QUESTIONS



- Through whom has God cared for you and met your needs?
- How does God work through you to meet the needs of others?



# Embrace the Silence to Hear God's Voice

Emily Blasik

As a writer, I turn my thoughts into articles, my adventures into blog posts, my reflections into columns. I've been this way for as long as I can remember, writing and sharing for the sake of relating to others. But with social media it's almost impossible to

break away from the noise. So many are obsessed with sharing everything—from daily meals to vacation attire to work woes. Post, like, comment, repeat. Again and again and again. This social phenomenon, while it has its upsides, is making it harder and harder to actually be alone with our thoughts.

I am a millennial who is guilty of oversharing and over-searching. Sometimes, it actually pains me to leave anything I experience in my daily life undocumented, as if not sharing means it never happened. And when I'm not posting, I'm scrolling through the endless updates of my friends, celebrities, and

perfect strangers for what seems like no good reason at all. It's something to do; something to fill the silence.

Which makes me wonder: What kind of void are we trying so desperately to fill? As much as we'd like to convince ourselves that we're master multitaskers, no one can hear God calling over the incessant pings, alerts, and notifications vying for our attention. Frankly, most of us need a wake-up call. We are slowly losing touch with ourselves and our Creator because we refuse to shut out the distractions. At least, I know I am. I can't even remember the last time I completely unplugged for more than an hour to focus on my relationship with Jesus Christ. Can you? Have you tried being silent recently—sans phone, computer, music, or podcast? It's harder now than ever before. And yet I believe it's absolutely crucial for the sake of our spiritual health and, ultimately, our salvation. †

## Wisdom from Catholic UPDATE

From "Making a Pilgrimage: The Journey Begins Within" by Fr. Byron Miller, CSSR

Why go on pilgrimage? Fundamentally, go for conversion and edification. Visit a shrine or holy place to be transformed. Journey there to increase your desire for a change of heart, behavior, attitude, or perspective. Like the Magi, you may return home with a fresh outlook on life, a deeper understanding of your faith, and a closer relationship with the Lord. In a broader sense, all Christians travel on a lifelong pilgrimage toward the sacred place we call heaven. "For here we have no lasting city, but we seek the one that is to come" (Hebrews 13:14). On pilgrimage, one may experience most profoundly God's presence in this world, encouraging us on our journey to the next. †

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*God of abundance, when we are anxious, remind us that you are the source of all that we need and that all will be well.*

The Redemptorists

## WEEKDAY READINGS

July 29—August 3

**Monday, Sts. Mary, Martha and Lazarus:**  
Jer 13:1–11(401) / Jn 11:19–27 or Lk 10:38–42

**Tuesday, Weekday:**  
Jer 14:17–22 / Mt 13:36–43

**Wednesday, St. Ignatius of Loyola:**  
Jer 15:10, 16–21 / Mt 13:44–46

**Thursday, St. Alphonsus Liguori:**  
Jer 18:1–6 / Mt 13:47–53

**Friday, Weekday:**  
Jer 26:1–9 / Mt 13:54–58

**Saturday, Weekday:**  
Jer 26:11–16, 24 / Mt 14:1–12



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